

PCHS

HEALTH MAGAZINE



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LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS



Building Health, Equity, and Stronger Systems

As we begin a new year, Punjabi Community Health Services (PCHS) continues advancing its mission through collaboration, prevention, and strong system leadership. Recent months have seen meaningful progress across our programs and partnerships, reinforcing our commitment to equitable, coordinated, and community-driven care. A significant milestone for our organization has been the soft launch of the HART Hub Brampton, which provides integrated mental health, addictions, and housing supports for individuals in Brampton and surrounding areas. PCHS is proud to be a participating partner in this collaborative model, which emphasizes integrated care and shared accountability.

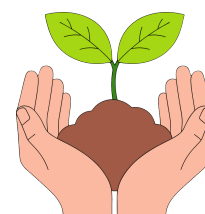
Our focus on prevention and empowerment has also been strengthened by initiatives led by the Sahara Health Promotion Program (SHPP). The “New Year, New Me” workshop created an inclusive, welcoming space where participants reflected on personal aspirations, set health-related goals, and expressed themselves through future-focused writing. Health education and early detection remain central to our work. SHPP hosted a Cervical Cancer Awareness Month drop-in event to raise awareness, address misconceptions, and provide accessible information on cervical screening and HPV vaccination. By encouraging informed decision-making, the session helped participants take proactive steps to protect their health.

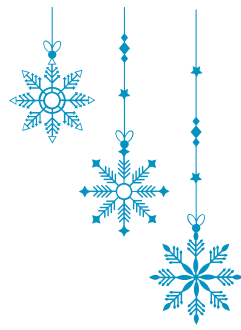
Beyond direct community engagement, PCHS continues to invest in strengthening sector capacity. Our Newcomer Settlement Team delivered Mental Health First Aid training to frontline professionals, helping them provide compassionate, effective responses to mental health needs. This work was further expanded through province-wide training for IRCC-funded staff through our Capacity Building Program, contributing to a more skilled and resilient workforce.

Engaging newcomer youth remains a priority. The “Goals, Games and Giggles” activity provided a safe, engaging space for young people to connect, build confidence, and reflect on their goals, fostering a sense of belonging and positive settlement experiences.

Strong governance underpins all this work. Our recent Board Retreat focused on “Governing for Impact: Strengthening Funding Sustainability and Community Outcomes,” reinforced informed stewardship and accountability through thoughtful dialogue on strategy, policy, and funding.

Together, these efforts demonstrate PCHS’s role as a trusted community partner, capacity builder, and system connector. As we move forward, we remain committed to building healthier communities and more resilient systems, guided by purpose, strengthened through partnership, and informed by the evolving needs of those we serve.





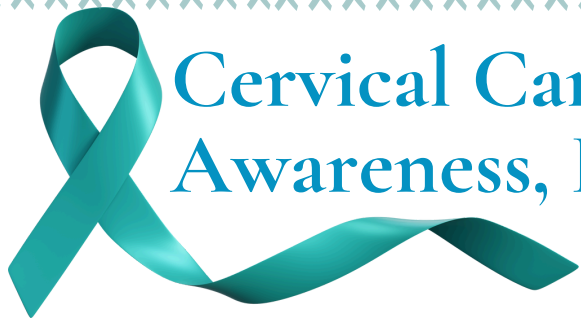
“New Year New Me”- A Future Letter Writing Workshop

By: Tanya Vyas, CHA, SHPP



The **New Year, New Me Workshop** focused on helping individuals reflect on their health goals, values, and intentions for the year ahead through the meaningful practice of reflecting and writing letter to future selves. This activity encouraged participants to think intentionally about where they want to be, the health choices they hope to make, and the steps needed to achieve personal growth. By putting their thoughts into writing, individuals created a tangible reminder of their commitments, which can serve as motivation throughout the year.

This workshop promoted self-awareness, goal setting, and accountability. PCHS helped clients maintain positive habits and long-term well-being. Writing to one's future self reinforces purpose and helps participants stay focused during moments of challenge or doubts. Our first step toward personal change by providing a supportive space where individuals can set realistic health goals, build motivation, and begin the year with clarity and confidence.



Cervical Cancer Awareness Month: Awareness, Prevention, and Protection

By: Fariha Abdul Muqueet, Prevention Specialist- SHPP

January marks **Cervical Cancer Awareness Month**, which is a time to raise awareness about a largely preventable cancer and the importance of early detection. Cervical cancer affects the cervix, the opening of the uterus, and often develops slowly without symptoms in its early stages. This makes screening essential, even for individuals who feel healthy.



Cervical screening helps identify abnormal cellular changes that could potentially develop into cancer. Detecting and addressing these changes early can prevent cervical cancer altogether and is far more effective than treating cancer once it has developed.

Regular screening remains the only reliable way to detect early changes before symptoms appear.

Reference: <https://www.ontario.ca/page/cervical-cancer-screening-and-prevention>



Understanding Cervical Cancer and Risk

Most cervical cancer cases are caused by persistent infection with high-risk types of human papillomavirus (HPV). HPV is very common and can be passed through skin-to-skin sexual contact. Many people will be exposed to HPV at some point in their lives, often without knowing it. While most HPV infections clear on their own, some can lead to cervical cell changes over time if left undetected.

The Power of Prevention

Prevention plays a key role in reducing the risk of cervical cancer. Cervical screening and the HPV vaccine (Gardasil) work together to protect long-term health. The HPV vaccine helps prevent infection from the types of HPV most linked to cervical cancer and is a powerful tool in reducing future risk.

New Cervical Screening Guidelines

As of March 2025, cervical screening in Ontario has replaced the Pap test and now uses a new, more accurate test that checks for HPV and cervical cell changes. Evidence shows that HPV-based screening is more effective at identifying individuals at risk earlier and more accurately than previous screening approaches like the Pap test.

Under the new guidelines by Ontario Cervical Screening Program (OCSPP), Women, Two-Spirit, transgender and gender-diverse people, between the ages of 25 and 69 are encouraged to participate in HPV-based screening at recommended intervals, even if they have no symptoms. These updates aim to improve early detection, reduce cervical cancer rates, and strengthen prevention efforts across communities.

Common Symptoms of Cervical Cancer

- Unusual vaginal bleeding (including between periods or after menopause)
- Changes in vaginal discharge
- Pelvic discomfort or pain
- Pain during sexual activity
-

Everyone's body and experiences are different. Noticing these changes does not always mean something is wrong, but speaking with a healthcare provider can help you feel supported and informed.

Addressing Common Misconceptions and Reducing Stigma

Fear, misinformation, cultural stigma, and access barriers can prevent individuals from seeking screening or vaccination. Cervical cancer is unique in that it is preventable, yet it continues to devastate lives due to misinformation, stigma, and inequitable access to care. Cervical Cancer Awareness Month encourages open, respectful conversations and culturally responsive education to help break down these barriers.

How to get a Cervical Screening Test

Book an appointment with your doctor, nurse practitioner or midwife.

Some public health units, sexual health clinics and community health centres also provide cervical screening tests. Call a location near you to see if they offer cervical screening tests.

If you do not have a doctor or nurse practitioner, you can use Health811 any time to find a clinic that offers cervical screening tests:

- Search for “cervical screening test” at ontario.ca/healthservices
- Call 811 (TTY: 1-866-797-0007)
- Use the live chat at ontario.ca/health811

Learn more about how to find a family doctor or nurse practitioner.

Take Action This January

Cervical Cancer Awareness Month is an opportunity to:

- Learn about cervical cancer and HPV
- Check your eligibility for HPV-based cervical screening
- Talk to a healthcare provider about the HPV vaccine if you haven't received it
- Share accurate information with family and community members

By staying informed, supporting prevention, and encouraging early detection, we can work together to reduce the impact of cervical cancer.



To commemorate Cervical Cancer Awareness Month, the SHPP team at PCHS hosted a drop-in awareness and engagement event at the 60 West Office location, providing staff and clients with an opportunity to learn about cervical cancer prevention, the importance of regular screening, and available health resources in an accessible, informal setting.

Understanding Alzheimer's and the Quiet Weight of Stigma in 2026



By: Navdeep Kaur, Case Manager - SHPP



Alzheimer's disease, the most common form of dementia, is often described in clinical terms such as memory loss, cognitive decline, and changes in behaviour. Yet beyond medical definitions lies a deeply human experience. As of January 2026, Alzheimer's is no longer a rare or distant condition. It affects millions of people worldwide, shaping families, communities, and healthcare systems. Despite increasing awareness and ongoing research, stigma remains one of the most persistent challenges surrounding the disease.


Stigma against dementia refers to negative attitudes, assumptions, and discriminatory behaviours directed at individuals solely because they are living with the condition. When a disease is both common and poorly understood, misconceptions can spread easily. If left unchallenged, these beliefs can significantly reduce quality of life, not because of the illness itself, but because of how society responds to it.

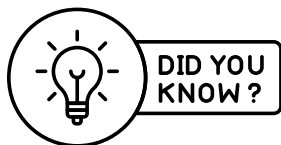


For people living with Alzheimer's, stigma can take many forms. It may appear as dismissive language, harmful jokes, or assumptions that a diagnosis diminishes a person's abilities or identity. Some individuals experience social exclusion or a lack of meaningful support after diagnosis. Families and caregivers are also affected, often facing isolation or judgment simply because of their association with someone living with dementia.

The impact is widespread. **In Canada alone, more than half a million people live with dementia, yet many report feeling excluded or treated differently for reasons beyond their control.** While most people recognize dementia as a serious medical condition, attitudes that reinforce stigma continue to exist, highlighting the gap between awareness and true understanding.

Ten Ways to Eliminate Stigma Against Dementia

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1. Use respectful and person-first language
 2. Educate yourself about dementia
 3. Challenge myths and false beliefs
 4. Include people living with dementia in everyday conversations
 5. Listen with empathy and patience
 6. Avoid jokes or dismissive comments
 7. Support families and caregivers
 8. Encourage early diagnosis and open discussion
 9. Share accurate information and lived experiences
 10. Promote inclusive and accessible community space



Source: <https://alzheimer.ca/en/about-dementia/stigma-against-dementia>

PCHS has a Behavioural Support Ontario (BSO) program that caters to the needs of caregivers of older adults (55+) with cognitive impairments due to dementia, addictions, or other neurological conditions. The BSO program is a collaboration between Punjabi Community Health Services and Indus Community Services. The objective of this program is to prevent hospitalizations by providing sustainable education through formal and informal means; conducting assessments and providing recommendations to support a senior's quality of life and minimize risk. We facilitate linkages between agencies that provide healthcare, community and social services for seniors in their communities for capacity development.

For more information, visit our website at www.pchs4u.com or call us at 905-677-0889

January at PCHS: A Time to Celebrate Belonging, Reflection, and Shared Humanity

By: Brahmjot Dhillon, Health Equity Coordinator



As we begin a new year, January invites us not only to reflect on personal resolutions but also to recommit to our shared values of diversity, equity, inclusion, and accessibility – the core of our mission at Punjabi Community Health Services (PCHS). For over 35 years, PCHS has proudly served and uplifted diverse communities through culturally responsive health and social services, guided by an integrated approach that honours each individual’s lived experience and identity.

January is rich with meaningful diversity, equity, and inclusion (DEI) observances that remind us of the power of belonging and the importance of learning from one another. Early in the month, we recognize **World Braille Day on January 4**, a global celebration that highlights the importance of Braille as a tool for literacy, empowerment, and accessibility for people who are blind or visually impaired. This day is an important reminder that equity isn’t achieved by treating everyone the same, but by ensuring that each person has access to the tools and supports needed to thrive.

January is also a time to honour cultural and spiritual diversity as communities around the world observe a range of holidays and traditions, from Orthodox Christmas and New Year celebrations to lunar and cultural festivals. These observances enrich our collective understanding of identity, resilience, and connection, reflecting the beautiful diversity within the populations we serve.

On **January 27, International Holocaust Remembrance Day** invites us to reflect on the horrors of the past and strengthen our commitment to countering hatred, antisemitism, and discrimination in all forms. A few days later, the **National Day of Remembrance of the Quebec City Mosque Attack** stands as a solemn call to action to honour victims of senseless violence and to recommit to building communities grounded in respect, solidarity, and inclusion.

These dates do more than mark moments on a calendar; they challenge us to deepen our understanding of one another, to listen with humility, and to act with courage. Equity means acknowledging the historical and systemic barriers that different people face. Diversity celebrates the full spectrum of cultures, identities, and experiences. Inclusion invites everyone to participate fully, to feel valued, and to be heard.

At PCHS, our commitment to DEI is not performative; it's a living practice woven into every program, policy, and interaction. Whether through culturally tailored health promotion, accessible services for newcomers and seniors, or trauma-informed care, we strive to create environments where all community members can achieve health, dignity, and belonging.

As we move through January and into the year ahead, let us carry forward a renewed commitment to equity, respect, and unity, not only in our work but in our everyday actions. May this new year be one of learning, connection, and collective growth for all.

Reference:

Canadian Parents for French – Waterloo Region. (2026). Equity, diversity, and inclusion calendar. <https://www.cpawsb.ca/about-us/vision-mission-and-values/equity%2C-diversity%2C-and-inclusion/edi-calendar-2026/>

Holiday Slug

By: Rasham Sandhu, Peer Support Coordinator



Do you feel tired and unmotivated at work after the holidays? Do you catch yourself checking work emails during time that should be spent relaxing and recharging?

Once the long holiday break comes to an end, employees are expected to jump right back into their routines. For many, however, this return feels less like a fresh start and more like a long, exhausting chore.

Going back to work after a well-earned holiday can be overwhelming. Instead of feeling refreshed, many employees feel mentally, physically, and even financially drained. This lack of energy and motivation is often referred to as the “holiday slug,” a period when productivity drops and focus is hard to regain.

Research supports this experience. Studies show that only about one third of employees feel fully “back in work mode” right after the holidays (Canadian HR Reporter, 2026). About 37 percent need a few days to readjust, while 17 percent need nearly a full week to feel settled again. Motivation in January has also been identified as a major concern when it comes to workplace productivity (Canadian HR Reporter, 2026).

Mental exhaustion is not the only issue employees face. Financial stress also plays a big role in post-holiday burnout. Costs from gift-giving, travel, hosting, and dining can add up quickly, making the return to work even more stressful. On top of that, many employees never fully disconnect during the holidays. Research shows that 57 percent feel pressured to check work emails, and 51 percent continue to work throughout the holiday season to avoid conflict and stress (Wilson, 2025). Without a real break, burnout becomes more likely.

Employers can help reduce the impact of the holiday slug by encouraging employees to fully disconnect during time off and easing workloads during the first week back. Checking in with employees and promoting well-being and self-care can also make the transition smoother (Wilson, 2025).

Employees can take steps as well. Starting with simple tasks, reminding themselves that not everything needs to be done at once, and even taking an extra day off to reset can help rebuild momentum (HuffPost, n.d.). Focusing on self-care, staying organized, and learning to say no can also help prevent burnout (Canadian HR Reporter, 2026).

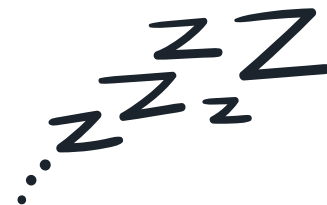
Looking ahead, 2026 can be a year of improvement. With better support and healthier transitions, the holiday season can be something to enjoy rather than something employees struggle to recover from.

Canadian HR Reporter. (2026, January 9). Canadian workers slow to restart after holidays: Report. Canadian HR Reporter. <https://www.hrreporter.com/focus-areas/culture-and-engagement/canadian-workers-slow-to-restart-after-holidays-report/393913>

Wilson, J. (2025, November 14). Holiday blues: Majority of workers say holidays most mentally draining time of year. HRD Canada. <https://www.hcamag.com/ca/specialization/employee-engagement/holiday-blues-majority-of-workers-say-holidays-most-mentally-draining-time-of-year/556697>

HuffPost. (n.d.). 6 things productivity experts do when they come back to work after vacation. HuffPost Life. https://www.huffpost.com/entry/productivity-experts-back-to-work-from-vacation-goog_1_6940618ce4b0fa125e7f502a





Why Your Mind Won't Switch Off at Night

By: Anita Akangbe TMU Nursing Student

Why Stress Disrupts Sleep

Stress activates the body's "fight or flight" response, releasing hormones such as cortisol and adrenaline. These hormones are helpful during the day but interfere with melatonin at night, making it harder to fall asleep and stay asleep. When stress continues day after day, the body stays in alert mode, leading to light, broken sleep and feeling tired even after a full night in bed. Over time, poor sleep can increase anxiety, irritability, low mood, and difficulty concentrating.

Common Sleep Barriers

Many everyday habits can unintentionally worsen sleep. Late or heavy dinners, especially spicy or oily foods, can cause discomfort and reflux at night. Evening chai or coffee contains caffeine that can stay in the body for hours. Long screen time on phones and tablets exposes the eyes to blue light, which suppresses melatonin. Busy households and family responsibilities can also reduce quiet time needed for the mind to unwind.



Tips to Improve Sleep and Reduce Stress

Health promotion focuses on small, realistic changes that protect long-term well-being. Try these evidence-based tips:

- **Create a wind-down routine:** Dim lights, reduce noise, and do calming activities such as stretching, prayer, or quiet reflection 30–60 minutes before bed.
- **Limit caffeine in the evening:** Avoid chai, coffee, or energy drinks after mid-afternoon.
- **Eat earlier and lighter:** Finish heavy meals at least 2–3 hours before bedtime to reduce indigestion.
- **Reduce screen use:** Turn off phones or tablets at least one hour before sleep when possible.
- **Practice calming breathing:** Slow breathing with longer exhales helps activate the body's relaxation response.
- **Be consistent:** Going to bed and waking up at the same time daily supports the body's natural sleep rhythm.

Why Sleep Is a Health Priority

Adults generally need at least seven hours of sleep per night for physical and mental health.

Good sleep supports learning, mood regulation, heart health, immunity, and stress management. Rest is not laziness; it is essential self-care.

When to Seek Support

If sleep problems last more than a few weeks or affect daily functioning, speak with a healthcare provider. Evidence-based treatments such as Cognitive Behavioral Therapy for Insomnia (CBT-I) can improve sleep without relying on medication.

Health Message: Protecting sleep is a powerful form of stress prevention. By making small changes and prioritizing rest, you support both your mental and physical health.

References

- American Psychological Association. Stress and the body
- American Academy of Sleep Medicine & Sleep Research Society. Sleep duration recommendations
- Harvard Health Publishing. Stress and sleep
- National Sleep Foundation. Caffeine and sleep
- Morin, C. M., et al. Cognitive behavioral therapy for insomnia

Winter Wellness: Simple Habits to Support Your Health

By: Avneet Singh TMU Nursing Placement Student



Cold temperatures and snowy days are part of everyday life in Canada. For some, winter is an opportunity to enjoy outdoor activities such as ice skating or skiing, or to relax indoors with a warm drink. For others, this season can feel isolating. Winter often changes daily routines, including how active we are and how much time we spend indoors. Maintaining well-being during this season often requires only small adjustments.

According to the Government of Canada, Canada experiences some of the harshest winter conditions in the world, and extreme cold can have an impact on health. Staying active and participating in winter activities can help support well-being during the colder months (Health Canada, 2021). Winter wellness supports physical, mental, and social health and begins with awareness, recognizing how seasonal changes affect daily routines

Simple, everyday habits that support winter wellness include:

- **Movement, sleep, and daily structure:**

- Staying active during winter supports overall well-being. When possible, spending time outdoors during daylight hours, such as taking a short walk on safe, cleared paths, can help maintain movement. On colder days, indoor options like stretching at home or visiting a gym can help keep movement part of the routine.
- Maintaining consistent sleep and wake times, along with simple daily schedules, can also support energy during shorter days.

- **Nutrition, hydration, and vitamin D**

- Eating warm, nourishing meals such as soups and home-cooked foods can support energy and health during winter.
- Although people may feel less thirsty in cold weather, staying hydrated remains important. With reduced sunlight, some individuals may benefit from vitamin D-rich foods or speaking with a health-care provider.

- **Staying socially connected and managing stress**

- Winter can make staying connected more challenging as people spend more time indoors.
- Staying in touch with family, friends, or community programs can help reduce isolation. Managing stress includes setting realistic expectations, allowing time for rest, and engaging in enjoyable activities.



Winter wellness is not about doing everything perfectly, but about making choices that feel manageable and supportive. Small, consistent habits can make a meaningful difference over time. Taking care of your health during the colder months means listening to your body, adjusting your routine, and being patient with yourself. Support is available, and community care plays an important role in helping people stay well throughout the season.

Reference:

<https://www.canada.ca/en/health-canada/services/healthy-living/your health/environment/extreme-cold.htm>

Internal Family Systems (IFS): A Compassionate Approach to Addiction Recovery

By: Kawaljeet Kaur, Addiction Case Manager

For many individuals within South Asian communities, addiction does not exist in isolation. It is often shaped by family expectations, immigration stress, intergenerational trauma, and cultural silence around emotional distress. Internal Family Systems (IFS) offers a framework that aligns naturally with these lived realities.

South Asian cultures place strong emphasis on family systems, roles, and responsibilities. From a young age, individuals often learn to suppress personal needs in favour of duty, respect, and survival. Over time, this can create internal conflict: parts that strive to meet expectations while other parts carry unexpressed pain, grief, or resentment. Substance use can emerge as a coping strategy when there is limited space to process these emotions openly.

IFS helps by normalizing this internal struggle rather than pathologizing it. Instead of viewing addiction as defiance or weakness, IFS understands substance use as a protective response developed in the absence of emotional safety. This perspective is particularly powerful in communities where shame and honour often prevent people from seeking help. Another strength of IFS is its non-confrontational approach. Many South Asian clients report discomfort with therapeutic models that feel overly direct or blaming. IFS invites curiosity instead of confrontation, allowing individuals to explore their inner experiences without feeling judged or disloyal to family values.

Importantly, IFS also acknowledges collective and intergenerational trauma: migration, displacement, and survival-based parenting without assigning blame to families. This makes it easier for individuals to engage in recovery while maintaining respect for their cultural and familial identities.

By fostering self-compassion and emotional literacy, IFS creates space for healing that honours both individual experiences and cultural context. For South Asian communities navigating addiction, this balance can be transformative.

Youth Reflect, Create, and Step Confidently Into 2026 at PCHS January Workshop

By: Michelle Yousofi, Youth Worker

This January, **Punjabi Community Health Services Community Connections: Children and Youth**, brought youth together for a meaningful and creative programming session centered on reflection, goal setting, and connection. The workshop provided a welcoming space for young participants to look back on their experiences in 2025 while thoughtfully preparing for the year ahead.

One of the highlights of the session was the 2026 Bucket List Vision Board activity. With colorful supplies and plenty of imagination, youth designed personalized boards representing their dreams and goals related to education, personal growth, wellness, hobbies, and community involvement. The activity encouraged self-expression while helping participants turn abstract hopes into clear, visual plans.



The group also took part in a lively 2025 Bingo Reflection Activity, which invited youth to revisit memorable moments, challenges, and milestones from the past year. Laughter and thoughtful conversation filled the room as participants discovered shared experiences, celebrated achievements, and supported one another through stories of growth and resilience.

Adding to the sense of community, each youth was given the opportunity to present their vision board and share what they were most proud of from 2025, along with the goals they are excited to pursue in 2026. These moments of sharing fostered confidence, strengthened communication skills, and created an atmosphere of mutual encouragement and belonging.



By the end of the session, the room reflected more than just creative artwork—it reflected clarity, motivation, and optimism. Through guided reflection and hands-on activities, PCHS helped youth recognize how far they have come and empowered them to move forward with purpose. The workshop served as a powerful reminder that when young people are given the tools to reflect, express themselves, and dream boldly, they step into the future with confidence and hope.

Lohri Celebrations in Seniors' Wellness Groups



By: Navneet Kaur, Caregiver Support Worker

Lohri is a popular harvest festival celebrated mainly in Punjab and other parts of North India, marking the end of winter and the beginning of longer days. Celebrated every year on January 13th, the festival centers on a bonfire, symbolizing warmth, prosperity, and the triumph of light over cold and darkness. People gather to offer traditional items such as peanuts, rewri, popcorn, and sesame sweets into the fire, sing folk songs, and dance. Lohri reflects joy, gratitude, and togetherness, bringing families and communities closer.



For older adults, Lohri holds a deeper emotional and cultural significance. The crackling bonfire often brings back memories of childhood celebrations in villages and joint families, where festivals were celebrated with simplicity and collective joy. These recollections provide comfort and a strong connection to their roots.

In Canada, older adults celebrate Lohri mainly through community-based gatherings organized at community centers, gurdwaras, temples, or cultural associations. Lohri celebrations also play an important role in promoting social interaction among older adults. During the Lohri week, PCHS held various adult day groups to promote independence, socialization, and healthy well-being amongst Older Adults. During these sessions, participants celebrated through sharing thoughts, talking about the history of the festival, singing folk Songs and eating traditional foods such as peanuts, rewri, saag and maki di roti.

PCHS Board Retreat

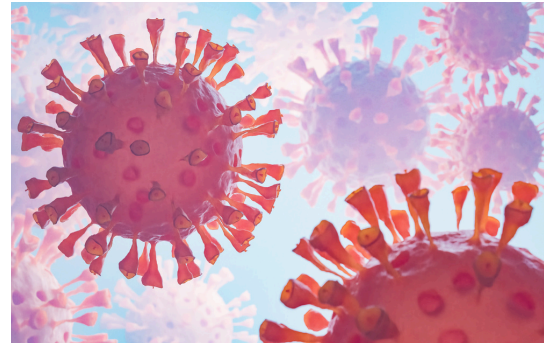


The Board Retreat brought together the PCHS Board of Directors and the Executive Leadership team for a focused day of collaboration, learning, and strategic alignment. Through engaging discussions and insights from exceptional speakers, participants explored key priorities and emerging perspectives relevant to the organization's mission and future. The retreat reinforced a shared commitment to strong governance, effective leadership, and collective accountability, underscoring the Board's and executive team's dedication to advancing the organization's goals together.



Fight the Flu This Season!

The flu is back and making its way through our communities — but with a few smart habits, you can protect yourself and the people around you. Influenza spreads easily through coughs, sneezes, and contaminated surfaces, but don't worry... we've got Prevention & Control-approved tips to keep you flu-free this winter!



Tips to Stay Safe

1. Clean, Clean, Clean!

- ✓ Wash your hands with soap and water for at least 20 seconds (especially after using the washroom or before handling food).
- ✓ Disinfect surfaces with a chlorine bleach solution—this bug is tough!
- ✓ Handle contaminated laundry with care—hot water + detergent is your best bet!

2. Watch What You Eat!

- ⊘ Avoid raw/undercooked shellfish & always wash fruits and veggies.
- ⊘ If you've been sick, stay out of the kitchen for at least 48 hours after symptoms go away.

3. Stay Home if You're Sick!

If you're experiencing symptoms, don't share the bug! Rest, hydrate, and recover at home.

1. Get Your Flu Shot!

Your best protection against the flu is the annual vaccine.

- ✓ Reduces your chances of getting seriously sick
- ✓ Protects older adults, children, and people with chronic conditions
- ✓ Safe, quick, and available at most clinics & pharmacies



RSV & The Common Cold

What You Need to Know!



As the colder months roll in, so do respiratory viruses like RSV (Respiratory Syncytial Virus) and the common cold! 🤧 While they might seem similar, RSV can be more serious—especially for infants, seniors, and those with weakened immune systems.



What's the Difference?

RSV (Respiratory Syncytial Virus)

- Affects the lungs and airways, causing wheezing, severe cough, and breathing difficulties (especially in babies and older adults).
- Can lead to bronchiolitis or pneumonia in severe cases.
- Highly contagious and spreads through coughs, sneezes, and contaminated surfaces.

The Common Cold:

- Caused by many different viruses, like rhinoviruses.
- Typically results in runny nose, sneezing, mild cough, and sore throat—less severe than RSV.
- Still spreads easily through touch, air droplets, and contaminated objects.

How to Stay Safe

1. Wash Your Hands Often!

✓ Scrub with soap and water for at least 20 seconds to wash away germs.

✓ Use hand sanitizer when soap isn't available.

🚫 2. Keep Your Distance!

✓ Avoid close contact with sick individuals, especially if you're caring for infants or older adults.

✓ Cover coughs & sneezes with your elbow or a tissue (not your hands!)

🧼 3. Disinfect, Disinfect, Disinfect!

✓ Wipe down frequently touched surfaces like doorknobs, phones, and keyboards.

🏠 4. Stay Home if You're Sick!

✓ Rest and recover to prevent spreading the virus.

How to Manage Symptoms

✓ **Stay hydrated** – drink plenty of fluids to keep mucus thin and prevent dehydration.

✓ **Use a humidifier** to help ease congestion.

✓ **Try warm fluids** like tea or broth to soothe a sore throat.

✓ **For RSV:** Monitor for difficulty breathing and seek medical care if symptoms worsen.

Let's stay healthy and keep those germs away!

Where Can You Get the Flu Shot?



Where Can You Get the Flu Shot?

Peel Public Health Clinic

Address: 10 Peel Centre Drive, Suite A & B, Brampton, ON L6T 4G4 Rehabilitative Care Alliance

Phone: 905-799-7700 or toll-free 1-888-919-7800 Peel Region

This is a regional public health office — you can call to check if they have flu vaccine clinic times.

Peel Public Health Meadowvale (Mississauga) Clinic

Address: 7120 Hurontario St, Mississauga, ON L5W 1N4 Ligne Santé Centre-Ouest

Phone: Same as above, via Peel Public Health. Ligne Santé Centre-Ouest

Pharmacies

Peel Region's website notes "participating pharmacies" can administer the flu vaccine. Peel Region+1

Because the list of pharmacies changes, call your local pharmacy (e.g. Rexall, Shoppers, etc.) to confirm they have the flu shot in stock



Eligibility for the Flu Shot

Everyone 6 months and older in Peel is eligible. Peel Region+1

No Ontario health card needed: You can get the publicly funded flu vaccine even without OHIP. Peel Region

Priority groups

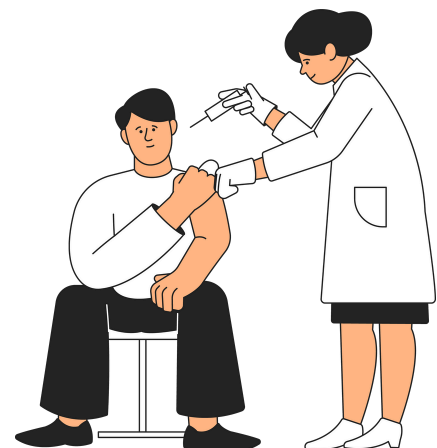
(at higher risk) include:

Older adults (65+) Peel Region

Pregnant people Peel Region

Children 6 months to 4 years Peel Region

People with chronic health conditions



PCHS In The Community



PCHS Staff at an outreach in collaboration with the Afghan Women's Organization



SHPP Team hosts a Cervical Cancer Awareness Month Drop-In event at 60 West Drive Location

WELCOME

NEW STAFF



Harleen Rekhi
Addictions Support - HART Hub
Brampton



Jessica Rakhra
Case manager, Mental
Health



Maryam Duad
Navigator/ Access - HART
Hub Brampton



Tamanna Khaira
Transitional Care - HART
Hub Brampton



Neelam Khan
Community Development
Faciliator



Gurnaj Gill
Case Manager, Malton
Drop-in Program



Sunraj Chahal
Intake Worker Malton
Drop-in Program



Shruti Mishra
Brief Mental Health
Counsellor, HART Hub
Brampton



Dianne Santiago
Peer Support/ Welcomer-
HART Hub Brampton



Shazia Zafar
Wellbeing Navigator



HART Hub Brampton is scheduled to open in January 2026.

The HART Hub Brampton is a new community-based hub offering integrated mental health, addictions, and housing-related supports for individuals in Brampton and surrounding areas. HART Hub Brampton is being delivered in collaboration with eight service delivery partners and in partnership with the Region of Peel. The hub will be located at **10 Peel Centre Drive**, allowing clients to access Region of Peel services in the same location, including housing supports, income assistance, and other social services.

The HART Hubs operate using a no wrong door approach, meaning individuals can access support without an appointment, and staff will help connect them to appropriate services based on their needs. Services are free and designed to be welcoming, accessible, and client-centred.

At the HART Hub, Punjabi Community Health Services (PCHS) staff provides culturally and linguistically responsive peer support, counselling, navigation, and transitional case management to help individuals and families feel safe, supported, and connected to care.

Through this collaborative approach, partners support individuals accessing the HART Hub and connect them to services that best meet their needs.

[Learn More](#)

Additional information about HART Hub Brampton, including services, hours, and how to access support, is available in the Frequently Asked Questions.

[View the HART Hub FAQ link/button]

If you have questions, please reach out to info@harthubbrampton.ca or
call 905-451-4278(HART)

24th Annual International *Women's Day* *Gala*

FRIDAY

MARCH | 27 | 2026

Doors open at 6PM



GRAND EMPIRE BANQUET & CONVENTION CENTRE
100 NEXUS AVE, BRAMPTON, ON L6P 3R6

GET YOUR TICKETS

Click or Scan



#GIVETOGAIN

For the Sponsorship Package, please call 437-243-2197 or email bookkeeper@pchs4u.com.

PCHS will issue the donation receipt for the amount more than \$25

24th Annual International *Women's Day* *Gala*

Sponsorship Package

FRIDAY

MARCH | 27 | 2026

Doors open at 6PM



GRAND EMPIRE BANQUET & CONVENTION CENTRE

100 NEXUS AVE, BRAMPTON, ON L6P 3R6



Join us for an evening of dinner, dancing
and entertainment while we recognize
outstanding women!

**Ticket
Price
\$150**

Keynote Speaker

Rita Chahal

#GIVETOGAIN

[Click here for PCHS IWD Gala Sponsorship Package](#)

JOIN COMMUNITY CONNECTIONS: CHILDREN &
YOUTH PROGRAM AT:

Candy & Kindness

**FEBRUARY, 7TH 2026
12:00PM TO 4:00PM**

LUNCH WILL BE
PROVIDED!

**JOIN US FOR AN AFTERNOON FULL OF FUN
ACTIVITIES INCLUDING:**

- CRAFT YOUR OWN VALENTINE'S DAY CARD
WITH WAX SEALS
- CREATE YOUR OWN BRACELETS
- FUN GAMES & CANDY JARS!

**ELIGIBILITY:
PERMANENT RESIDENT OR
CONVENTION REFUGEE
AGES 8-20**

**MALTON YOUTH HUB:
3545 MORNING STAR DR,
MISSISSAUGA, ON L4T 2V3**

FOR INFORMATION/REGISTRATION

MICHELLE YOUSOFI
MICHELLE.YOUSOFI@PCSH4U.COM
(416) 859-4264

SIMRAN DHILLON
SIMRAN.DHILLON@PCHS4U.COM
(437) 324 0119

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PCHS ANNUAL HEALTH FAIR



CENTURY GARDENS RECREATION CENTRE

340 VODDEN STREET, BRAMPTON, ON, L6V 2N2

**FUN FOR
THE WHOLE
FAMILY**

**COMMUNITY
RESOURCES**


**LET'S TALK
HEALTH**

SUNDAY
MARCH 8TH, 2026
- 10:30AM TO 2:30PM -



**Scan this QR
code to register!**

OR

 **437-243-3735**

- ☒ Free Admission
- ☒ Walk-ins Welcomed
- ☒ Open to All Ages
- ☒ Refreshments
- ☒ Raffle Prizes and Giveaways
- ☒ Meet and Connect with Other
Community Resources

For More Information, Call (437)243-3735 or Email supportline@pchs4u.com

SAHARA PARENTING GROUP

This support group runs every Wednesday from **5:00pm to 6:30pm**. Designed to raise awareness and provide education on building positive and healthy relationships, this group offers a welcoming space for parents and caregivers to learn and share together. Each session focuses on strengthening family connections through guided discussions and practical tools.

LEARN MORE ABOUT:

- ✓ Strengthening parent-child relationships
- ✓ Bullying awareness
- ✓ Understanding cultural differences
- ✓ Developing healthy communication Skills
- ✓ Support with education and career planning

FOR MORE INFORMATION

Alizeh Hassan
alizeh.hassan@pchs4u.com
365-866-3320



PROGRAM LOCATION

**60 WEST DRIVE, SUITE 101
BRAMPTON, ON L6T 3T6**

**WEDNESDAYS
5:00PM TO 6:30PM**

SAHARA

YOUTH GROUP

Are you a youth between ages 12 to 24?

What our group offers:

- 🎨 Fun activities & games that build confidence, teamwork, and life skills
- 📚 Homework help & study support in a relaxed, supportive environment
- 💡 Workshops & discussions on real-life topics that matter to you
- 🤝 Meet new friends and connect with people your age
- 💡 Creative projects that let you express yourself



Come join us for connection, shared activities, and building friendships.

FOR MORE INFORMATION:

Alizeh Hassan

alizeh.hassan@pchs4u.com

Phone Number: 365-866-3320

PROGRAM LOCATION

**60 WESTDRIVE. SUITE 101
BRAMPTON, ON L6T 3T6
WEDNESDAYS
3:30PM TO 5:00PM**



GRIEF COUNSELLING PROGRAM

**SERVICES ARE
PROVIDED IN PERSON
AND VIRTUALLY**
Our Services Include:

- ✓ One-on-one and group grief counselling
- ✓ Support for grief and bereavement
- ✓ Trauma-informed and holistic care approach

For more information please contact:

Jaslene Singh
(416) 579-4142
Jaslene.singh@pchs4u.com



Client Testimonial



“I want to thank you and your team for taking care of my elderly parents. I really appreciate your support, which you are providing to me and my parents.

All ladies who came to help my parents at night, all are great, all are down to earth.

I am so grateful to you, no words to describe how much all of you mean to me and my parents

Now I can go home and take care of my family which I am not able to do before for almost seven to eight years. This program gave me relief. I was overwhelmed.

Right now my parents are getting two days in a week, I am requesting to increase this service more to four days a week if possible so I can spend more time with my family”

Client: Geriatrics Program



PCHS 2024-2025 Impact Report is now Available



2024-2025 IMPACT REPORT



WWW.PCHS4U.COM



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COUNSELLING SERVICES



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Brij Khanna

Kal Choksi

The Hybrid Group

Jaswinder Kaur Bassan

Tarandeep Bhui

7 Star Kitchen Cabinets Ltd.

Mobility Speciality Inc.

In memory of RCMP Constable Harvey Dhani

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

Dewside Drive:

2 Dewside Dr, Unit 202,
Brampton, ON, L6R 3Y5


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**

 **www.pchs4u.com**



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OR
CLICK [HERE](https://www.pchs4u.com)