

PCHS

HEALTH MAGAZINE



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LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS



As March 31 marks the end of our fiscal year, it is a time for reflection and gratitude. I am pleased to share highlights of the meaningful work and community engagement our teams have led over the past few weeks.

March started with our Sahara Health Promotion & Prevention team, under the Locally Driven Population Health Model funded by Ontario Health Central, hosting the Annual Health Fair at Century Gardens in Brampton. With over 150 community members attending, the event brought together valued partners, including Black Health Alliance, Bridge Way Family Centre, Info Peel, Region of Peel, Roots Community Services, Trillium Health Partners, and WellFort Community Health Services. Their presence ensured attendees received vital information and support. It was especially encouraging to see strong collaboration across all PCHS departments, creating a comprehensive and meaningful experience for participants.

Our Newcomer Settlement Program also hosted a lively March Break Youth Empowerment Week at the Malton Youth Hub in Mississauga. This initiative provided newcomer youth with a safe, inclusive, and engaging space to build confidence, learn new skills, and connect with peers.

Furthermore, the Community Voices & Co-Creation Forum, part of the Newcomer Inclusive Community Project, supported by the Peel Newcomer Strategy Group, brought together newcomers, clients, volunteers, professionals, and partner organizations.

Held in Brampton, this forum encouraged inclusive dialogue, strengthened partnerships, and offered a platform for community voices to shape future services. It reaffirmed our commitment to equity, belonging, and community-led solutions.

We also proudly hosted our 24th Annual International Women's Day Gala on March 27 under the theme "Give to Gain." This theme reflects a simple yet powerful truth: when we give to a woman, a senior, or a family, we do not lose; we gain stronger families, healthier communities, and a deeper sense of shared humanity. This is not charity; it is an investment in our collective future.

Programs like Langar on Wheels continue thanks to community support. They are not fully funded and depend on individuals and businesses who choose to donate. I encourage you to consider the role you can play, because every act of giving makes a genuine and lasting difference. The evening also honoured remarkable women leaders whose courage, compassion, and resilience inspire us all and remind us of what is possible when we invest in women and girls.

As we conclude this fiscal year, I sincerely thank our Board of Directors, staff, volunteers, partners, and community members. Your dedication continues to drive our mission forward.



24th IWD Gala



A few fabulous moments from our 24th IWD Gala! For even more sparkle, smiles, and celebration, check out our April issue.



March is
Endometriosis
Awareness
Month

Understanding a Silent Yet Serious Condition

By: Fariha Abdul Muqueet, Prevention Specialist
SHPP

March is recognized as Endometriosis Awareness Month, a time dedicated to raising awareness about Endometriosis, a chronic and often misunderstood health condition affecting millions of women worldwide. In Canada, it is estimated that nearly 2 million people live with endometriosis, yet many experience delays in diagnosis and limited awareness about the condition.

What is Endometriosis?

According to The Endometriosis Network Canada, endometriosis occurs when tissue similar to the lining of the uterus grows outside the uterus, often in areas such as the ovaries, fallopian tubes, bowel, or bladder. These growths respond to hormonal changes during the menstrual cycle, which can lead to inflammation, pain, and scarring.

Endometriosis is not simply “a bad period.” It is a complex, chronic disease that can significantly affect a person’s physical, emotional, and social well-being.



Common Signs and Symptoms

Symptoms vary from person to person, but commonly include:

- Severe menstrual cramps or pelvic pain
- Pain during or after sexual intercourse
- Pain during bowel movements or urination
- Heavy or irregular menstrual bleeding
- Fatigue, bloating, or nausea
- Difficulty becoming pregnant (infertility)

Because symptoms can overlap with other conditions, many individuals experience delays in receiving an accurate diagnosis.

Why Awareness Matters

Endometriosis can affect education, work productivity, relationships, and mental health. Many individuals report missing school or work due to severe pain and other symptoms, highlighting the need for greater awareness, earlier diagnosis, and improved support systems.

Management and Support

While there is currently no cure for endometriosis, treatment options such as medication, surgery, and lifestyle approaches may help manage symptoms and improve quality of life. Support networks and community resources can also play an important role in helping individuals navigate their health journey.

Organizations like The Endometriosis Network Canada provide educational resources, peer support groups, and advocacy initiatives to support individuals living with endometriosis and to promote greater understanding of the condition.

By raising awareness and reducing stigma, we can help ensure that those affected by endometriosis receive the understanding, care, and support they deserve.

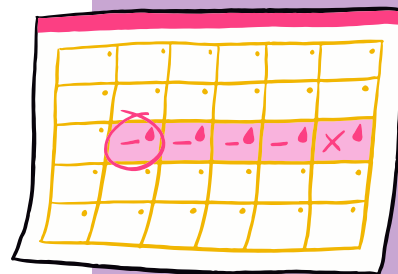


March is Endometriosis Awareness Month

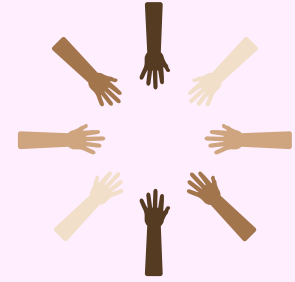
Take Action This March

Endometriosis Awareness Month is an opportunity to

- Learn about the signs and symptoms
- Encourage open conversations about menstrual health
- Support individuals living with endometriosis
- Advocate for improved research, diagnosis, and care



Zero Discrimination Awareness Event



ARAO
Committee

This month, the ARAO Committee at PCHS hosted an internal gathering centered on reflection, open dialogue, and meaningful conversation around discrimination. Together, students and staff created a safe space to share perspectives, challenge biases, and listen with intention.

In recognizing Zero Discrimination Month, we were reminded that change begins with awareness, but grows through action, empathy, and accountability. These conversations are not always easy, but they are necessary in building a more inclusive and respectful community.

We move forward with a shared commitment: to speak up, to stand together, and to ensure that everyone feels seen, heard, and valued every day.

Zero Discrimination Awareness



DAILY REFLECTION

WHAT IS DISCRIMINATION?

Discrimination is unfair or unequal treatment based on identity such as race, gender, age, religion, disability, or other characteristics. It can be visible or subtle, intentional or unintentional.



WHY IT MATTERS?

Discrimination affects mental well-being, trust, and teamwork. Creating an inclusive workplace improves collaboration, safety, and overall organizational culture.



ZERO
DISCRIMINATION DAY
— MARCH 1 —

HOW TO ELIMINATE IT?

- Reflect on personal biases
- Speak up respectfully
- Listen and learn from others
- Support inclusive practices
- Create safe spaces for dialogue

AT WORK IT MAY LOOK LIKE:

- Exclusion from meetings or opportunities
- Bias in hiring or promotions
- Micro-aggressions or comments

Key Takeaway OR Thoughts:

One action I will take to support this:



MARCH IS

Social Work Week



By: Gesu Ghangas, SHPP Placement Student

Every year during the first week of March, communities across Ontario celebrate Social Work Week, a time dedicated to recognizing the important contributions of social workers and their impact on individuals, families, and communities.

In 2026, Social Work Week takes place from March 2 to March 8. This week highlights the compassion, dedication, and professional commitment of social workers who work tirelessly to support people facing social, emotional, and health challenges

Social workers play a vital role in promoting health, well-being, and social justice. They work in many settings such as hospitals, schools, community organizations, and settlement agencies. Their work includes providing counselling, supporting mental health, connecting individuals with community resources, and advocating for vulnerable populations. By addressing social issues such as poverty, family conflict, housing challenges, and mental health concerns, social workers help individuals build stronger and healthier lives.

In our community, social workers make meaningful differences every day. At Punjabi Community Health Services (PCHS), social workers play an essential role in supporting diverse populations, including newcomers, youth, seniors, and families. Through programs focused on health promotion, prevention, mental health, and community support, they help individuals access important services and develop the skills needed to improve their well-being.

As we celebrate Social Work Week, it is important to recognize and appreciate all the incredible work social workers do at PCHS and across our communities. Their commitment, empathy, and advocacy continue to create positive change and contribute to healthier, stronger communities for everyone.



World Obesity Day

A Global Call to Awareness, Prevention & Action

By Gesu Ghangas, SHPP Placement Student

Every year on **March 4**, the world unites to recognize World Obesity Day, a global health awareness initiative dedicated to addressing one of today's most urgent public health challenges. With more than one billion people worldwide living with obesity—and numbers projected to rise significantly in the coming years—the importance of awareness, prevention, and global action has never been greater.

Obesity is recognized as a complex, chronic disease influenced by genetics, environment, mental health, and social determinants such as access to nutritious food and safe spaces for physical activity. It is not simply the result of personal choices. Understanding this broader perspective helps reduce stigma and promotes compassionate, evidence-based support for individuals and families affected.





Why It Matters

Obesity increases the risk of several serious health conditions, including:

- Type 2 diabetes
- Heart disease
- Certain cancers
- Joint and mobility challenges

The rising rates of childhood obesity worldwide highlight the urgent need for early prevention strategies and healthier environments that support lifelong well-being.

Turning Awareness into Action

World Obesity Day calls for systemic change. Key actions include:

- Expanding access to affordable, nutritious food
- Encouraging regular physical activity in schools and communities
- Strengthening healthcare systems for early diagnosis and treatment
- Advocating for policies that promote health equity

How We Can Help?

PCHS offers a culturally responsive obesity program through the Sahara Health Promotion and Prevention Program. This program can help you with healthy lifestyle changes, weight management, and access to supportive resources.

To learn more about the program or get support, call us at 437-243-3735 or email supportline@pchs4u.com.



Allergies Seasonal

Understanding Spring Triggers and Relief

By: Avneet Kaur, SHPP Placement Student



What Causes Seasonal Allergies?

Seasonal allergies occur when the immune system reacts to substances in the environment, such as pollen from trees or grass. Although these substances are harmless for most people, the immune system of someone with allergies identifies them as a threat. In response, the body releases chemicals like histamine, which can cause inflammation in the nasal passages, eyes, and throat. In the spring, tree pollen is often a common trigger. As temperatures rise and snow melts, mold spores may also increase. Windy days can spread pollen more easily, which may worsen symptoms for some individuals.

Common Symptoms

Seasonal allergies can present in different ways. **Common symptoms include:**

- Sneezing
- Runny or blocked nose
- Itchy or watery eyes
- Scratchy throat
- Fatigue

Unlike a cold, seasonal allergies do not cause fever and are not contagious. Symptoms may last for several weeks, particularly when pollen levels remain high. For some individuals, allergies may also worsen asthma symptoms or interfere with sleep.

Do you find yourself sneezing more often as the weather begins to warm?

As winter fades and spring approaches, many people look forward to warmer weather, longer days, and blooming trees. For some, however, this season also brings sneezing, congestion, and itchy eyes. Seasonal allergies, also known as allergic rhinitis or hay fever, are common in Canada and can affect daily comfort, productivity, and overall well-being.

According to Asthma Canada, respiratory allergies such as allergic rhinitis affect approximately **1 in 5 Canadians** (Asthma Canada, 2026).



ALLERGY SEASON AHEAD

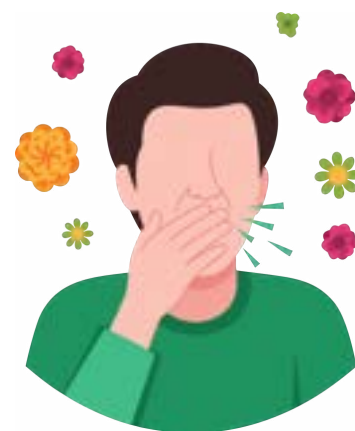
Managing Symptoms

Managing seasonal allergies often begins with awareness. Checking local pollen forecasts can help guide outdoor plans and reduce exposure during peak times. Keeping windows closed on high pollen days and using air conditioning when possible may limit indoor allergens. Showering and changing clothes after spending time outdoors can help remove pollen from the skin and hair.

For persistent or bothersome symptoms, speaking with a pharmacist or health-care provider about appropriate treatment options may provide relief.

Seasonal allergies can affect concentration, energy levels, and participation in daily activities. Recognizing symptoms early and taking preventive steps can make a meaningful difference.

With awareness and small adjustments, individuals can better manage seasonal allergies and continue to enjoy the benefits of the spring season.



Understanding Fall Risks & How to Prevent Them

By: Bhagwant Singh Saran, Geriatrics Placement Student

Accidental falls are one of the common health risks among older adults. The prevention of injuries and maintenance of safety is a significant aspect of healthy aging, and awareness of the risks of falls is one of the most important aspects. Old age isolates physical changes like decreased physical ability, poor balance, and decreased vision that can make them fall. A fall might look like a little incident, but it can cause severe injuries such as fracture, a head injury, or loss of independence. And due to this, Falls are a concern to seniors; many falls can be prevented with enough understanding, knowledge and preventive tips. Also, through exercise, activities, prevention of health conditions, and safe environment, the seniors can be able to keep their independence and quality of life.

The possibility that an individual can fall because of some health issues, drugs, or a risky environment. According to Older adults' perception that falls are a normal part of old age, but falls are preventable in most situations. Some knowledge about the causes of falls can assist older adults to undertake measures to prevent falls. Body weakness, loose joint muscle, a balance problem, poor vision, wrong footwear or dizziness caused by medications or long-term health issues, e.g. arthritis, cataract, are some of the causes. Poor light management, slippery or wet floors, stairs, loose fitting rugs, or cluttered walkways are also environmental factors that may put people at risk of falling.

Seniors can be severely affected by falls. Such injuries could be broken bones or hip fractures which could take a long time to heal and even hospitalize. Other than physical injuries, some seniors develop fear of falling again. This fear could make them restrict their activities, which can result in reduced physical movement and social isolation.



Easy fall precautions will prevent it. Physical activity, which should be maintained through exercise or a healthy diet, is also useful to improve muscle strength, flexibility, and balance. Senior citizens should also be given monthly health check-ups, which include vision and hearing examinations. The side effects such as dizziness that can predispose a patient to fall, can be identified with a doctor or pharmacist. On the same side, an important step is to make the home environment safe. Probability of falling is reduced by good lighting, removal of loose carpets, use of non-slip mats, and installation of grab bars in bathrooms. The use of the right footwear with non-slip soles and low heels will also aid seniors in better balance.



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Tips for Fall Prevention

Caregivers, family members and community organizations have a great role to play in helping the seniors prevent falls. Seniors can be educated and sensitized on practical means of keeping safe and having their health at risk via education and awareness programs. Fall risk awareness was also provided to the seniors as part of community health education at Punjabi Community Health Services (PCHS) by Registered Nurse Bhagwant Singh. The sharing of the information involved a presentation whereby the seniors were informed about the causes of falls, risk factors, and prevention measures to enable them to remain safe and healthy.



THP Research Team Visit to

PCHS

The Sahara Health Promotion and Prevention team recently hosted the research team from the Institute for Better Health (IBH) which is the research and innovation arm of Trillium Health Partners, for a site visit on March 11. We welcomed Dr. Ian Zenlea, Principal Investigator, Celia Mejiros, Research Lead, and Hamna Khan, Research Associate, who are leading the Peel Family Diabetes Prevention Program (FDPP) project.

Two members of our Sahara Health Promotion and Prevention (SHPP) team have been collaborating as Health Coaches in this community-based research initiative, working closely with the research team to support the development of the intervention. This work is being carried out under the leadership and guidance of the Senior Manager of Health Promotion and Prevention.



During the visit, the team discussed the progress made on the research components of the project and the next phases of implementation. PCHS remains committed to providing continued support and active involvement in this research project, working alongside the research team to help advance community-based diabetes prevention efforts.

Thank you!

Indigenous Learning & Art Event

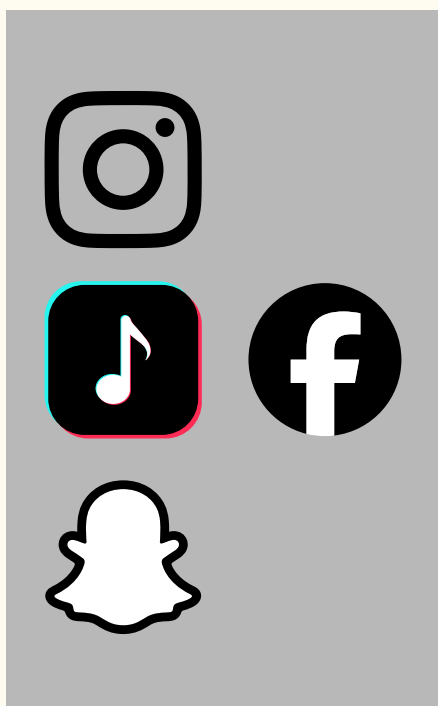


On **March 14**, the **Newcomers Inclusive Community Project** hosted a meaningful gathering focused on Indigenous learning and painting the Traditional Medicine Wheel. Participants of all age groups came together to explore teachings of balance and connection while sharing culture, creativity, and community.

SOCIAL MEDIA USE

ADDICTION & CYBER SECURITY IN CANADIAN YOUTH

By: Nirlep Gill, Peer Support Worker, Addictions Program



Social media has become an integral part of daily life for young people across Canada. Platforms such as Instagram, TikTok, Snapchat, and Facebook allow youth to connect with friends, express themselves, and access information instantly. While these platforms provide opportunities for communication and creativity, excessive and uncontrolled use can lead to social media addiction and serious concerns related to mental health and cyber security.

Social media addiction refers to the compulsive and excessive use of social networking platforms to the point that it interferes with daily life.

“I encourage you to be brave enough to break free from the clutches of doomscrolling. Limit your exposure to negative news and social media. Take a break from the online noise.”

Many young people feel a constant urge to check notifications, post updates, or compare themselves with others online. The reward system in the brain releases dopamine when users receive “likes” or comments, which can reinforce repeated behaviour and make social media difficult to disengage from. Over time, this pattern can become habit-forming and emotionally dependent.

The consequences of excessive social media use among youth are increasingly visible. Many adolescents experience sleep disruption due to late-night screen use, which can affect concentration, academic performance, and emotional well-being. Continuous exposure to idealized images and lifestyles can lead to feelings of inadequacy, anxiety, or low self-esteem. In some cases, online interactions can also involve cyberbullying, harassment, or social exclusion, which may negatively affect a young person’s mental health.

Another important concern is cyber security. Young users may not always understand the risks associated with sharing personal information online.

Posting location details, personal photos, or private data can expose youth to identity theft, online scams, and digital exploitation. Cyber criminals may use fake profiles, phishing messages, or malicious links to obtain sensitive information. Without proper awareness and digital literacy, youth may unknowingly compromise their privacy and safety.

Parents, educators, and community organizations play an important role in guiding young people toward responsible social media use. Encouraging balanced screen time, promoting digital literacy, and discussing online risks can help youth develop healthier technology habits. Setting privacy controls, avoiding sharing personal information, and recognizing suspicious online behaviour are essential cyber security practices that should be taught early.

Community health organizations such as Punjabi Community Health Services continue to support youth and families by promoting mental health awareness, responsible technology use, and cyber safety education. By increasing awareness and encouraging open conversations, communities can help young people enjoy the benefits of social media while protecting their mental health, privacy, and overall well-being.



ANNUAL

PCHS HEALTH FAIR



"An ounce of prevention is worth a pound of cure"



Annual PCHS Health Fair

By: Ramanpreet Kaur, SHPP Community Health Ambassador



On Sunday, March 8th, 2026, the SHPP team successfully hosted a Health Fair, welcoming over 150 participants—from seniors to children.

The event focused on providing education and raising awareness about health and various programs and services available in the community to support individuals and families. We collaborated with organizations such as Roots, Indus, BridgeWay, InfoPeel, Black Health, Peel Region, THP, and Wellfort. A presentation on the SHPP program was also delivered to help attendees better understand the services we offer. Throughout the event, participants actively engaged, asked questions, and gained valuable information.



To make the day even more lively, a zumba session was organized, where participants joined in with great energy and enthusiasm, creating a fun and uplifting atmosphere. Adding a final touch of excitement, participants walked away with special gifts through our raffle draws. Overall, the Health Fair was a meaningful and successful event that brought the community together, encouraged learning, and promoted healthier lifestyles.





March Break Empowerment Week



By: Simran Dhillon - Youth Worker

This March Break, Community Connections Children and Youth at Punjabi Community Health Services (PCHS) hosted a dynamic and engaging week-long program designed to empower newcomer youth in the Peel Region. With a focus on creativity, teamwork, confidence building, and life skills, the program provided a safe and inclusive space for youth to connect, learn, and have fun.



Through a week of creativity, collaboration, and skill-building, Community Connections Children and Youth at PCHS provided newcomer youth with an enriching and empowering experience. Participants left with not only new skills and confidence, but also meaningful connections and lasting memories. The program continues to highlight the importance of accessible and inclusive spaces where youth can grow, thrive, and feel a strong sense of belonging.



March Break in Action: A Week of Fun



Monday: Creative Expression

The week began with a creative expression day where participants designed and decorated their own tote bags and aprons to use later in the week. This hands-on activity encouraged self-expression, creativity, and confidence, allowing youth to create something meaningful they could take home while setting a positive and welcoming tone.

Tuesday: Interactive Leadership Games

Tuesday focused on interactive leadership games, including Jeopardy, trivia, and charades. Through these activities, participants strengthened communication, teamwork, and quick-thinking skills. The friendly competition created an energetic environment where youth were able to build confidence and connect with peers.

Wednesday: Build and Collaborate

Midweek, youth took part in exciting team-building challenges, working together to construct bridges using popsicle sticks and towers made from spaghetti and marshmallows. These hands-on activities encouraged problem-solving, cooperation, and leadership, while reinforcing the importance of teamwork and resilience.

Thursday: Bake and Learn

Thursday introduced a creative baking and life skills experience, where participants followed interactive, fill-in-the-blank recipes and decorated cupcakes. This session helped youth develop practical skills such as following kitchen safety rules, working with recipes, collaborating with others, and expressing creativity, all in a fun and supportive environment.

Friday: Celebrate and Shine

The week concluded with a high-energy celebration day featuring Minute-to-Win-It games and prizes. Filled with laughter, excitement, and friendly competition, the final day celebrated the confidence, teamwork, and skills participants developed throughout the week.

Newcomer Family Fun Day

By: Rupnit Kaur, Community Development Facilitator

“Building Connections & Celebrating Community”

On Saturday, March 21, the Newcomers Inclusive Communities Project (NICP) hosted a Newcomer Family Fun Day at Shingar Banquet Hall in Brampton. The event welcomed residents from Wards 3 and 4, including many newcomer families. It was well attended by people of all ages, creating a warm, inclusive, and diverse space. The goal was to foster connections, increase awareness of local supports, and strengthen community engagement.



The program opened with welcome remarks and a land acknowledgement, followed by a presentation from the City of Brampton on community wellbeing and safety. Attendees learned about programs and services available to support residents. Participants then took part in an interactive “Building Connections for Wellbeing” session, exploring community, belonging, and support.

Families also enjoyed Community Bingo and visited information tables hosted by local organizations, learning about available programs and connecting with community partners. The event provided a meaningful space for people to connect, learn from each other, and feel included. Participants also shared feedback through a short survey.

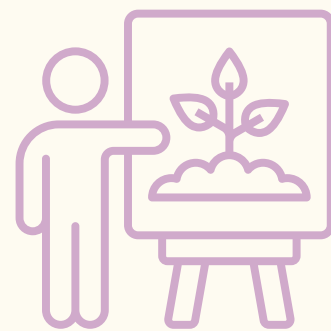


The day concluded with raffle prizes and closing remarks from representatives of the Peel Newcomer Strategy Group. Overall, the event highlighted the importance of inclusion, access to resources, and celebrating diversity, leaving participants informed, supported, and connected to their community.

“Attending today’s event was fun. It was very welcoming and well organized, making it easy for newcomers like us to connect with the community.” - Client Testimonial

OBESITY WORKSHOP

By: Savita Saini, SHPP Preventative Care Specialist



On March 17, 2026, the SHPP team from Punjabi Community Health Services hosted an informative and engaging obesity workshop at Earncliffe Recreation Centre. The session took place from 4:00 PM to 7:00 PM and was attended by approximately 50 community members from diverse backgrounds within the community.

The workshop aimed to increase awareness of obesity by covering its definition, types, and contributing factors in a comprehensive manner. It also addressed associated health risks and highlighted the significant role cultural stigma can play in how obesity is perceived, discussed, and managed within different communities specifically South Asian community.

Obesity Canada aim to replace weight bias with "respect, compassion, and science," emphasizing that stigma is harmful.



Participants were provided with linguistically appropriate educational materials on obesity to ensure accessibility and better understanding, along with practical, evidence-based strategies to support healthier lifestyle choices and long-term behaviour change.

Following the educational component, attendees participated in an energetic and interactive Zumba session, encouraging physical activity in a fun, inclusive, and supportive environment. Refreshments were provided, and transportation support was arranged to enhance accessibility and ensure that participants were able to attend and fully engage in the session without barriers.

Overall, the session was very well received and created a supportive, inclusive space for learning, open discussion, and meaningful community engagement around health, wellness, and obesity awareness.



Health is not just physical, your mind matters too!



Mental Health Matters

By: Avneet Kaur, SHPP Placement Student

On March 25th, a mental health promotion session was delivered to seniors through the Sahara Health Promotion and Prevention (SHPP) program at Punjabi Community Health Services. The session focused on the importance of emotional well-being and staying socially connected, particularly as individuals experience changes such as retirement, shifts in family dynamics, and reduced social interaction. Using a discussion-based and culturally responsive approach, participants were encouraged to share their own experiences and reflect on ways they stay connected in their daily lives.

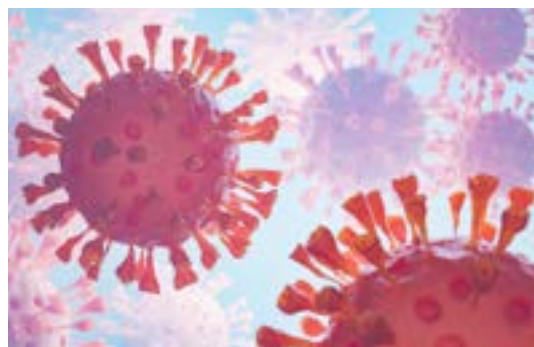


The session highlighted how social connection supports both emotional and overall health, while also providing simple and practical strategies to maintain connection, such as engaging in community programs, spending time with others, and participating in meaningful activities. The session was delivered in a supportive and inclusive environment, allowing participants to feel comfortable engaging in conversation and learning from one another. Overall, the session was well-received and promoted awareness of the importance of emotional well-being.

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 Annual SHPP Health Fair



PCHS Placement Student Delivering a Presentation to the Geriatrics Group

Client Testimonial

I would like to express my sincere gratitude to the settlement counselor at PCHS. She provided to me all the information that was helpful for me to renewal my PR card and citizenship application. She helped me a lot in settling into Canadian society. Me and my family always grateful to the settlement councillor. It was a huge help for us. - **Settlement Program**

My kid joined the March Break event at the Malton Youth Hub this week for all the days and he had so much fun. He didn't want to leave the hub and the activities. I will keep sending my kid to mostly all your events in the future. It is very well organized by the workers and kids are well taken care of! - **Settlement Program**

I would like to share my experience with PCHS and the wonderful support they provided for my mother-in-law. The services made a big difference for our family. PCHS helped us with several important services, including laundry and PSW support. There were also a couple of nights when a PSW stayed with my mother-in-law, which gave us great peace of mind knowing she was safe and cared for.

I would especially like to thank the PSW Coordinator, Asha. She was a big help throughout the process. She always made sure to call and check if everything was going well and if we needed any additional support. Her kindness and dedication meant a lot to us. We were also provided with a learning tablet for seniors, which my mother-in-law really enjoyed using. She used it to do math sums, listen to music, and play prayers. It kept her engaged and happy, and it was wonderful to see her enjoying those activities. Overall, our experience with PCHS was very positive. The team was caring, supportive, and always ready to help. We are truly grateful for the services and support they provided to our family. - **Geriatrics Program**

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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



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