

PCHS

HEALTH MAGAZINE



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LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS



At Punjabi Community Health Services (PCHS), we believe strong, healthy communities are built on connection, inclusion, and opportunities for individuals of all ages to thrive. This month, we were proud to host and support several initiatives that reflected these values and underscored the importance of community engagement, wellness, and empowerment.

One of the highlights of the month was our celebration of National Youth Week at the Malton Youth Hub. Throughout the week, young people took part in a range of interactive activities that fostered creativity, self-expression, leadership, and social connection. It was inspiring to witness the energy, enthusiasm, and resilience of the youth who participated. Investing in our young people today helps build stronger, healthier communities for tomorrow, and we remain committed to creating safe, inclusive spaces where youth can learn, grow, and reach their full potential.

We also joined communities across Canada to recognize National Nursing Week under the theme “The Power of Nurses to Transform Health.” Nurses play a critical role in supporting individuals and families at every stage of life. Their expertise, compassion, and commitment to person-centred care make a profound difference in the health and well-being of our communities. On behalf of PCHS, I extend our sincere gratitude to all nurses for their dedication and the countless ways they improve lives every day.



Promoting mental health and wellness remains a priority at PCHS. Our SHPP team hosted the “Roots of Joy” workshop, bringing community members together for a hands-on gardening experience paired with meaningful conversations about mental health and self-care. The workshop offered participants a chance to slow down, connect with others, and experience the therapeutic benefits of nature, mindfulness, and creativity.

May was also an important month for strengthening our organization’s governance and leadership. We were pleased to orient two new members of the PCHS Board of Directors and five new Voting Members who will help guide the organization’s future direction. Their diverse experiences, perspectives, and commitment to community service will further strengthen our governance structure and support our mission to deliver high-quality, culturally responsive services.

As we reflect on the month’s activities and accomplishments, we are reminded of the power of community to foster health, belonging, and resilience. We remain committed to delivering culturally responsive, person-centred programs that strengthen individuals, families, and communities. Thank you to our dedicated staff, volunteers, Board and Voting Members, partners, and participants, whose continued support makes this work possible.

Together, we are building healthier communities and brighter futures.



MAY IS

NATIONAL NURSING WEEK



By: Harkiran Sidhu, RN, Program Coordinator

National Nursing Week is an opportunity to recognize and celebrate the dedication, compassion, and leadership of nurses across Canada. This year's theme, **"The Power of Nurses to Transform Health,"** highlights the incredible impact nurses have in shaping healthier individuals, families, and communities.



Nursing is a deeply rewarding profession that extends far beyond hospitals and clinical settings. Nurses are often the first point of contact for individuals seeking care and support. They help community members navigate complex health challenges with empathy and professionalism. Nurses not only provide treatment, but also empower individuals through education, prevention strategies, and compassionate care that improves overall well-being.

At PCHS, nurses are an integral part of many interdisciplinary teams and programs. Their contributions support community members through mental health and addictions services, health promotion initiatives, chronic disease prevention, outreach programs, and culturally responsive care. PCHS nurses work collaboratively to improve health outcomes, reduce barriers to care, and promote healthier lifestyles across the community. Their commitment and dedication continue to make a meaningful difference in the lives of individuals and families every day.



During **National Nursing Week**, we proudly recognize and thank all nurses for their unwavering commitment, resilience, and compassion. Their work truly demonstrates the power of nurses to transform health and strengthen communities.

STRESS MANAGEMENT & COPING SKILLS

By: Manprit Dhura, MH Wellness Case Manager

Stress is a natural part of life, but when it becomes overwhelming or a constant cycle, it can negatively affect both mental and physical health. Stress management and coping skills are essential tools that help individuals handle challenges, maintain emotional balance, and improve overall well-being. Developing healthy ways to cope with stress can lead to better focus, stronger relationships, improved sleep, and a greater sense of control in our everyday lives.

One of the most effective ways to manage stress is through self-awareness. Recognizing the signs of stress —such as irritability, fatigue, anxiety, difficulty concentrating, or withdrawal—can help individuals respond before stress becomes unmanageable. Simple lifestyle habits such as regular exercise, balanced nutrition, and getting enough sleep play a major role in reducing stress levels. Physical activity, in particular, helps release endorphins, which are chemicals in the brain that improve mood and reduce tension.

Relaxation techniques are also valuable coping tools.



Deep breathing exercises, meditation, mindfulness, and yoga can calm the mind and help people stay present during difficult moments. Taking short breaks throughout the day, spending time outdoors, or engaging in hobbies can also provide relief and improve emotional resilience.

Another important aspect of coping with stress is building a strong support system. Taking the time to speak to friends, family members, or counselors can help individuals feel understood and less isolated. Effective communication and asking for help when needed are healthy responses to stressful situations and should never be seen as signs of weakness.

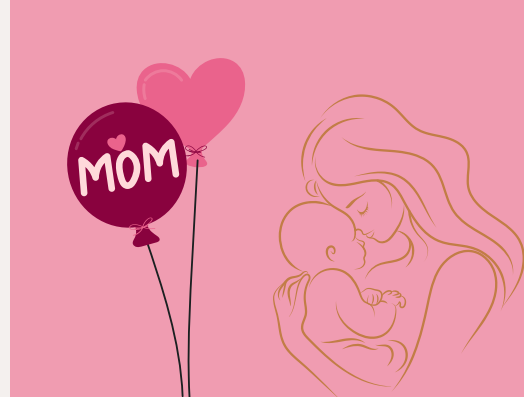
Positive thinking and problem-solving skills can further improve a person's ability to cope with challenges. Instead of focusing only on problems, individuals can learn to set realistic goals, prioritize tasks, and approach difficulties one step at a time. Practicing gratitude and maintaining a hopeful mindset can also improve emotional strength during stressful periods.

Overall, stress management and coping skills are important for maintaining a healthy and balanced life. By learning healthy ways to respond to stress, individuals can protect their mental health, build resilience, and improve their quality of life both now and in the future.

REFLECTING ON MOTHER'S DAY

*Care, Identity, and Inclusive
Community*

By: Gursharan Kaur, Executive Office Assistant



Mother's Day offers an opportunity to recognize and appreciate the many forms of caregiving that shape our lives, families, and communities. From an Anti-Racism, Anti-Oppression (ARAO) and Diversity, Equity, and Inclusion (DEI) lens, it also invites reflection on how motherhood and caregiving are experienced differently across cultures, identities, and social realities.

At its core, the recognition of Mother's Day extends beyond biological motherhood. It includes mothers, grandmothers, adoptive and foster parents, stepmothers, aunts, guardians, elders, and community caregivers who provide love, stability, and guidance. Many cultures already hold a more expansive understanding of caregiving, where responsibility is shared collectively and intergenerationally.

It is also important to recognize that the experience of motherhood is not universal. Structural inequities influence how individuals experience pregnancy, parenting, and caregiving—shaped by access to healthcare, income security, immigration journeys, racialization, and historical and ongoing systemic barriers. For some, motherhood is experienced with support and celebration; for others, it may be shaped by stress, separation, or limited access to resources.

An inclusive approach also acknowledges that this time of year can carry emotional complexity. Individuals may be navigating grief, infertility, estrangement, loss of a child or parent, or may not identify within traditional family structures. A DEI-informed perspective encourages us to hold space for both appreciation and sensitivity, ensuring that recognition does not unintentionally exclude or cause harm.

Pregnancy, Work, and Respectful Workplace Culture

In workplace settings, it is essential to approach pregnancy and related life circumstances with respect, dignity, and confidentiality. Pregnancy is a deeply personal matter, and individuals may choose not to disclose it at any stage. Assumptions should never be made based on appearance or observation.

If someone appears to be pregnant, it is not appropriate to comment on, question, or discuss it unless the individual has chosen to share that information themselves. Respect for privacy ensures that people maintain control over their own personal disclosures.

Where workplace support or accommodations may be relevant, conversations should always be initiated privately and respectfully by the individual, or through appropriate organizational channels such as HR—ensuring confidentiality, autonomy, and informed choice.

This approach aligns with DEI principles by promoting psychological safety, bodily autonomy, and a culture of respect. It helps ensure that employees feel safe making personal disclosures on their own terms, without pressure, assumptions, or unintended exposure.

Within organizations, these practices reinforce a broader commitment to inclusive communication and respectful workplace culture.

Caregiving as a Shared Social Responsibility

Mother's Day also serves as a reminder that caregiving is closely connected to social well-being. Many caregivers—particularly those from marginalized communities—continue to face inequities in access to workplace flexibility, healthcare, mental health supports, and community resources. A DEI approach encourages not only recognition of caregivers, but also ongoing advocacy for systems that support their well-being.

As we reflect on this period, it is important to move beyond a single narrative of motherhood and instead embrace a broader understanding of care in all its forms. Doing so allows us to better recognize the resilience, diversity, and lived realities of those who nurture others every day.

Closing Reflection

Care is not defined by one role or one moment in time—it is a shared human responsibility. When we approach caregiving with equity, respect, and inclusion, we strengthen the fabric of our communities and create spaces where everyone feels seen, valued, and supported.



BLADDER CANCER AWARENESS MONTH

By: Savita Saini, SHPP Preventative Care Specialist

Every year, **Bladder Cancer Awareness Month** shines a spotlight on one of the most common cancers affecting the urinary system. The campaign aims to educate communities about risk factors, symptoms, early detection, and the importance of preventative care. Raising awareness can help save lives by encouraging individuals to recognize warning signs early and seek timely medical attention.

Bladder cancer begins in the tissues of the bladder, the organ responsible for storing urine. While it can affect anyone, it is more commonly diagnosed in older adults and is seen more frequently in men. Smoking remains the leading risk factor, as harmful chemicals from tobacco enter the bloodstream and collect in the urine, damaging the bladder lining over time. Other risk factors include exposure to certain workplace chemicals, chronic bladder infections, family history, and previous cancer treatments involving radiation.

Some of the most common symptoms of bladder cancer include blood in the urine, frequent urination, pain during urination, lower back pain, and a sudden urge to urinate.



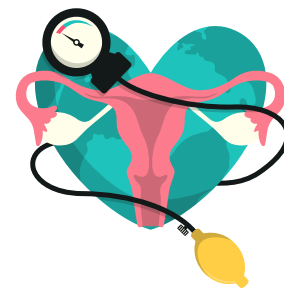
Preventative care plays a major role in reducing the risk of bladder cancer and improving overall well-being. Healthy lifestyle choices such as quitting smoking, staying hydrated, maintaining a balanced diet rich in fruits and vegetables, and attending regular health screenings can help lower risk factors associated with bladder cancer and many other chronic diseases.

Our SHPP team is helping communities through education, health coaching, risk assessments, and supportive resources to adopt healthier habits and become more aware of their personal health risks. Preventative care plans developed through such initiatives can include smoking cessation support, nutrition guidance, physical activity goals, stress management strategies, and routine medical checkups.

Bladder Cancer Awareness Month serves as an important reminder that awareness, education, and prevention are powerful tools in protecting our health. By prioritizing regular checkups, healthy lifestyle habits, and preventative care programs, individuals can take steps toward reducing cancer risks and improving quality of life.

World Ovarian Cancer Day

Promoting Awareness, Early Detection, and Equity in Women's Health



By: Tanya Vyas, SHPP Community Health Ambassador



World Ovarian Cancer Day, observed annually on May 8, is a global awareness campaign dedicated to increasing knowledge about ovarian cancer, supporting those affected, and advocating for earlier diagnosis and better healthcare access. This day brings together organizations and communities worldwide to address one of the most serious gynecological cancers affecting women.

Ovarian cancer develops in the ovaries or fallopian tubes and is often difficult to detect in its early stages because symptoms can appear vague or like common digestive or menstrual concerns. Common symptoms include bloating, pelvic or abdominal pain, difficulty eating, feeling full quickly, fatigue, and frequent urination. Due to the absence of a reliable screening test, many women are diagnosed at advanced stages, making awareness and education essential components of prevention and early intervention.

From a health promotion perspective, World Ovarian Cancer Day emphasizes empowering individuals and communities through education, advocacy, and equitable healthcare access. Health promotion focuses not only on treatment but also on increasing awareness, encouraging health behaviors, and reducing barriers to healthcare services. Educating the public about recognizing symptoms and seeking timely medical attention can improve early detection and increase survival outcomes.

The **2026 theme for World Ovarian Cancer Day, “#NoWomanLeftBehind”**, highlights the importance of health equity and access to care for all women, regardless of social, cultural, geographic, or financial barriers. The campaign encourages government, healthcare providers, and communities to work together to ensure women have access to accurate information, diagnosis, treatment, and emotional support throughout their cancer journey.

World Ovarian Cancer Day serves as a reminder that awareness and education can save lives.

MENTAL HEALTH WEEK

Healing Through Connection & Community

By: Navdeep Kaur, SHPP Case Manager



Mental Health Week is an important reminder that mental well being is just as essential as physical health. Observed annually in Canada during the first week of May, this week encourages open conversations about mental health, reducing stigma, and creating supportive communities where individuals feel heard, valued, and understood. In today's fast paced world, stress, anxiety, isolation, and burnout continue to affect people of all ages, making mental health awareness more important than ever.

At Sahara Health Promotion and Prevention, mental health support goes beyond traditional approaches. The program focuses on creating safe and welcoming spaces where community members can connect, engage, and heal through meaningful experiences. Rather than focusing only on counselling, Sahara takes a holistic and preventative approach by offering fun, mindful, and interactive workshops that encourage self care, emotional wellness, and community connection.



Activities such as mindfulness sessions, creative workshops, wellness discussions, and community engagement events help individuals build resilience while feeling supported in a comfortable and non judgmental environment. This subtle yet impactful approach allows participants to explore mental wellness in ways that feel approachable and empowering.

At the same time, Sahara recognizes that some individuals may require additional support, and counselling services are also available for those interested in more direct mental health care. By combining prevention, education, community involvement, and counselling support, the program works toward improving overall mental wellness in a compassionate and inclusive way.

Mental Health Week reminds us that healing and support can take many forms, and sometimes small moments of connection, creativity, and understanding can make a meaningful difference in someone's life.

HYPERTENSION AWARENESS MONTH

Preventing High Blood Pressure Through Healthy Living

By: Fariha Abdul Muqueet, SHPP
Prevention Specialist

May is recognized as Hypertension Awareness Month, dedicated to increasing awareness about high blood pressure and the importance of prevention, early detection, and long-term heart health. Hypertension, also known as high blood pressure, is often called the “silent killer” because it can develop without noticeable symptoms while significantly increasing the risk of serious health complications such as heart disease, stroke, and kidney disease.

What Happens in the Body

Blood pressure refers to the force of blood pushing against the walls of the blood vessels that carry blood from the heart to supply oxygen to other organs. When this pressure remains consistently elevated over time, it places strain on the heart and blood vessels. This ongoing strain, if not identified or managed early, can gradually lead to chronic health conditions. Many lifestyle-related factors contribute to hypertension, including high salt intake, poor dietary patterns, lack of physical activity, chronic stress, smoking, and excessive alcohol consumption.

Preventing Hypertension Through Lifestyle Choices

Hypertension is largely preventable through healthy lifestyle choices and early preventative action.



Healthy habits such as eating a balanced diet rich in fruits, vegetables, whole grains, and lean proteins, reducing salt intake, engaging in regular physical activity, managing stress, maintaining a healthy weight, and attending routine health check-ups can significantly reduce risk. Regular blood pressure monitoring is also an important step in early detection and prevention.

Preventative Care Approach

At Punjabi Community Health Services (PCHS), the Sahara Health Promotion and Prevention (SHPP) Program supports preventative care planning focused on lifestyle factors that reduce the risk of hypertension. Through the Preventative Care Program, the SHPP team provides culturally responsive education and community-based support to encourage healthier daily choices. The program emphasizes practical strategies around behavior change and setting goals such as improving nutrition, increasing physical activity, managing stress, and promoting overall heart health to help individuals reduce their risk of developing chronic conditions.

Taking Action for Health

This Hypertension Awareness Month, individuals are encouraged to take proactive steps to protect their heart health and support their families in doing the same. Small, consistent changes in daily habits can have a meaningful and lasting impact on overall well-being and long-term disease prevention.

Building Safer Communities Through Community Justice Coordinators in Peel Region

By: Prabhjot Gidda, Community Justice Coordinator

Community Justice Coordinators (CJCs) play a vital role in Peel Region by supporting individuals involved in the justice system and helping them access the services needed to rebuild their lives. CJCs focus on rehabilitation, prevention, and community reintegration by working collaboratively with courts, social service agencies, and local organizations. Their work has become increasingly important in addressing the root causes of criminal behaviour, including mental health challenges, homelessness, addiction, unemployment, and trauma.

One of the key strengths of the CJC model in Peel is its partnership with organizations such as PCHS. Through the involvement of PCHS and CJCs, individuals are connected to a wide range of community supports, including mental health counselling, addiction treatment, housing assistance, crisis support, and culturally responsive programming. This collaborative approach ensures that individuals receive personalized and ongoing support rather than facing the justice system alone.

The success of Community Justice Coordinators can be measured by their ability to reduce recidivism and improve long-term outcomes for vulnerable individuals.



Instead of relying solely on punitive measures, CJCs focus on restorative and community-based solutions that encourage accountability while also providing opportunities for growth and stability. By helping clients access education, employment programs, counselling, and healthcare services, CJCs support positive behavioural change and reduce the likelihood of future justice involvement.

CJCs also strengthen communication and collaboration between justice partners, community organizations, and service providers. This coordinated system helps reduce pressure on courts, emergency services, and correctional facilities while creating safer and healthier communities. The involvement of PCHS further enhances this process by ensuring individuals receive continuous care and support during difficult transitions.

In Peel Region, the partnership between Community Justice Coordinators and PCHS demonstrates the value of compassionate, client-centered justice strategies. Their combined efforts have helped many individuals regain stability, reconnect with their communities, and move toward healthier futures. The continued success of CJCs highlights the importance of prevention, rehabilitation, and community collaboration in building a more supportive and effective justice system for everyone.

ADDRESSING OBESITY IN OUR COMMUNITY



*More science,
less stigma.*

By: Ramanpreet Chahal, SHPP Community Health Ambassador

The SHPP team continues to deliver presentations on obesity to various community groups across the Region of Peel. These sessions are designed to raise awareness, reduce stigma surrounding obesity, and promote healthier lifestyle choices among community members of all ages.

Each session began with a pre-survey to understand participants' existing knowledge and perceptions about obesity. The discussion covered the basics of obesity, including common causes such as genetics, diet, physical inactivity, socio-economic and other contributing factors. We also spoke about the potential health impacts associated with obesity, including conditions like arthritis, fatty liver, and reduced mobility, especially among older adults.

A key highlight of the presentation was shifting the conversation from a weight-centered approach to a health and well-being centered approach. Instead of focusing only on numbers on the scale, participants were encouraged to think about overall health.

At the end of each session, a post-survey was conducted to evaluate what participants had learned. Moreover the feedback indicated an increase in understanding on management and important facts about obesity.

Overall, the sessions were well-received and made a remarkable significance on individuals. More sessions will be conducted in upcoming months in a hope to create a better and healthier community.



MOTHER'S DAY CELEBRATION

By: Navdeep Mangat, IST

A mother is not just a person — she is a whole world of love, sacrifice, strength, and comfort. From the moment we open our eyes, a mother becomes our first home, our first teacher, and our forever safe place. No matter how old we grow, her love remains the purest and most unconditional love we will ever receive.

Mothers spend their lives caring for everyone else, often forgetting themselves. They stay awake for our worries, pray for our happiness, and stand beside us during every storm. A mother's hug can heal pain that words cannot explain, and her smile can brighten even the darkest days.

Being a mother is truly a blessing. It means loving someone more than yourself, giving endlessly without expecting anything in return, and carrying a heart outside your own body forever. Mothers are the silent warriors of every family — strong, patient, and full of endless love.

On this Mother's Day, let us celebrate every mother for her sacrifices, her kindness, and the countless little things she does every single day. Thank you for being our strength, our guide, and our greatest blessing.



At PCHS, we celebrated Mother's Day during our seniors group sessions by honouring our seniors. Many participants shared beautiful stories about their experiences as mothers, while others read quotes or wrote reflections in both Punjabi and English, highlighting the warmth and love that mothers provide.

Happy Mother's Day to all the amazing mothers around the world. Your love makes life beautiful.



NATIONAL YOUTH WEEK CELEBRATION

A Week of Self-Care, Creativity, Learning, and Youth Celebration

By: Disha Mehta – Newcomer Youth Worker



May at the Malton Youth Hub was dedicated to celebrating National Youth Week through a full week of engaging activities designed to recognize, support, and celebrate youth. From creative workshops to recreational activities and skill-building opportunities, the week provided youth with a welcoming space to connect with peers, express themselves, and enjoy meaningful experiences.

May 1, 2026 – Self-Care Day

The week began with a Self-Care Day, where youth were encouraged to slow down, reflect, and participate in activities focused on wellness and personal care. This event created a calm and supportive environment for youth to learn the importance of taking care of their mental and emotional well-being.



May 2, 2026 – Carnival Day

On May 2nd, youth participated in Carnival Day, which brought fun, energy, and excitement to the Hub. The event included interactive activities, games, and opportunities for youth to socialize in a lively and positive setting. It was a great way for participants to build connections while enjoying a festive atmosphere.



May 3, 2026 – Virtual Employment Workshop

The Virtual Employment Workshop supported youth in building practical skills for their future. Participants learned about employment readiness, job search strategies, and ways to prepare for work opportunities. This session helped youth gain confidence and knowledge as they begin exploring employment pathways.

May 4, 2026 – LEGO & Puzzle Day

LEGO & Puzzle Day encouraged teamwork, creativity, and problem-solving. Youth worked independently and in groups to complete puzzles and create unique LEGO builds. The activity promoted patience, focus, and collaboration while allowing youth to have fun in a relaxed environment.

May 5, 2026 – Painting a Canvas

On May 5th, youth explored their artistic side through a canvas painting activity. Participants used paint, brushes, and creative ideas to design their own artwork. This activity encouraged self-expression and gave youth the opportunity to create something meaningful that they could take home.

May 6, 2026 – Tie Dye Day

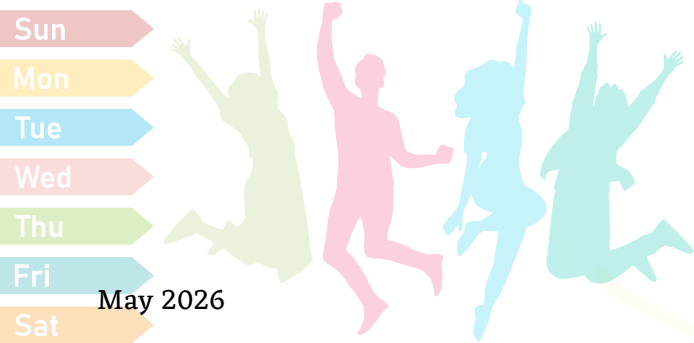
Tie Dye Day gave youth a chance to experiment with colour and design. Participants created personalized tie dye items while learning different techniques and patterns. The activity was hands-on, fun, and allowed youth to express their individuality through wearable art.

May 7, 2026 – Talent Show

The week concluded with a Talent Show, where youth had the opportunity to showcase their skills, confidence, and creativity. Participants shared their talents in a supportive environment, while peers encouraged and celebrated one another. This event highlighted the importance of youth voice, confidence, and community support.

Overall Impact

National Youth Week at the Malton Youth Hub provided newcomer youth with a safe, inclusive, and engaging space to celebrate who they are. Through self-care, creative expression, employment learning, teamwork, and performance, youth were able to build confidence, strengthen friendships, and feel a greater sense of belonging within the community.





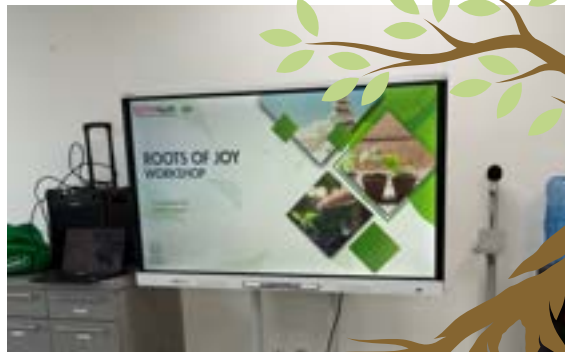
ROOTS OF JOY WORKSHOP

By: Ramanpreet Kaur, SHPP Community health Ambassador

On May 15th, the SHPP team hosted the “Roots of Joy” workshop focused on mental wellbeing, creativity, and self-care.

The workshop started with a short presentation about how activities like painting and planting can help reduce stress and improve overall wellness. We also talked about how growth takes time, care and support are important, small steps matter, and difficult seasons do not last forever — just like plants. Participants were encouraged to see their plant as a reminder to care for themselves too.

Participants painted and decorated their own flowerpots and later planted different seeds in them. Majority of the participants planted cilantro, basil, and spearmint seeds. During the activity, many participants shared their views about different plants and their uses which made the workshop very interactive and enjoyable.



Overall, participants really loved the workshop and asked for more workshops like this in future. The workshop created a warm and relaxing environment where everyone was able to connect, learn, and enjoy themselves.



PCHS in the Community



MH Case Managers at the Mental Health and Wellness Fair hosted by the Region of Peel



SHPP Team conducting a colorectal cancer awareness presentation at Dairy Maid Park



SHPP Team conducting a presentation on obesity with Geriatrics group



PCHS staff attending Wellfort Asian Heritage Month outreach

Annual South Asian Collective Gala Night by Peel Regional Police



PCHS staff attend the Annual South Asian Collective Gala Night by Peel Regional Police

Grateful for the opportunity to connect with community leaders, celebrate cultural diversity, and support conversations that strengthen collaboration and inclusion across Peel Region.

Professional Development Spotlights



1 Professional Development Spotlight

Earlier this month, **Deepinder Singh, MH Manager**, attended the 16th Annual CACBT-ACTCC Conference at University of British Columbia in Vancouver. The conference took place from May 1–2, 2026, and provided an opportunity to learn about current trends and best practices in mental health care.



STRENGTHENING QUALITY THROUGH INSIGHT

Learnings from CARF Canada's 2026 Advanced Performance Measurement Training

By: Sheena Sabharwal, Sr. Manager
(Quality Assurance)

Representing PCHS, I had the opportunity to join Sr. Management and the Staff from across Canada and US organizations, at the CARF Canada Advanced Performance Measurement Training, held on May 20–21, 2026, at Simon Fraser University in Vancouver. The training offered a deep exploration of Sections L and M of the 2026 CARF Standards, emphasizing how performance measurement can evolve from routine reporting into a strategic learning tool. The training highlighted the importance of designing indicators that reflect client experience, cultural relevance, and organizational priorities. Through hands-on exercises, participants practiced interpreting trends, comparing program results, and using data to guide decisions with greater clarity. A particularly valuable component was the practical experience of developing SMART business and service functions, which strengthened participants' ability to translate broad goals into measurable, actionable targets.



These learnings directly support PCHS in enhancing program evaluation, improving transparency with funders, and grounding planning in meaningful evidence.

The two days training also expanded the learning by focusing on how to turn insights into sustained, measurable improvement. The training emphasized embedding feedback loops into daily operations, documenting progress in ways that demonstrate accountability, and prioritizing improvement initiatives based on client impact and organizational capacity. Participants also engaged in collaborative discussions and networking, exchanging ideas, challenges, and best practices with colleagues from diverse organizations. This cross-sector dialogue enriched the learning experience and highlighted shared opportunities for innovation. **The overarching takeaway was clear: when performance measurement and improvement work in harmony, organizations can elevate quality, strengthen trust, and deliver measurable impact. For PCHS, these insights provide a strategic foundation for advancing excellence and ensuring that services remain responsive, effective, and client-centered.**

“ Client Testimonial

“My life had completely changed because of heroin use. I was working as a commercial truck driver when I started using heroin after being influenced by other drivers. I continued using it for almost five years, and during that time I lost my driving license and faced many problems with my family, finances, work, and health.

When I approached PCHS for help, the Case Manager supported me throughout my recovery journey. They connected me to a clinic to begin withdrawal management medication and provided regular supportive counselling sessions. Whenever I felt low or discouraged, the Case Manager motivated me to continue treatment and educated me about withdrawal symptoms and healthy ways to cope during recovery.

Today, I have been free from substance use for one year. I no longer associate with negative influences, and my family is happy to see the positive changes in my life. I am now involved in farming and poultry business, and both my physical and mental health have improved significantly.

I feel happier, more confident, and hopeful about my future. I am grateful for the support and guidance I received during my recovery journey.” - **Addictions Program**



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 :



ART CONTEST!

Have YOUR art displayed at Trillium Health Partners!

Help us make our mental health and addiction spaces more welcoming for diverse youth.

Your Art Here!



RULES



Submit your art using the QR code



No names, faces, or identifiers on the art itself for privacy



Winning art will be displayed in the mental health spaces of Trillium Health Partners



Submit your art by **June 15th, 2026**

SCAN HERE TO ENTER!



GOOD LUCK AND HAVE FUN!



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Hardeep Mann CPA
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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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