

PCHS

HEALTH MAGAZINE



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LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS



A Summer of Connection, Creativity, and Community

July was a vibrant month of community engagement at Punjabi Community Health Services (PCHS), marked by programs and events that fostered learning, creativity, wellness, and meaningful connections. Through these inclusive initiatives, we continued to create welcoming spaces where community members could develop new skills, build relationships, and strengthen their sense of belonging.

Our Community Connections: Child and Youth Program hosted the Ultimate Summer Fest Week at the Malton Youth Hub. Young participants enjoyed interactive games, arts and crafts, science experiments, and a lively carnival. These activities offered more than summer fun; they fostered creativity, teamwork, problem-solving, and self-expression. Most importantly, they gave children and youth opportunities to build friendships, gain confidence, and create lasting summer memories in a safe, supportive environment.

PCHS also brought community members together for a Paint and Wellness Workshop. In a warm, inclusive setting, participants explored their creativity, built confidence, and connected with others. The workshop supported emotional well-being and helped reduce loneliness and social isolation, particularly among seniors, newcomers, caregivers, and individuals experiencing life transitions. Initiatives like this reinforce our commitment to creating opportunities for connection, healing, and belonging.

Our Geriatrics Team hosted a Seniors' Summer Picnic at Lakefront Promenade Park in Mississauga. The event gave older adults the chance to enjoy the outdoors, engage in light physical activity, and spend meaningful time with friends, staff, and fellow community members. The picnic highlighted the important role of social engagement, recreation, and connection in supporting physical and mental well-being. It was wonderful to see participants sharing laughter, conversation, and joyful memories in such a welcoming environment.

As I reflect on the month, I am proud of the dedication and enthusiasm of our staff, volunteers, partners, and clients, who made these initiatives possible. Their commitment continues to strengthen PCHS and the communities we serve.

I am also pleased to invite our members, partners, and community stakeholders to the PCHS Annual General Meeting, to be held on Wednesday, September 16, 2026, from 6:00 p.m. to 7:30 p.m. The AGM will provide an opportunity to reflect on our accomplishments, share organizational updates, and look ahead to the priorities and opportunities that will guide our continued work.

Together, we are building a healthier, more inclusive, and better-connected community. I look forward to the opportunities ahead as we continue to create meaningful experiences and support individuals and families.

WORLD HEPATITIS DAY 2026

Breaking Barriers to Eliminate Hepatitis



By: Fariha Abdul Muqueet- Prevention Specialist- SHPP



Every year on 28 July, the global community observes **World Hepatitis Day** to raise awareness about viral hepatitis, a preventable and treatable disease that continues to affect millions of people worldwide. Despite significant advances in prevention, diagnosis, and treatment, hepatitis remains a major public health challenge due to limited awareness, delayed diagnosis, and persistent stigma.

What is Viral Hepatitis?

It is the inflammation of the liver most commonly caused by a viral infection. There are five main hepatitis viruses, referred to as types A, B, C, D and E. These five types are of greatest concern because of the burden of illness and death they cause and the potential for outbreaks and epidemic spread.

Viral hepatitis, particularly hepatitis B and hepatitis C, can silently damage the liver for years without noticeable symptoms. When left untreated, these infections may lead to liver cirrhosis, liver failure, or liver cancer. The encouraging news is that hepatitis B can be prevented through vaccination, while hepatitis C can be cured with highly effective antiviral treatment.

What makes hepatitis a global health problem?

Viral hepatitis remains a major global health challenge because it often develops silently, with many people unaware they are infected until significant liver damage has occurred. The disease disproportionately affects people and communities with limited access to healthcare, where barriers to prevention, testing, and treatment are greatest. Increasing awareness and expanding access to timely screening and care are essential to reducing its impact.

WORLD HEPATITIS DAY 2026



Breaking Barriers to Eliminate Hepatitis

Why Awareness Matters

Increasing awareness and promoting routine screening among at-risk populations are essential steps toward achieving the global goal of eliminating viral hepatitis as a public health threat. The 2026 World Hepatitis Day calls for action to breaking down the barriers that prevent people from accessing testing, vaccination, treatment, and quality care. It also encourages governments, healthcare professionals, employers, and communities to work together to eliminate misinformation and ensure equitable access to lifesaving services.

Protect Yourself and Others

- Get tested if you are at increased risk or have never been screened.
- Receive the hepatitis B vaccine if recommended.
- Seek timely medical advice and treatment when needed.
- Practice safe infection prevention measures.
- Help reduce stigma by sharing accurate information and encouraging open conversations about liver health.



At PCHS, we recognize that health promotion begins with education. On this World Hepatitis Day, we encourage healthcare professionals, organizations, and communities to champion prevention, support early diagnosis, and advocate for equitable access to care. Together, we can help create a future where viral hepatitis is no longer a public health threat.

Know your status. Protect your liver. Break the barriers.

CANADIAN INJURY PREVENTION DAY

By: Ramanpreet Kaur, Community Health Ambassador, SHPP

Canadian Injury Prevention Day (CIPD) is an annual awareness campaign dedicated to educating Canadians about the importance of preventing injuries and promoting safer communities. In 2026, Canada marked the 10th Canadian Injury Prevention Day on July 6, recognized by Health Canada as an official National Health Promotion Day (Parachute, 2026).

Injuries remain one of the most significant public health concerns in Canada. Many people are unaware that injury is the leading cause of death among Canadians aged 1 to 44 years. Beyond the human impact, injuries also place a major burden on the healthcare system and economy, costing Canada approximately \$29.4 billion each year (Parachute, 2026).

Key Facts About Injuries in Canada

- Every day, 48 Canadians die because of injuries.
- Approximately 634 Canadians are hospitalized daily due to injuries.
- Preventable injuries cause more deaths among Canadian children than any disease.
- 75% of injury-related deaths result from unintentional causes such as falls, motor vehicle collisions, and poisonings.
- Falls are the leading cause of injury-related deaths, hospitalizations, emergency department visits, and disabilities in Canada.



The Goal of Canadian Injury Prevention Day

Canadian Injury Prevention Day aims to:

- Raise awareness about preventable injuries.
- Educate Canadians on injury risks and safety practices.
- Encourage safer behaviours at home, on the road, and during recreation.
- Support healthier and safer communities across Canada.

Impact of the 2025 Campaign

- Injury prevention messages generated 6.3 million impressions across media and social media platforms.
- More than 320 organizations participated nationwide.

Canadian Injury Prevention Day reminds us that preventing injuries is a shared responsibility. By increasing awareness, adopting safe practices, and supporting injury prevention initiatives, Canadians can help reduce preventable injuries and save lives. Together, we can build safer, healthier communities for everyone.



DISABILITY PRIDE MONTH: CELEBRATING ACCESSIBILITY, INCLUSION AND BELONGING

By: Yasha Malhotra, Mental Health Case Manager, ARAO Committee Member



Every July, organizations and communities around the world recognize Disability Pride Month, a time to celebrate the identities, achievements, experiences and contributions of people with disabilities. We take this opportunity to challenge stereotypes, promote accessibility, and reaffirm our commitment to creating environments where everyone feels valued, respected, and included.

Disability is a natural part of human diversity and can be visible or invisible, permanent or temporary. Disabilities may include physical, sensory, cognitive, intellectual, mental health, and neurodivergent conditions.

Disability Pride Month encourages us to shift our focus from limitations to strengths.

Rather than viewing disability as something that needs to be fixed or overcome, Disability Pride recognizes disability as an important part of a person's identity and lived experience. It is a celebration of resilience and the valuable perspectives that people with disabilities bring to society.

While each person's experience is unique, many individuals continue to face barriers that affect their ability to fully participate in workplaces, schools, and communities. Hence, this month, we are encouraged to reflect on how we can contribute to a more inclusive environment. Even if we start with small actions, they can create meaningful changes. Some examples include:

- Using person-first, respectful and inclusive language
- Avoiding assumptions about an individual's abilities or needs
- Learning about visible and invisible disabilities
- Ensuring meetings, events and communications are accessible
- Listening to and amplifying the voices of people with disabilities
- Supporting accessibility initiatives and removing barriers whenever possible



In the workplace, accessibility and inclusivity benefit everyone. Accessibility is not only about ramps, elevators, and physical spaces, but also includes communication, technology, policies, and workplace culture. Simple measures such as providing closed captioning during meetings, using accessible digital documents, offering flexible work arrangements, and ensuring clear communication can make a significant difference in helping employees succeed.

An important part of disability inclusion is recognizing the value of lived experience. People with disabilities are experts in their own experiences and can provide important insights into creating more equitable spaces. By listening, learning and acting with empathy, we can foster a culture of belonging where everyone feels empowered to contribute their talents and perspectives.

July 26 also marks the anniversary of the Americans with Disabilities Act (ADA), the landmark legislation that helped advance disability rights and accessibility internationally. While significant progress has been made, Disability Pride Month reminds us that inclusion is an ongoing journey, and there is still work to be done to achieve fully accessible communities.

The goal of Disability Pride Month is not merely awareness but tangible action that extends throughout the year. **Let us take time to learn from the experiences of people with disabilities, identify the barriers that still exist, and recommit to creating a more inclusive future for all.**

Recommended Resources

- Explore the [Rick Hansen Foundation](#) and its resources on accessibility and disability inclusion
- Learn about the [Accessible Canada Act](#) and its role in building a barrier-free Canada
- Read books and articles by authors and advocates with lived disability experience. Some recommendations: “The Discovery of Flight” by Susan Glickman; “Lachi’s Book” by Lachi; and “Year of the Tiger” by Alice Wong.
- Participate in accessibility and awareness training opportunities
- Use accessibility tools and features available in workplace technologies and digital platforms
- Listen to podcasts, webinars, and presentations that highlight disability perspectives and experiences
- Review accessibility best practices when planning meetings, events and communications.

DISABILITY PRIDE MONTH: CELEBRATING ACCESSIBILITY, INCLUSION AND BELONGING



FOR PEEL PRIDE OUTREACH EVENT – 11TH JULY

On July 11, members of the ARAO Team participated in a vibrant community Pride event held in the Peel Region, celebrating the diversity, resilience, and inclusion of the 2SLGBTQIA+ community. The free, all-ages event brought together community members, families, and local organizations to foster connection, learning, and a sense of belonging.

More than a celebration, the event highlighted the importance of creating equitable and affirming spaces where everyone can be their authentic selves. Conversations during the day revealed the significance of intersectionality and acknowledged how identities such as race, culture and sexual orientation shape lived experiences and influence access to opportunities and supports. Strong collaboration among community partners supported the collective commitment to reducing barriers, promoting inclusion, and supporting the wellbeing of 2SLGBTQIA+ communities across the Peel Region.

By participating in this event, the ARAO Team reaffirmed its ongoing commitment to advancing equity, inclusion, and belonging while supporting initiatives that help build safer, more welcoming communities for all.



THE LASTING IMPACT OF FAMILY DYNAMICS ON MENTAL HEALTH

By: Jessica Rakhra, Peer Support Worker – Rapid Response Saving Lives

A child's home is often their first experience of love, safety, and emotional connection. However, for many children, home can also become a source of fear, conflict, and trauma that shapes their emotional well-being long into adulthood. Family relationships play a major role in influencing emotional development and behaviors during childhood (Buka et al., 2022). While supportive family environments can foster resilience and healthy coping skills, abusive or conflict-filled homes can negatively affect mental health across the lifespan.

Childhood maltreatment, including emotional, physical, and sexual abuse as well as neglect, has been strongly linked to long-term psychological difficulties (Leeb et al., 2011). Norman et al (2012) found that children who experience abuse are at a higher risk of developing depression, anxiety, post-traumatic stress disorder (PTSD), and personality disorders later in life. Many survivors of childhood abuse also struggle with low self-worth and difficulties forming healthy relationships.

Trauma can additionally shape the way individuals view themselves and others, often leading to harmful thinking patterns known as cognitive distortions .

For example, individuals who experienced abuse may blame themselves for situations outside of their control or constantly expect rejection from others. These thought patterns can contribute to anxiety, shame, and emotional instability throughout adulthood (Leeb et al., 2011).

Mental health challenges can also arise when children witness ongoing parental conflict. Exposure to arguments, hostility, or intimate partner violence may negatively affect a child's emotional and social development (Hess, 2022). Studies have found that children exposed to parental conflict may experience reduced self-esteem, aggression, loneliness, and difficulty forming healthy relationships. Over time, these experiences may contribute to depression and social isolation (Hess, 2022).

In contrast, supportive and loving family environments can act as protective factors against emotional difficulties (Butler et al., 2022). Caring and emotionally available caregivers help children develop resilience, coping skills, and emotional security. Creating safe and supportive family environments is essential not only for improving children's well-being today, but also for breaking cycles of trauma and building healthier generations for the future.

SUMMER WELLNESS TIPS

By: Neena Rani Placement Student,
Geriatrics Department

Simple Tips for Community

Summer is a beautiful season that brings sunshine, warmer weather, and many opportunities to spend time with family, friends, and the community. It is a time when people enjoy outdoor activities, family gatherings, cultural events, and creating happy memories together. However, the hot weather can also bring some health challenges, especially for older adults, people living with health conditions, and individuals who may need extra support. According to the Canadian Digestive Health Foundation (CDHF), the gut microbiome helps break down foods that the body can't digest on its own, particularly dietary fibre. These beneficial microorganisms also contribute to the development and regulation of the immune systems and help protect against harmful bacteria and pathogens. A healthy and diverse microbiome is now considered a key component of overall health.

At Punjabi Community Health Services (PCHS), the health and well-being of individuals and families is always a priority. A healthy summer is not only about enjoying the weather but also about taking care of ourselves and looking after the people around us. By following some simple safety tips, we can help make this summer safer, healthier, and more enjoyable for everyone.



Stay Hydrated and Drink Enough Water

During the summer, our bodies lose more water because of heat and sweating. This can lead to dehydration, which may cause tiredness, dizziness, headaches, and weakness. Older adults are at a higher risk because they may not always feel thirsty or may forget to drink enough fluids throughout the day.

To stay hydrated during the summer:

- Drink water regularly throughout the day.
- Keep a water bottle nearby at home or when going outside.
- Eat fruits and vegetables that contain water, such as watermelon, oranges, and cucumbers.
- Avoid too many sugary drinks and choose healthier options.

Family members and caregivers can also support seniors by reminding them to drink water and making sure they have easy access to fluids.

Stay Safe During Hot Weather

Very hot temperatures can affect our health. Spending too much time in extreme heat can cause heat exhaustion or heat stroke. These conditions can become serious if proper care is not taken.

Supporting Seniors During the Summer Months

Older adults are an important part of our families and communities. During summer, seniors may face additional challenges related to heat, health concerns, or social isolation. Providing support and staying connected can improve their physical and emotional wellbeing. Families and caregivers can help seniors by:

- Encouraging safe activities and gentle exercise.
- Helping them maintain daily routines.
- Making sure they attend medical appointments and take medications as prescribed.
- Encouraging social activities and community involvement.
- Spending quality time with them.

Social connection is an important part of good health. Talking with family members, participating in community programs, and staying involved can help seniors feel valued and connected.

Stay Active and Connected

Staying active is important for both physical and mental health. Summer provides many opportunities to enjoy activities such as walking, gardening, stretching exercises, and spending time outdoors. However, it is important to choose activities that are safe and suitable for your health needs. Listen to your body and take breaks when needed. Along with physical activity, staying connected with others is equally important. Spending time with family, friends, and community members can reduce loneliness and improve emotional wellness.



PCHS encourages individuals and families to take part in community activities, access available support services, and continue building strong connections with others.

Caring for Yourself

Health and wellness begin with small daily actions. Drinking enough water, protecting ourselves from the heat, eating healthy foods, staying active, and supporting each other are simple ways to create a healthier community. Summer is also a reminder that caring for one another is one of the greatest strengths of our community. By checking on our neighbours, supporting seniors, and staying connected with family and friends, we can create a safe and welcoming environment for everyone.

Final Thoughts

Summer is a season of happiness, connection, and new experiences. With proper planning and awareness, everyone can enjoy the warmer months while staying safe and healthy. Punjabi Community Health Services (PCHS) continues to support individuals and families by providing health, social, and community services that promote independence, dignity, and quality of life.

SLEEP HYGIENE

By: Ibneet Kapoor, Case Manager, Sahara Mental Health Program



"Sleep is the golden chain that ties health and our bodies together." - Thomas Dekker

Sleep is one of the foundations of good health, yet many people struggle to get enough quality rest. While occasional sleepless nights are common, poor sleep habits can lead to fatigue, reduced concentration, mood changes, and long-term health concerns. Practicing good sleep hygiene can help improve both the quality and duration of sleep.

What Is Sleep Hygiene?

Sleep hygiene refers to a set of healthy habits, behaviors, and environmental practices that promote consistent, restorative sleep. These habits help regulate the body's internal clock and create the right conditions for falling asleep and staying asleep.

Why Sleep Matters

Quality sleep plays a vital role in physical and mental well-being. During sleep, the body repairs tissues, strengthens the immune system, consolidates memories, and regulates hormones. Adults generally need 7–9 hours of sleep each night, though individual needs may vary, based on age.

Poor sleep can contribute to:

- Difficulty concentrating and remembering information
- Increased stress and irritability
- Lower productivity and performance
- Weakened immune function
- Higher risk of chronic conditions such as obesity, diabetes, and heart disease

Tips for Good Sleep Hygiene

1 Maintain a Consistent Sleep Schedule

Go to bed and wake up at the same time every day, including weekends. A regular schedule helps regulate your body's natural sleep-wake cycle.

2 Create a Comfortable Sleep Environment

Your bedroom should be quiet, dark, and cool. Invest in a comfortable mattress and pillow, and minimize distractions such as noise and bright lights.

3 Limit Screen Time Before Bed

The blue light emitted by phones, tablets, and computers can interfere with the production of melatonin, the hormone that promotes sleep. Try to avoid screens for at least one hour before bedtime.

4 Watch What You Eat and Drink

Avoid heavy meals, caffeine, nicotine, and alcohol close to bedtime. While alcohol may initially make you feel sleepy, it can disrupt sleep later in the night.

Tips for Good Sleep Hygiene

5 Stay Physically Active

Regular exercise can improve sleep quality, but intense workouts should ideally be completed several hours before bedtime.

6 Develop a Relaxing Bedtime Routine

Reading, gentle stretching, meditation, or taking a warm bath can help signal to your body that it is time to wind down.

7 Limit Daytime Naps

If you nap, keep it to 20–30 minutes and avoid late-afternoon naps, which may make it harder to fall asleep at night.

8 Manage Stress

Stress and anxiety are common causes of poor sleep. Relaxation techniques, deep breathing exercises, journaling, or mindfulness practices can help calm the mind before bed.



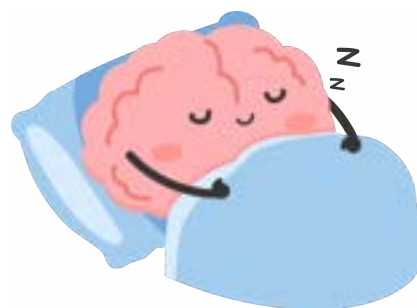
Common Sleep Hygiene Mistakes

Many people unknowingly adopt habits that interfere with restful sleep, including:

- Using the bed for work or studying
- Sleeping in significantly on weekends
- Consuming caffeine late in the day
- Checking phones repeatedly during the night
- Going to bed only when completely exhausted instead of following a regular schedule

When to Seek Professional Help

If you consistently have difficulty falling asleep, staying asleep, or feel excessively tired despite practicing good sleep hygiene, it may be time to consult a healthcare professional. Persistent sleep problems can be signs of conditions such as insomnia, sleep apnea, or restless legs syndrome, which may require medical evaluation and treatment.



HOW SLEEP AFFECTS SUBSTANCE USE RECOVERY

By: Kawaljeet Bains, Addictions Case Manager



Getting a good night's sleep is important for everyone, but it is especially important for people recovering from substance use. Recovery can be physically and emotionally demanding, and sleep gives the body and mind the chance to heal.

Many people in recovery experience trouble sleeping. They may find it hard to fall asleep, wake up often during the night, or feel tired even after sleeping. Poor sleep can increase stress, affect mood, make it harder to concentrate, and even increase cravings, which may make recovery more challenging.

The good news is that sleep usually improves over time, especially when healthy habits become part of a daily routine. Going to bed and waking up at the same time each day, avoiding caffeine late in the day, limiting screen time before bed, and creating a calm, comfortable sleeping environment can all help improve sleep quality. Regular physical activity and relaxation techniques, such as deep breathing or mindfulness, may also support better rest.

Research has shown that sleep plays an important role in recovery. A review published in *Sleep Medicine Reviews* found that sleep problems are common among people with substance use disorders and may increase the risk of relapse if left untreated. This highlights why addressing sleep should be considered an important part of recovery, not just an afterthought.

If sleep problems continue for several weeks or begin to interfere with daily life, it is a good idea to speak with a healthcare provider. Effective treatments and support are available.

Recovery is about more than stopping substance use, it's about rebuilding health and well-being. By making sleep a priority, individuals can strengthen both their physical and mental health, giving themselves a better foundation for long-term recovery.

NATIONAL DROWNING PREVENTION WEEK

(JULY 19- JULY 25)

EVERY SECOND COUNTS

By: Tanya Vyas, Community Health Ambassador, SHPP

National Drowning Prevention Week (NDPW), observed in the week of July 19- July 25, is an annual awareness campaign led by the Lifesaving Society to educate Canadians about water safety and reduce preventable drowning incidents. With thousands of lakes, rivers, and recreational water spaces across Canada, water safety is a shared responsibility. The 2026 theme, "Prepare to be Water Smart," encourages everyone to plan ahead, build water safety skills, and make informed choices before enjoying water activities.

Drowning can happen quickly and silently, often within seconds. According to the Lifesaving Society, an average of more than 450 Canadians lose their lives to drowning each year, while many more experience non-fatal drowning incidents that can result in lifelong physical and neurological complications. Globally, the World Health Organization (WHO) estimates that more than 300,000 people die from drowning annually, making it one of the leading causes of injury-related death among children aged 5–14 years.

Fortunately, drowning is preventable. Individuals and families can reduce their risk by learning to swim, wearing a properly fitted lifejacket when boating or participating in water sports, supervising children closely by staying within arm's reach, avoiding alcohol or drugs around water, and swimming only in designated areas with lifeguards whenever possible. Before entering natural bodies of water, always check weather conditions, water depth, and currents. Learning CPR and basic rescue skills can also make a life-saving difference during an emergency.

This National Drowning Prevention Week, commit to becoming Water Smart. By making safe choices and encouraging others to do the same, we can help prevent drowning and ensure that everyone enjoys Canada's waters safely.

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INTERNATIONAL SELF-CARE DAY

By: Savita Saini, Preventive Care
Specialist

Every year on July 24, the world celebrates International Self-Care Day, a reminder that caring for we is not a luxury—it is a necessity. The date, 24/7 (July 24), symbolizes that self-care is something we should practice 24 hours a day, 7 days a week, not just on one special occasion. Established by the International Self-Care Foundation, this global observance encourages individuals to take an active role in maintaining their physical, mental, and emotional well-being.

Self-care is defined as the actions people take to maintain good health, prevent illness, and manage common health conditions. While healthcare professionals play an essential role in treating illness, many aspects of health begin with the choices we make every day. Healthy eating, regular physical activity, good hygiene, stress management, adequate sleep, and making informed health decisions all contribute to a healthier and happier life.

The International Self-Care Foundation highlights the Seven Pillars of Self-Care: health literacy, mental well-being, physical activity, healthy eating, risk avoidance, good hygiene, and the rational use of health products and services. Together, these pillars empower individuals to make informed decisions and build lifelong healthy habits.



This year's International Self-Care Day campaign emphasizes that self-care is at the forefront of prevention. Everyday actions—such as brushing your teeth, staying physically active, getting recommended vaccinations, quitting tobacco, or using appropriate self-care products—can help prevent disease, improve quality of life, and reduce unnecessary healthcare interventions. When individuals practice responsible self-care, healthcare systems are also strengthened by allowing resources to be focused on those with more complex medical needs.

Self-care does not have to involve expensive products or elaborate routines. It can be as simple as taking a daily walk, eating balanced meals, drinking enough water, getting sufficient sleep, spending time with loved ones, or scheduling regular health screenings. Small, consistent actions often have the greatest impact over time.

This International Self-Care Day, make a commitment to prioritize your well-being. By embracing healthy habits every day, you invest not only in your own future but also contribute to healthier families, stronger communities, and a more resilient healthcare system. Remember, self-care isn't selfish—it's one of the most important investments you can make in your health.

THE ULTIMATE SUMMER FEST WEEK

By: Simran Dhillon, Settlement Youth Worker

The Malton Youth Hub came alive with creativity, curiosity, and laughter during The Ultimate Summer Fest Week. Community Connections: Child and Youth Program Held Summer Camp from July 13 to 17, 2026, the week gave youth opportunities to learn through play, build friendships, express themselves, and create joyful summer memories.

Mind Games Madness

The week began with Jeopardy, Family Feud, trivia, and team challenges. Youth tested their knowledge, practiced quick thinking, and worked together while cheering on their teammates and sharing plenty of laughter.

Artsy Adventure

Participants created their own diamond art pieces and personalized bookmarks. Youth selected their colors and designs, carefully completed each project, and proudly shared their creations. The activities encouraged creativity, patience, focus, and self-expression.

Fuse Creations

Youth designed colorful fuse bead patterns and turned them into personalized keychains. Participants chose their own color combinations and created unique designs that reflected their interests and personalities.



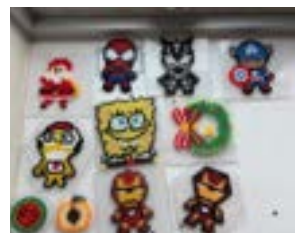
Exploration Day

Science came to life through exciting hands-on experiments. Youth created slime, made jelly creatures using chemical reactions, and dug through mini excavation kits to uncover hidden crystals. Participants made observations, tested ideas, and discovered how fun learning can be.

The Ultimate Funfair

The week ended with bouncy castles, carnival-style games, and lots of excitement. Youth celebrated together and finished the program with smiles, laughter, and new friendships.

The week was a wonderful celebration of creativity, discovery, teamwork, and connection. We look forward to welcoming youth back for another exciting week of summer fun in August!

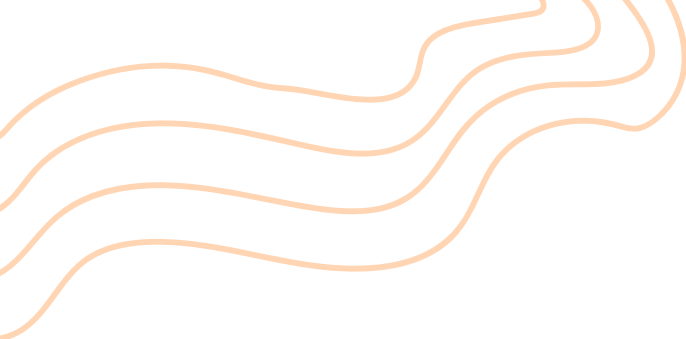




PAINT THE NIGHT AWAY!

By: Tanya Vyas, Community Health Ambassador

Sometimes, the best conversations happen over a blank canvas. PCHS's Paint Night Workshop, that took place on July 15, 2026, transformed an ordinary evening into a vibrant celebration of creativity, connection, and well-being. As colors blended and imaginations came to life, staff members shared laughs, encouraged one another, and discovered that there is no "perfect" painting, only the joy of creating together. Beyond the canvas, painting is a proven way to reduce stress, boost mindfulness, and improve emotional well-being. The event was more than an art session; it was a reminder that taking time to recharge and connect is an important part of a healthy, supportive workplace.



For information about our future workshops, please email supportline@pchs4u.com or call [437-243-3735](tel:437-243-3735).



PCHS SENIORS' ANNUAL PICNIC



On July 22, PCHS seniors gathered at Lakefront Promenade Park in Mississauga for the Annual Seniors Picnic. It was a wonderful day filled with connection, laughter, and community spirit. Seniors had the opportunity to spend time together, share snacks, sing songs, and enjoy meaningful conversations in the beautiful lakeside setting. The picnic provided a chance to strengthen friendships, create new memories, and celebrate the joy of being together.



PCHS in the Community



PCHS at Peel Pride 2026



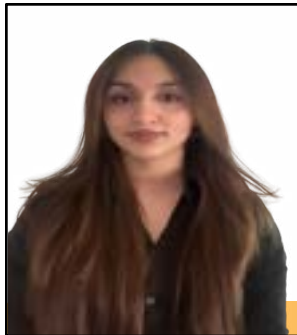
SHPP Team at Summer Bhangra Jam in Mississauga



PCHS Team at Peel Living Community Outreach BBQ

WELCOME

NEW STAFF



Alizeh Hassan

Crisis Support Worker -
Mental Health



Rajvir Kaur Pawar

Overnight Support Worker
– Sahara Overnight
Respite Program

CLIENT

T E S T I M O N I A L

[On behalf of] Friday Seniors Group of the Punjabi Community Health Services, (PCHS), I would like to say that it is running very smoothly, sincerely and effectively under the leadership of Mrs. Asha Aswal. The programme begins with physical exercises for 25-30 minutes followed by mental exercise in the form of Quiz, jumbled words or any such creative format which is quite interesting for all members.

Along with this, entertainment also goes on side by side with recitation of poems, songs, and sometimes playing Tombola Game or Antakashari, etc. The Group celebrates all historic and cultural events together with great enthusiasm. I think, this programme is very beneficial to the seniors for their physical as well as mental health.

Mrs. Asha Ashwal is conducting this programme for the Friday Group of the seniors with great interest and sincerity. I personally feel that all the group members like her way and style of conducting this programme and I wish that she should continue leading this programme in future also. - **Geriatrics Department**



Launching the Recruitment Phase of the Peel Families Diabetes Prevention Program (PFDPP)

The Peel Family Diabetes Prevention Program (PFDPP) is a one-year, research-based initiative led by Institute of Better Health (IBH) at Trillium Health Partners in collaboration with community partners including WellFort CHC and Punjabi Community Health Services.

The program is now in its recruitment phase, seeking South Asian and Black African/Caribbean family dyads living in the Peel Region who may be at risk of developing Type 2 Diabetes. The study aims to better understand how culturally responsive, community-based health and wellness coaching can support diabetes prevention within diverse families.

Participants (one caregiver aged 18+ and one youth aged 14–25) will engage in a 12-month program that includes health and wellness coaching, group support sessions, motivational messaging, and educational resources focused on healthy eating, physical activity, mental well-being, and lifestyle change. Families in the research study will also contribute to evidence-building on effective, community-driven prevention strategies and receive an honorarium for their participation in research activities.

This initiative represents a collaborative effort to strengthen culturally grounded approaches to chronic disease prevention and promote long-term health and well-being within communities across the Peel Region.

For more details, please refer to the flyer on the next page!

COMMUNITY TYPE 2 DIABETES PREVENTION RESEARCH-BASED PROGRAM

We are looking for Family Participants!

The **Family and Child Health Initiative (FCHI)** at the **Institute for Better Health, Trillium Health Partners (Mississauga)**, alongside several Peel-based community organizations such as **WellFort and PCHS** are conducting a one-year research-based program to help prevent Type 2 Diabetes among Black, African, Caribbean, and South Asian families living in the region of Peel.

This research-informed program looks at how health and wellness coaching can help families reduce their risk of Type 2 Diabetes. We are looking for **70 Black, African, and Caribbean families and 70 South Asian families** who live in Peel Region to take part.

Who Can Participate?

- A family group with one family caregiver aged 18+ and one youth aged 14–25 living together
- Self-identify as either Black, African, or Caribbean, or South Asian
- Can participate in the research-informed program for 12 months
- Can speak, read, and understand English well

Participants will receive an honorarium for each hour of research data collection visits.

Interested in Participating as a Family Pair?

Contact us at:

+1 437-231-6951
hamna.khan@thp.ca

Or click on this link:

<https://ibhresearch.thp.ca/surveys/?s=WHYHNTNPXAAWMNNN>

Or scan this QR :



Please feel free to share this participation opportunity with clients, colleagues, and friends who may be eligible and interested.

Join us for a

COMMUNITY AFTERNOON DROP-IN PAINT YOUR FEELINGS

Thursday August 6th 2026

3:00 PM – 5:00 PM

**Halton Hills Public Library
Georgetown Branch**

Join us for an afternoon of connection, creativity, and community! This welcoming program brings people together through meaningful workshops, engaging activities, and conversations around mental health and wellness. Connect with others, share experiences, explore new ideas, and build a sense of belonging in a supportive community space.

Register in advance by sending an email to
manprit.duhra@pchs4u.com



**Drop in
or
Register in
advance**

"OBESITY" IN OUR COMMUNITY

Session Hosted by Punjabi Community Health Services

This session will cover **what obesity is**, its **types and causes**, **how it can impact health**, **the role of cultural stigma**, and **practical ways to manage obesity**.



Educational
Presentation



Guest
Speaker



Refreshments



Transportation
provided, if
required

August 10, 2026 | 3:30pm - 6:00pm

60 West Dr, Brampton, ON L6T 3T6

Second floor - Board Large room



Scan the QR Code or
Click Here to Register!

OR

 **437-243-3735**

Family Workshop

CIRCLE OF CARE

WORKSHOP SERIES

A workshop series for building
a community of

healthy families ♥



TOPIC

Understanding Attachment Styles: Strengthening Family Relationships in Recovery

Explore how attachment shapes our relationships and learn practical tools to build stronger, healthier connections in your family.



DATE

August 18, 2026



TIME

6:00 – 8:00pm



LOCATION

Unit 241,
2980 Drew Rd,
Malton, ON

For more information ♥



Akanksha Sharma

☎ 416-605-6134

✉ akanksha@pchs4u.com



Sowmya Shinde

☎ 416-917-0391

✉ sowmya@pchs4u.com



Stronger families. Healthier communities. Brighter futures.

Together, we can make a difference.



31ST ANNUAL GENERAL MEETING



Date

Wednesday,
September 16, 2026



Time

6:30 pm to 7:30 pm



Location

Virtual via Zoom



SCAN

OR

CLICK HERE

to → Register



Join us for an evening of connection and community!



www.pchs4u.com



(905) 677-0889



info@pchs4u.com



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PCHS Locations

Head Office

2980 Drew Road, Unit 241
Mississauga, ON L4T 0A7

Brampton Office Location

60 West Drive, Unit 202 and 101,
Brampton, ON L6T 3T6

Community Door

7700 Hurontario St, Unit 1300,
Bampton, ON L6Y 4M3

Malton Youth Hub

3545 Morning Star Drive, Jonathan
Davis Centre, Mississauga, ON L4T
1Y3

Different Spokes:

8 Nelson Street West
Brampton, ON L6X 1B7

Southfields Community Center

225 Dougall Ave.
Caledon, ON L7C 3M7



905-677-0889



info@pchs4u.com



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