

PCHS HEALTH MAGAZINE

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LETTER FROM THE CEO

Amandeep Kaur CEO, PCHS



A Month of Excellence, Celebration, and New Beginnings

November was a remarkable month at Punjabi Community Health Services (PCHS), characterized by dedication, achievements, quality assurance, and celebrations. From completing our fifth CARF Accreditation Survey to hosting the 12th Annual Friends of PCHS event, the month demonstrated the strength of our collective commitment to quality, accountability, and community involvement.

PCHS has been proudly accredited by CARF (Commission on Accreditation of Rehabilitation Facilities) since 2013 and by the Imagine Canada Standards since 2014. These accreditations reflect our ongoing dedication to providing services that meet the highest standards of excellence, integrity, and ethical practice.

This year's CARF Accreditation Survey, carried out in November, marked an important milestone in our ongoing journey of quality enhancement. Accreditation is more than just an evaluation; it reaffirms the trust our community and funders have in PCHS. It highlights our strong dedication to family-centered, culturally responsive, and evidence-based care. We sincerely thank our staff, Board of Directors, volunteers, funders, and community partners for their commitment and teamwork throughout this process. Their efforts ensure that our programs and systems continue to meet and exceed international service quality standards.

The 12th Annual Friends of PCHS event, held on November 29, brought together community members, partners, and supporters to celebrate shared achievements and envision the future. It was an evening filled with reflection, gratitude, and renewed dedication to strengthening our community's health and well-being. We also honoured nine volunteers from various programs.

Looking ahead, we are excited to share that Project Khushi has returned to PCHS for its fourth year. Project Khushi (Happiness) is an initiative dedicated to fostering joy, connection, and holistic wellness. We are thankful to the Brampton Food Hub for supporting the event once more, and to a generous Brampton family physician who donated funds to bring even more happiness to individuals and families in need.

To register, please get in touch with our Support Line at supportline@pchs4u.com or 437-243-3735, and join us in creating inclusive spaces for healing, connection, and empowerment.

As we conclude this vibrant month and approach year-end, we sincerely thank everyone who continues to support PCHS. Together, we are building a community rooted in compassion, excellence, and hope.



November is Diabetes Awareness Month: Spotlight on the South Asian Community

By: Navdeep Kaur, Case Manager, SHPP



Each November, Diabetes Canada leads Diabetes Awareness Month to educate and empower Canadians about a condition affecting nearly 1 in 3 people living with diabetes or pre-diabetes (Diabetes Canada 2023). Diabetes occurs when the body cannot properly produce or use insulin, leading to high blood-sugar levels and long-term health complications.

While diabetes affects all communities, South Asians are among the highest-risk groups in Canada. According to Diabetes Canada, people of South Asian descent are significantly more likely to develop type 2 diabetes, often at younger ages and lower body weights than other populations (Diabetes Canada, 2023). Research shows that the age-standardized prevalence in South Asian Canadians is around 16%, well above the national average (Diabetes Canada, 2023).

This higher risk stems from a mix of genetic, cultural, and lifestyle factors including central body fat, insulin resistance, and limited physical activity. These findings highlight the urgent need for early screening and culturally tailored prevention strategies in South Asian communities.

During Diabetes Awareness Month, Diabetes Canada urges everyone to “make time for diabetes” learn your risk, talk to your doctor, and adopt small, sustainable changes such as balanced eating, regular activity, and community engagement (Diabetes Canada, 2024).

Managing diabetes isn't just about medication, it's about making daily choices that support your long-term health. Here are some essential lifestyle habits that can make a meaningful difference:

Education: Learn about your condition to manage it confidently.

Physical Activity: Exercise lowers blood sugar, supports weight control, and reduces stress.

Nutrition: Eat balanced meals at regular times to keep blood sugar steady.

Weight Management: Maintaining a healthy weight improves blood sugar control, especially in type 2 diabetes.

Medication: Type 1 diabetes requires insulin; type 2 may need lifestyle changes plus medication or insulin.

Stress Management: Reduce stress with relaxation techniques to help manage blood sugar.

Blood Pressure: Keep it below 130/80 mmHg to reduce risks of heart, kidney, and eye problems.

By raising awareness and supporting one another, we can help ensure that high-risk groups like the South Asian community receive the tools and care they need to live healthier, longer lives.





Diabetes Flag Raising Ceremony

By: Tanya Vyas, SHPP Community Health Ambassador

PCHS proudly joined Member of Parliament Sonia Sidhu for a meaningful Diabetes Awareness Month flag-raising ceremony, bringing the community together in a powerful show of support for those living with diabetes. PCHS alongside MP Sidhu, spoke passionately about the importance of early screening and culturally sensitive health services. Representatives from PCHS echoes this message, emphasizing their commitment to providing resources, programs, and outreach that empower individuals to manage and prevent diabetes. As the blue flag rose, symbolizing hope and collective action, attendees were reminded that awareness is the first step toward change. The ceremony not only honored the resilience of those living with diabetes but also reinforced the shared responsibility to build healthier communities.

White Ribbon Day for the Elimination of Violence Against Women

By: Gursharan Kaur, Executive Office Assistant



Purpose:

November 25th is a day to raise awareness about the prevalence of violence against women in Canada, reflect on systemic oppression, and take meaningful action to support safety, equity, and inclusion. This includes acknowledging the disproportionate impact on Indigenous women, racialized women, newcomers, and other marginalized groups.

Practical Actions for Staff

1. Reflect & Learn

- Discuss how gender-based violence intersects with racism, ableism, and other forms of oppression.
- Facilitate short team reflection sessions to explore how staff can contribute to safer and more inclusive environments.

Source for Context: Statistics Canada – [Violence Against Women](#)

2. Share Resources

- **Women's Shelters Canada:** www.sheltersafe.ca – searchable database of shelters across Canada.
- **Canadian Women's Foundation:** www.canadianwomen.org – programs and resources to prevent violence and support women.
- **Government of Canada – Gender-Based Violence Resources:** <https://www.canada.ca/en/public-health/services/women.html>
- Encourage clients and colleagues to access local support services in Peel and surrounding GTA areas.

3. Take Action at Work

- Review one workplace policy or process through an ARAO lens (e.g., reporting procedures, client intake processes, or community engagement).
- Promote safe, inclusive, and culturally responsive communication with clients and colleagues.

The Buddy System Model: Promoting Connection and Strengthening Recovery in Mental Health and Addiction

By: Lt. Col. (Retd.) Rajan Basnet, Case Manager – Addiction



The Buddy System originated in military settings as a structured partnership model in which two soldiers are paired to monitor each other's safety, stress responses, and overall well-being in high-risk environments. Research on military peer-support structures has consistently shown that mutual monitoring and connectedness can reduce psychological distress and improve resilience under pressure (Hall, 2011).

This model has gained relevance in civilian health settings, particularly in the fields of mental health and addiction. Individuals navigating challenges such as anxiety, depression, trauma, substance use, and social isolation often benefit from consistent support. Adapted for recovery, the Buddy System provides a structured, peer-based framework that fosters accountability, emotional safety, and mutual empowerment.

How the Buddy System Works in Recovery

Within a peer-support approach, two individuals—typically with lived or shared experience—agree to provide ongoing check-ins, active listening, and encouragement. The relationship is not hierarchical; instead, both participants contribute and receive support. Evidence indicates that peer-based recovery partnerships can enhance treatment engagement, reduce relapse risk, and strengthen coping strategies (SAMHSA, 2023).

Drawing from its military roots, the model emphasizes early identification of behavioural or emotional changes. Buddies are encouraged to recognize signs such as missed appointments, shifts in mood, increased substance use, or withdrawal from supports. The goal is not to diagnose but to respond with empathy, reinforce safety, and encourage professional help when necessary.

Guiding Principles

- **Client-Centred, Evidence-Informed Care:** Peer partners honour individual experiences, cultural contexts, and personal recovery goals.
- **Harm Reduction:** The focus remains on safety, reduced risks, and preventing crises rather than expecting abstinence or perfection.
- **Strength-Based Approach:** Buddies highlight resilience, skills, and achievements.
- **Trauma-Informed Practice:** The relationship prioritizes safety, trust, collaboration, and empowerment.
- **Mutuality:** Both individuals give and receive support, reducing power imbalances.

Where the Buddy System Is Most Effective

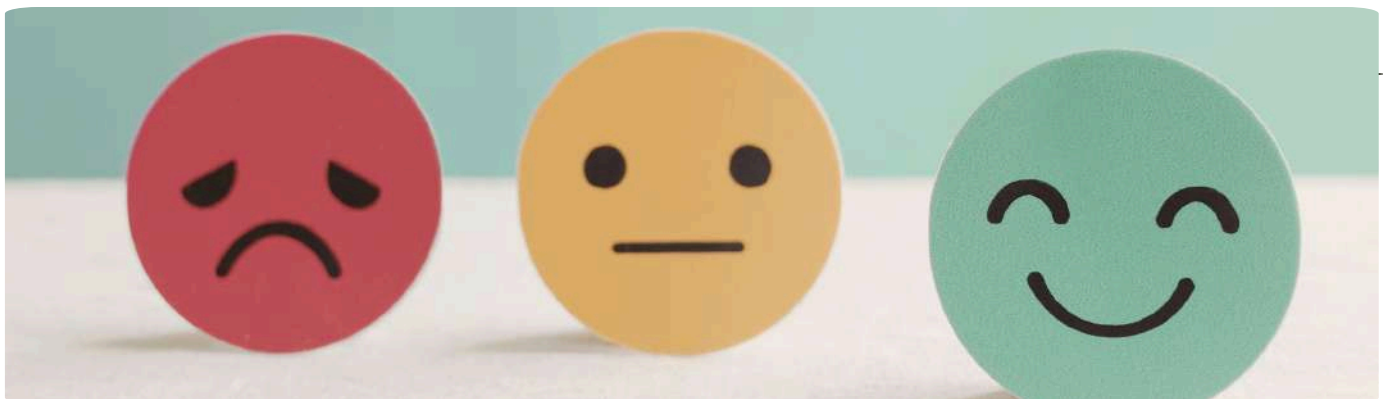
- **Early Recovery:** Reduces isolation and increases motivation.
- **Crisis or Relapse-Risk Periods:** Provides timely support and grounding.
- **Reintegration:** Aids transitions back to school, work, or community life.
- **Long-Term Wellness:** Helps maintain recovery routines, meaning, and stability.

Role Boundaries

The Buddy System complements—not replaces—clinical care. Participants must maintain healthy boundaries, respect privacy and consent, and consult professionals when concerns exceed peer capacity.

Conclusion

Adapted from military practice, the Buddy System offers a practical, evidence-informed method to enhance connection and resilience in mental health and addiction recovery. By fostering consistent peer engagement, it supports individuals in navigating challenges while reinforcing that recovery is strengthened through meaningful relationships.



Finding Calmness in a Chaotic World

By: Seart Gill – RRS� Case Manager



In a world defined by constant connectivity, finding calm can feel almost impossible. Between overflowing inboxes, social media noise, and the daily rush of responsibilities, our minds rarely have the chance to rest. However, true calmness is not something we stumble upon, it's something we can learn to create, even during life's demands.

Calm begins with awareness. Most of us move through our days reacting automatically to stress. A simple pause, one deep breath before responding to a message or a mindful sip of coffee before starting a task, can change our internal state. Research shows that slow, diaphragmatic breathing signals safety to the nervous system and reduces cortisol, a primary stress hormone (Ma et al., 2017; Gerritsen & Band, 2018). This indicates that brief mindfulness practices have been shown to reduce anxiety and stress.

You don't need long meditation sessions to feel grounded. Micro-moments of mindfulness are enough. Noticing the warmth of sunlight on your face during your commute, the texture and flavours of your meal as you cook or eat, or the rhythm of your breath between tasks. These small, sensory check-ins gently guide your attention back to the present, which is a place where peace naturally exists. Studies show that even short, informal mindfulness exercises improve attention and lower stress markers (Ainsworth et al., 2021).



Protecting your boundaries is equally as important. Here are a few ways you can start; scheduling rest without guilt, turning off nonessential notifications, and declining commitments that drain your energy. In a culture that glorifies busyness, choosing rest is an act of quiet strength, and a vital part of sustaining mental and emotional well-being.

Finally, seek connection as calmness grows in community. Sharing a conversation, a laugh, or even a moment of silence with someone you trust can release hormones linked to relaxation and social bonding. Laughter activates the brain's opioid system, increasing feelings of calmness and connection (Manninen et al., 2017). Positive social interaction such as hearing the voice of someone you care about can stimulate oxytocin release, which reduces stress and reinforces feelings of safety (Seltzer et al., 2010).

The world around us may never slow down, but our inner world can. By fostering awareness, protecting our peace, and staying connected, we can carry a sense of grounded calm wherever we go, not by escaping the noise, but by finding stillness within it. Try one of these techniques today and notice the change you see in your world.

November is Lung Cancer Awareness Month

**By: Fariha Abdul Muqueet,
Preventative Care Specialist, SHPP**



Lung cancer remains one of the most serious and misunderstood diseases in Canada. Each November, Lung Cancer Awareness Month serves as a reminder that this illness doesn't discriminate, it can affect anyone, regardless of age, gender, or smoking history. Too often, lung cancer carries a stigma that blames individuals for their diagnosis. But the truth is, anyone with lungs can get lung cancer. While smoking is a major risk factor, thousands of Canadians who have never smoked are diagnosed every year.

The reality of this disease is devastating for patients and families alike. When lung cancer advances, life can feel like it's on pause, filled with uncertainty, waiting, and fear. Those who have experienced it know the toll it takes on both the body and the spirit. Yet, through awareness and research, there is hope. Advances in early detection, targeted therapy, and immunotherapy are helping people live longer, fuller lives. Awareness is key to change: knowing the signs, encouraging screening, and offering compassion without judgment can make a lasting impact.

Signs and Symptoms

Recognizing symptoms early can make a difference in treatment and/or outcomes.

- A cough that doesn't go away or gets worse over time
- Chest pain that is often worse with deep breathing, laughing, or coughing
- Hoarseness or changes in voice
- Coughing up blood or rust-colored sputum
- Shortness of breath or wheezing
- Unexplained weight loss or loss of appetite
- Feeling tired or weak
- Frequent lung infections such as bronchitis or pneumonia

If you or someone you know experiences these symptoms, it's important to speak to a healthcare provider.

Resources

- **Punjabi Community Health Services (PCHS):**

If you need emotional or practical support, call the PCHS helpline +1 (905)- 677- 0889 or reach out via supportline@pchs4u.com for guidance, referrals, and culturally sensitive care.

- **Lung Cancer Canada:**

Provides resources, patient stories, advocacy, and updates on research. Learn more at [Lung Cancer Canada – Lung Cancer Awareness Month](#).

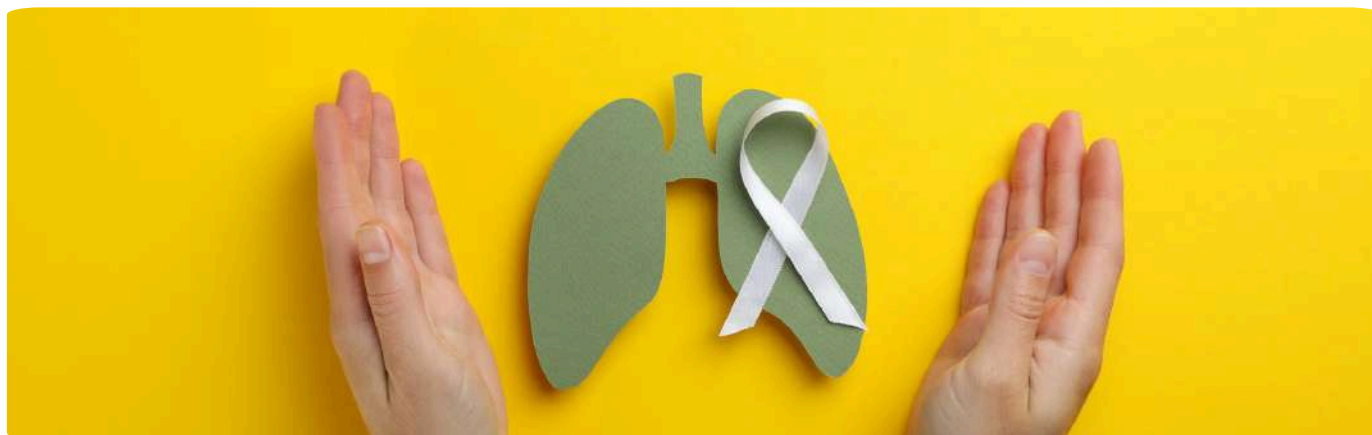
- **Canadian Cancer Society:**

Offers a Cancer Information Helpline (1-800-268-8874) where you can speak to trained specialists for support and information.

- **Your Healthcare Provider or Local Hospital:**

Ask about screening options such as low-dose CT scans if you're at higher risk or have persistent symptoms.

This November, let's replace stigma with support. Let's share knowledge, promote research, and remind one another that no one should face lung cancer alone. Awareness leads to understanding and understanding leads to action.



A Creative Success:

Community Connections – Children & Youth “Voices in Colour” Event

By: Simarjot Kaur – Youth Worker

The “Voices in Colour” workshop, held on November 22nd, 2025, from 12:00 PM to 4:00 PM at the Malton Youth Hub, Room 202, was a vibrant and interactive event that encouraged youth to explore their creativity through bead-art. The bead station quickly became the heart of the workshop, where participants experimented with different colors, shapes, and patterns to create their own unique fuse-bead designs. Many youths spent time thoughtfully selecting colors and arranging beads into detailed patterns, while others used the activity to express their moods, interests, and personal style. The process required patience and focus, and it was inspiring to see participants helping each other, offering ideas, and celebrating one another’s creations. Some youth created keychains, others designed characters or symbols, and several took the opportunity to explore more abstract designs. The hands-on nature of bead-art allowed participants to challenge themselves and engage deeply in the creative process.



Lunch and refreshments added comfort to the afternoon, giving youth the opportunity to relax, chat, and connect with one another between activities. The welcoming environment allowed participants to feel at ease, whether they were experienced in bead-art or trying it for the first time. The workshop also provided a chance for youth to learn more about upcoming Community Connections: Children and Youth programming and the wide range of supports available through PCHS. Overall, the event offered a perfect balance of creativity, social interaction, and community engagement.



A Day of Creativity, Community, and Appreciation

The success of the event would not have been possible without the commitment of the Youth Team, the support of dedicated volunteers, and the enthusiasm of all participants. Their teamwork and positive energy transformed the workshop into a meaningful and memorable experience. PCHS looks forward to continuing to offer programs that inspire creativity, build confidence, and help youth feel connected to their community.





A Warm Winter Welcome by the Newcomers Inclusive Communities Project (NICP)

On Saturday, November 22, 2025, the Newcomers Inclusive Communities Project (NICP) hosted its very first community gathering, A Warm Winter Welcome, at the Susan Fennell Sportsplex. The event brought together residents from across Peel Region for a joyful morning filled with holiday-themed crafts, snacks, refreshing beverages, and most importantly, meaningful social connection!

Community Development Facilitators, Rupnit and Jaspreet, led this workshop centered on holiday card-making, designed to spark creativity, strengthen social bonds, and spread festive cheer. The session began with a land acknowledgement and introductions, before participants eagerly dove into crafting. Inspired by Volunteer MBC's initiative to distribute handmade cards to vulnerable communities, this year's creations will be shared with residents of Peel's long-term care homes including Peel Manor, Sheridan Villa, and Malton Village. The goal is to ensure those who may feel isolated during the winter season know they are remembered, valued, and cared for.

The atmosphere was alive with creativity as participants of all ages from children, youth, parents, and seniors, collaborated side by side. They exchanged ideas, shared supplies, complimented one another's card creations, and shared stories of their own holiday traditions. In doing so, newcomers and long-time established residents built connections that showed the true spirit of community!

By the end, the event had achieved its purpose: fostering belonging, joy, and togetherness. A Warm Winter Welcome was more than just crafts and refreshments as it was a heartfelt celebration of inclusivity, creativity, and the warmth of the season.

12th Annual Friends of PCHS Event

Building Connections. Strengthening Community. Shaping Tomorrow

On Saturday, November 29, 2025, Punjabi Community Health Services (PCHS) hosted its **12th Annual Friends of PCHS**, an inspiring afternoon dedicated to connection, collaboration, and collective community vision. Held at Natraj Banquet Hall in Mississauga, the event brought together community members, partners, and supporters who share a commitment to building a healthier, more resilient community.

The afternoon opened with a warm and engaging networking lunch, where attendees connected with one another, exchanged ideas, and deepened their ties to the community. This set the stage for a dynamic program that showcased both reflection and forward momentum.





PCHS shared a report-back from last year's community discussions, highlighting progress made, key insights gathered, and how community voices have shaped ongoing initiatives. A high-level overview of PCHS programs and services was also presented, offering attendees a clear picture of the organization's expanding reach.

A heartfelt moment of the event was the recognition of volunteers, whose dedication and service continue to strengthen PCHS's ability to support diverse communities. Their contributions were celebrated with gratitude and admiration.

Attendees had the opportunity to take part in the Community Engagement Session that invited participants to reflect on the evolving needs of the community and the ongoing impact of PCHS programs. Through meaningful discussions and shared experiences, guests contributed valuable insights that will help guide future programming and strategic direction.

The 12th Annual Friends of PCHS event served as an inspiring reminder of what community can achieve when collaboration, compassion, and commitment come together.



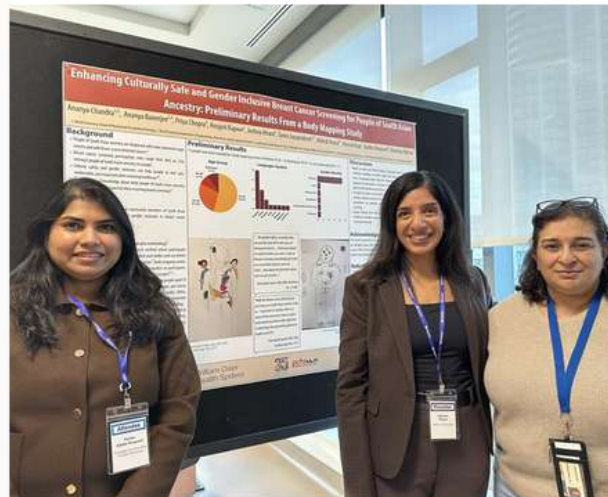
PCHS In The Community



*Community Health Ambassador
(CHA) Training -Anti-oppressive
Approaches to Advocacy*



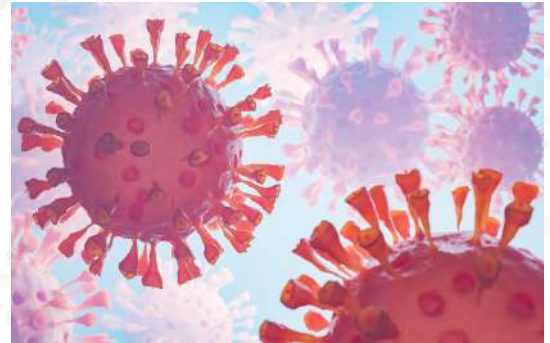
*Uncle Vinny's Toy Drive -
Dil Di Mehfil Event*



*PCHS Staff Attends ORIHI
Research Symposium*

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

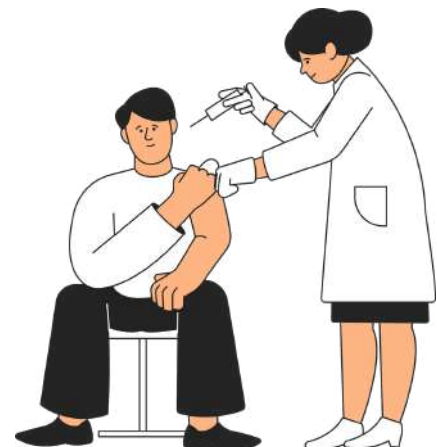
(at higher risk) include:

Older adults (65+) Peel Region

Pregnant people Peel Region

Children 6 months to 4 years Peel Region

People with chronic health conditions



WELCOME

NEW STAFF



Rajan Basnet
Case Manager
Addictions



Tanya Vyas
Community Health
Ambassador



Manjot Dhani
Crisis Support Worker,
Mental Health



Harpreet Kaur
Overnight Support Worker,
Sahara Overnight Respite
Program



Project Khushi Donations



We kindly request that donated products are **new**, with the exception of toys. If you choose to donate used toys, please make sure they can be properly sanitized or wiped down. Please note that we are unable to accept used stuffed toys.



We enthusiastically welcome all new items, and we appreciate your generosity.



Brampton Donation Location

60 West Drive,
Unit 202

&

Malton Donation Location

2980 Drew Road
Mississauga, Ontario
Unit 241

Please feel free to contribute any of the following items as a donation:

- | | |
|--------------------------|---|
| Female Products: | Sanitary Pads, Tampons, etc. |
| Hygiene Products: | Body wash, Shampoo, Conditioner, Toothpaste, Toothbrushes, Deodorant, Mouthwash, etc. |
| Clothing: | Hats, Gloves, Socks (Male, Female, and Kids), Jackets, etc. |
| Food: | Canned Goods (Beans, Lentils, Soups), Dry Goods (Pasta, Flour, Rice), Oil, Spices (Black Pepper and Salt), etc. |
| Baby Items: | Baby Food, Diapers, Baby Wipes, Formula, etc. |
| Toys: | New toys of any kind are welcome for all ages: cars, barbies, etc. Used toys must be properly sanitized/ wiped. |



Project Khushi

...by PCHS



Project Khushi returns to PCHS for Year Four !

December 9, 2025

5:30 PM-7:30 PM

at 60 West Drive, Brampton ON
Unit 101



December 11, 2025

5:30 PM - 7:30 PM

at Malton Youth Hub
(3545 Morning Star Drive)



Our SHPP team has relaunched this initiative to support our community members by distributing a variety of essential items, including hygiene kits, blankets, warm gloves, socks, toys, and much more!



**Clients must pre-register or
can be assessed on a walk-in
basis for the event.**

To receive toys, children must be
accompanied by a parent or
guardian at the event.



SCAN ME

**Click this QR code
to register**

OR Call

 **437-243-3735**

PCHS X MNS presents:

Empowered Essence



This group for young women (ages 12-25) focuses on self-discovery, personal growth, and mutual support. Members will engage in discussions that help them recognize their value and build confidence in expressing their true selves.

Starting: October 2, 2025

Every Thursday from 3:00PM - 5:00PM

Volunteer hours and refreshments provided to each youth registered!

Malton Youth Hub Jonathan Davis Centre

3545 Morning Star Drive
Mississauga, ON L4T 1Y3
PCHS Room 202 Upstairs

Scan or use the link below to register:
<https://forms.office.com/r/KC1eLqQKwJ>

Contact for more information:

tashona@pchs4u.com | (437) 655 - 2258
smuneswar@mnsinfo.org | (437) 236 - 9008



CLIENT TESTIMONIAL



“I would like to express my deepest appreciation for the support I receive through the CASP assistance program. As a newcomer to Canada and a mother of three children, building stability has not been easy — but your support has played a major role in helping us secure a safe home and a dignified life. The monthly assistance is not just financial aid...it is security, relief, and a lifeline for a family starting over. I was finally able to buy winter clothing and shoes for my children — something that would not have been possible without your help. My children are warm and protected today because of this program. I am reminded that even in a new country, we are not alone. I truly hope that this program continues, not just for me but for every family who needs it. Your support does not only change budgets — it changes lives. Thank you, not only for the financial help, but for the humanity behind it.”

Client: Sahara Support Services

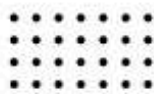
PCHS 2024-2025 Impact Report is now Available



pchs
Punjabi Community Health Services



2024-2025 **IMPACT REPORT**



WWW.PCHS4U.COM



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CHANGE IS POSSIBLE
COUNSELLING SERVICES



Social
Planning
Council of
Peel

Bronze Sponsor



Mutta Consultants Inc.

Hardeep Mann CPA
PROFESSIONAL CORPORATION



Community Supporters

Kulwinder Grewal

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 Dhami



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**



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