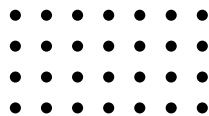


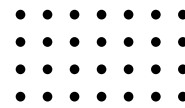


2024-2025 IMPACT REPORT



WWW.PCHS4U.COM





Welcome & Introduction



At Punjabi Community Health Services (PCHS), compassion drives our purpose and community shapes our work. Each year, we stand alongside individuals, families, and seniors, supporting them through life's challenges and empowering them to thrive.

This report highlights the impact of our collective efforts, made possible by our Board, staff, volunteers, and community partners, as we continue to build resilience, foster a sense of belonging, and create lasting change in the Peel Region.

Together, we are shaping a healthier, stronger, and more connected community.

Annual Report

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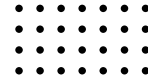
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Dianne Douglas

Board President & Chair

Message From **The Chair & President of The Board**



The growth of PCHS over these thirty-five years has been phenomenal, and amazing – but it has not been surprising. The dedication and determination of two people in particular have made it possible through their visionary leadership. Former CEO Baldev Mutta and present CEO Amandeep Kaur saw the need in the Punjabi community for culturally based care and programs tailored to the community. Their concept has become a thriving reality. Punjabi Community Health Services now serves a wide array of ethnic and cultural backgrounds, in many languages. The commitment to serving people “where they are” and engaging the family as a whole, not just the client, has enabled so many to make great strides forward in their lives.

The team has grown from a small handful of core people to usually about 120 staff members. It has been my privilege to be a member of the Board of Directors for ten years, and I can attest to the fact that each staff member, the members of the Executive Team, and the CEO, have always been dedicated - and continue to consistently exceed all expectations one would have of them.

I have been humbled to serve with extraordinary, committed, and enthusiastic Board members. The guiding principle for the Board has always been, and continues to be, that choosing the path of what is best for the organization is first and foremost.

The work to achieve that has been rewarding – and as is to be expected - challenging at times. As we all know, nothing worthwhile is ever achieved without a struggle of some kind. However, the strong governance policies and procedures that PCHS has in place, and continually reviews and improves, ensure that best practices are followed, that sound and ethical procedures are in place and well implemented, and that there is transparency within the organization and with our stakeholders.

It has also been a privilege to take part in the CARF accreditation survey process. The standards of PCHS are truly showcased that, of over 9,500 international service providers, PCHS is continually in the top 3%. That is an awe-inspiring achievement!

I know this success will continue, and that PCHS will thrive and grow immensely. And I will continue to cheer the incredible work of the incredible people in this organization.

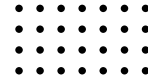
Thank you from the bottom of my heart for the opportunity to serve in such a unique and special environment for the past ten years.

Dianne Douglas
Board Chair & President, PCHS



Amandeep Kaur
CEO, PCHS

Message From **Chief Executive Officer**



It is with great pride and gratitude that I present this year's Annual Impact Report on behalf of Punjabi Community Health Services (PCHS). The past year has been one of resilience, growth, and deepened commitment to the communities we serve. At the heart of all that we do are our people, 139 dedicated employees from the past year who bring passion and expertise to every role. This year, 40 new positions were posted and over 100 interviews were conducted, ensuring we continue to build the right team for our future. Equally important, more than 2,200 hours were invested in professional development, underscoring our belief that supporting our staff translates into stronger, culturally and linguistically responsive services and outcomes for the communities we serve.

Our financial management remains strong despite today's economic challenges. I sincerely thank our funders and partners—including Ontario Health Central, the Ministry of Health and Long-Term Care, United Way Greater Toronto, the Region of Peel, Immigration, Refugees and Citizenship Canada, and many others—whose support enables our work.

The impact of our programs has been both wide-ranging and meaningful. To grow our Sahara Mental Health and Addictions programs, and to improve geriatric care through initiatives like the Tech-Empowered Healthy Living dementia project, PCHS continues to be a trusted leader in community health. We stay committed to equity, innovation, and culturally responsive care, making sure our services mirror the real-life experiences of the people we serve.

At the core of this work is our strong commitment to diversity, equity, and inclusion. Whether by offering programs in multiple languages, creating inclusive supports for caregivers, or integrating lived experience into peer support initiatives, PCHS is dedicated to removing barriers and building community-driven, respectful pathways to care that reflect diverse identities.

Looking ahead, PCHS will continue to adapt and develop to meet the expanding needs of our community. Guided by our mission and supported by strong partnerships, we will build on our successes and face future challenges with courage and conviction.

I extend sincere thanks to our Board of Directors, staff, volunteers, funders, donors, and community members for their trust and support. I also want to specially acknowledge Dianne Douglas, who has served on our Board for 10 years with dedication and wisdom. Her leadership, commitment, and contributions have made a lasting impact on PCHS, and we are profoundly thankful for her service.

Together, our journey is rooted in compassion, innovation, and hope, and I am confident that the coming year will bring even greater impact.

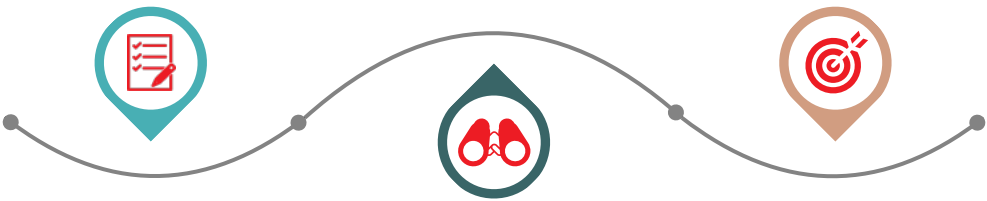
Amandeep Kaur
CEO, PCHS

About PCHS

Punjabi Community Health Services (PCHS) is a pioneer, community-based, not-for-profit charitable organization that has been serving diverse populations for over 35 years. PCHS provides a wide range of culturally responsive services in the areas of addictions, mental health, geriatric care, health promotion, domestic violence, parenting, settlement, and support for women, children, and youth. PCHS is widely recognized for its innovative Integrated Holistic Service Delivery Model and has contributed to several community-based research studies. The organization is fully accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) International and Imagine Canada, reflecting its commitment to quality and accountability. PCHS is also a 2SLGBTQ-sensitive organization, committed to equity, inclusion, and culturally appropriate care.

Vision

Our vision is to have healthy and thriving diverse communities.



Mandate

The mandate of Punjabi Community Health Services (PCHS) is to provide culturally and linguistically responsive health, social, and newcomer settlement services to equity deserving populations.

Mission

To support and enhance the well-being of individuals, families, and communities using an inclusion, diversity, equity and accessibility framework (IDEA).

Inclusion

We believe in treating people fairly and with dignity. We strive to incorporate equity in all areas of our work.

Excellence

We believe excellence is a habit, not a one-time action. We are fueled by our relentless pursuit to exceed the expectations of the people we serve.

Accountability

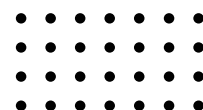
We believe our biggest asset is the trust of our clients, community, donors, funders, and staff. We practice accountability by being open, transparent and responsible in everything we do.

Innovation

We believe that to discover new solutions, we must have the courage to challenge the status quo. We seek out creative approaches to address emerging challenges.



Meet Our Board of Directors



Dianne Douglas
Board President & Chair



Arshdeep Phagoora
First Vice President



Swaraj Mann
Second Vice President



Nitin Sharma
Treasurer



Karina Dhillon
Board Member



Puneet Aujla
Board Member

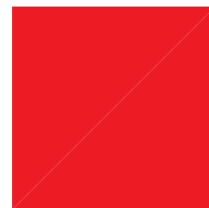
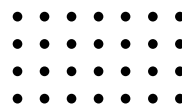


Taranvir Dhaliwal
Board Member



Kuljit Kaur
Board Member

Meet Our Executive Team



Amandeep Kaur
Chief Executive Officer



Ekta Choksi
Director of Finance



Amanjit Kahlon
Director of Community
Development



Anslyot Kapoor
Senior Manager of Health
Promotion & Prevention



Aditi Agnihotri
HR Manager



Harpreet Dhani
Manager of Mental Health and
Addictions Programs

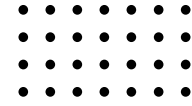


Faisal Cheema
Manager of Newcomer
Settlement Programs



Sheena Sabharwal
Program Impact Analyst

Strategic Direction 2023-2027



Strategic Direction

Reporting Back on Progress Till Date

PILLAR 1: SUSTAIN

- Staff trained & supported with ongoing capacity building
- Partnerships & outreach with Educational, religious, and community orgs
- Fundraising: IWD event, Khushi Project donations, sponsors recognition
- Food security: Langar on Wheels & food bank collaborations on an ongoing basis
- Virtual service delivery strengthened (Zoom/Teams, privacy training, multilingual resources)
- Staff wellness: Introduces more benefits, vacations, mentoring & training programs
- Strong recruitment: equitable hiring practices, recognizing the internationally trained professionals and hiring them, if found suitable.
- Service continuity: robust databases & finance systems

PILLAR 2: GROW

- Training delivered to staff across Ontario LIPs; 3-year expansion funding secured
- Expanded outreach via videos, workshops & extended partnerships
- Emerging needs: collaboration on crisis support, youth programs, housing, addiction recovery hub proposal
- Strong community presence: Health Fairs, IWD event, faith leader conferences, cancer screening drives
- Advocating on sector tables: Family and Intimate partner violence, housing, international students, digital health, DEI etc.
- Trusted partner: Collaboration and partnerships with external agencies.
- Innovation: Innovative practices and activities at the organizational and departmental level
- Supporting grassroots orgs through knowledge sharing

PILLAR 3: EXPAND

- Research with McGill & UofT on diabetes, screening, equity-focused health etc.
- PCHS Health Magazine: 3,000+ subscribers, wider reach
- Social media & outreach: faith groups, schools, libraries, translated materials
- IDEA commitment:
 - ARAO logo, Health Equity Coordinator role, Activities based on DEI framework in progress
 - Mandatory ARAO staff training, Peel Pride participation, cultural events
 - Partnerships to promote equity and inclusion

Leadership Transition Overview

Reflections on the Past Two Years

1 Management Restructure and Strategic Alignment

- Organizational renewal through Executive and Management Team restructuring.
- Robust supervision and mentoring sessions for staff and management.
- Introduction of clearer reporting structures and strengthened accountability.
- Implementation of succession planning and leadership development opportunities.
- Reorganization of portfolios to reduce overlap, enhance efficiency, and align with strategic priorities.



2 Introduction of New Programs and Positions

- Launch of the New Wave Program, addressing youth needs in innovative ways.
- Expansion of services through the Community Agency Subsidy Program (CASP).
- Introduction of key positions to strengthen organizational capacity:
 - Wellbeing Navigator
 - Community Development Facilitator
 - Program Impact Analyst
 - Health Equity Coordinator
- Secured funding and partnerships to sustain new programs.



3 Expansion of PCHS Offices

- Successful transition from previous office at 50 Sunny Meadow to newer and bigger space at 60 West Drive.
- Enhanced accessibility and integrated teams' design in the new location.
- Improved infrastructure to host training, support groups, and collaborative meetings.
- PCHS is now operating from 6 different locations in the Peel Region, expanding its reach and presence.



4 Enhanced Comprehensive Compensation & Benefits

- Enhanced Vision Care for staff and their families.
- Special perks including fitness membership subsidies and winter tire reimbursement.
- Pocket Pills- Pharmacy service featuring free delivery of prescription medications and vitamins, with a minimal \$7 dispensing fee.
- Direct drug payment system introduced for prescription drugs.



Leadership Transition Overview

Reflections on the Past Two Years

5 Enhanced Support to the Staff

- Addition of extra vacation and personal days for improved work-life balance.
 - Staff now receive 7 personal days off annually.
 - New vacation policy providing an additional week on work anniversaries.
- Continued investment in role-specific professional training: CBT, DBT, ASIST, NVCI, and more.
- Enhanced wellness initiatives, and staff appreciation day.
- Strengthened internal communication platforms to keep staff engaged and informed.



6 Technological Enhancements

- Launch of PCHS E-Mental Wellbeing website to expand digital service delivery.
- Adoption of licensed software for work efficiency: SAP Concur, Lucid Chart, Canva, enhanced use of ADP, robust and upgraded IT system.
- Replacement of staff's i3 laptops with better versions, i5 and i7 laptops, for staff productivity.
- Migration to new remote support software, ensuring reliable hybrid/remote work systems.
- Strengthened cybersecurity measures to safeguard client data.



7 Strong External Partnerships

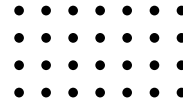
- Continued partnerships with local, regional, and provincial organizations.
- Active participation in Ontario Health Teams (OHTs) and hospital collaborations.
- Mentorship and support toward grassroots organizations and capacity-building initiatives.
- Strategic collaborations to co-design programs and leverage shared resources.



8 Representation at International Level

- PCHS represented at Global Summit on a Collective Vision for Obesity, organized by Novo Nordisk at Denmark.
- Strengthened PCHS's profile as a thought leader in community-based and culturally safe health services.
- Shared best practices from PCHS programs (Langar on Wheels, Respite Services, Equity-Centered Models) with global partners.

Treasurer's Report 2025



PCHS has continued to demonstrate remarkable resilience and adaptability in an increasingly complex and uncertain environment. Over the past two years I've served on the Board, I have been consistently inspired by the organization's growth, not only in financial capacity but also in the scope and impact of its services within the community.

PCHS's ability to evolve, improve its processes, and expand its reach year over year is a testament to its leadership, staff, and the unwavering support of its partners and funders.

We extend our sincere appreciation to the following partners for their ongoing support:

- **Ontario Health Central**
- **Ministry of Health and Long-Term Care**
- **United Way Greater Toronto**
- **Region of Peel**
- **Immigration, Refugees and Citizenship Canada**
- **Government of Canada**
- **Regional Municipality of Halton**
- **Novo Nordisk**
- **Ministry of Children, Community and Social Services**
- **Ministry of Labour, Immigration, Training and Skills Development**
- **Ministry of the Attorney General**
- **Toronto Bail Program**
- **Individual donors and community supporters**

A special thank you goes to **Harpreet Dhawan and his team at HDCPA Professional Corporation**, whose dedication and expertise have been instrumental in ensuring the accuracy and integrity of PCHS's financial reporting.

Treasurer's Report 2025

Financial Overview

PCHS's 2025 Financial Summary

Despite economic challenges and a slight reduction in total assets, PCHS has maintained a healthy financial position in 2025.



Total Assets

2025: \$3,217,383
2024: \$3,443,664



Total Revenue

2025: \$11,563,149
2024: \$11,780,089
(2% decrease year-over-year)



Total Expenses

2025: \$11,448,782



Excess of Revenue over Expenses

2025: \$114,367

While there was a modest decline in revenues, PCHS operated efficiently and successfully avoided a deficit, which is aligned with its financial stewardship goals. These results reflect prudent fiscal management and the ability to deliver on its mandate even amid funding fluctuations and growing demand.

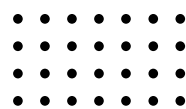
As the population continues to grow and community needs become more complex, PCHS must remain focused on innovation, sustainability, and service expansion. The challenges ahead are significant but so are the opportunities.

Given PCHS's track record of resilience, I am confident in its ability to meet and exceed the expectations of the communities it serves.

Thank you for the opportunity to contribute to this outstanding organization.

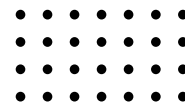
Sincerely,
Nitín Sharma Treasurer,
PCHS Board of Directors

Financial Breakdown



YEARS	2025	2024
ASSETS		
CURRENT ASSETS		
Cash	\$ 1,608,056	\$ 1,817,096
Current portion of long term investments		\$ 529,471
Accounts receivable, net of allowances	\$ 550,847	\$ 468,831
Taxes Recoverable/Refundable	\$ 179,716	\$ 175,283
Prepaid and other current assets	\$ 94,993	\$ 174,397
Total Current Assets	\$ 2,433,612	\$ 3,165,078
Due from related parties	\$ 504,024	\$ 3,888
Capital assets, net of accumulated amortization	\$ 279,747	\$ 274,698
Total Assets	\$ 3,217,383	\$ 3,443,664
LIABILITIES AND NET ASSETS		
CURRENT LIABILITIES		
Accounts payable and accrued liabilities	\$ 554,397	\$ 657,111
Deferred contributions	\$ 566,016	\$ 835,789
Current portion of deferred rent	\$ 12,663	\$ 4,008
Total Current Liabilities	\$ 1,133,076	\$ 1,496,908
Deferred rent	\$ 43,264	\$ -
Deferred capital contribution	\$ 242,761	\$ 262,841
Total Liabilities	\$ 1,419,101	\$ 1,759,749
NET ASSETS		
Net assets-unrestricted	\$ 1,798,282	\$ 1,683,915
Total Liabilities and Net Assets	\$ 3,217,383	\$ 3,443,664

Note: Above financial figures are extracted from the Audited Financial Statement for the year-end March 31, 2025. Please contact PCHS for detailed financial statement.



HR Dashboard



139

Total staff
(including hirings
and attrition)



2200

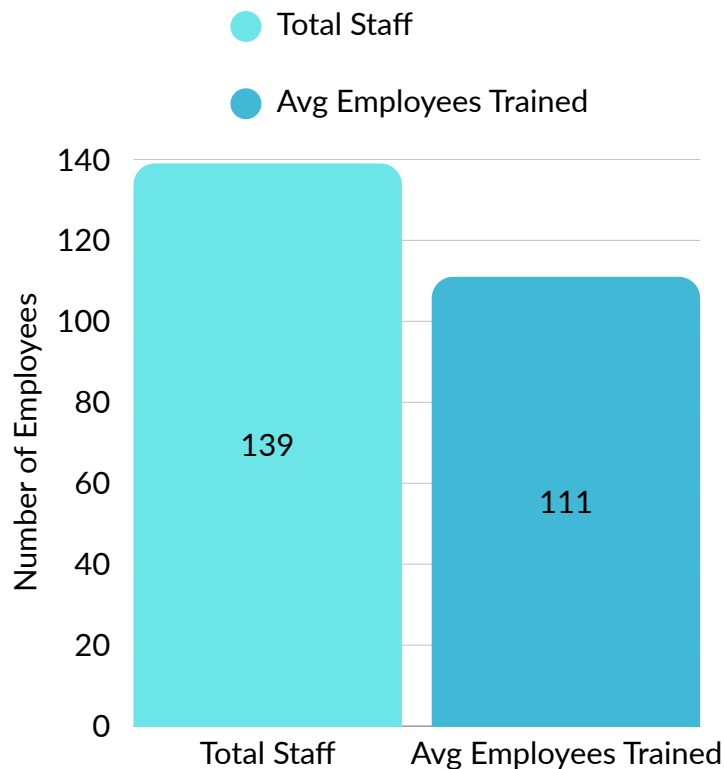
Staff Academic and
Professional
development hours



111

Avg. Employees
Trained

Staff Count & Training Participation



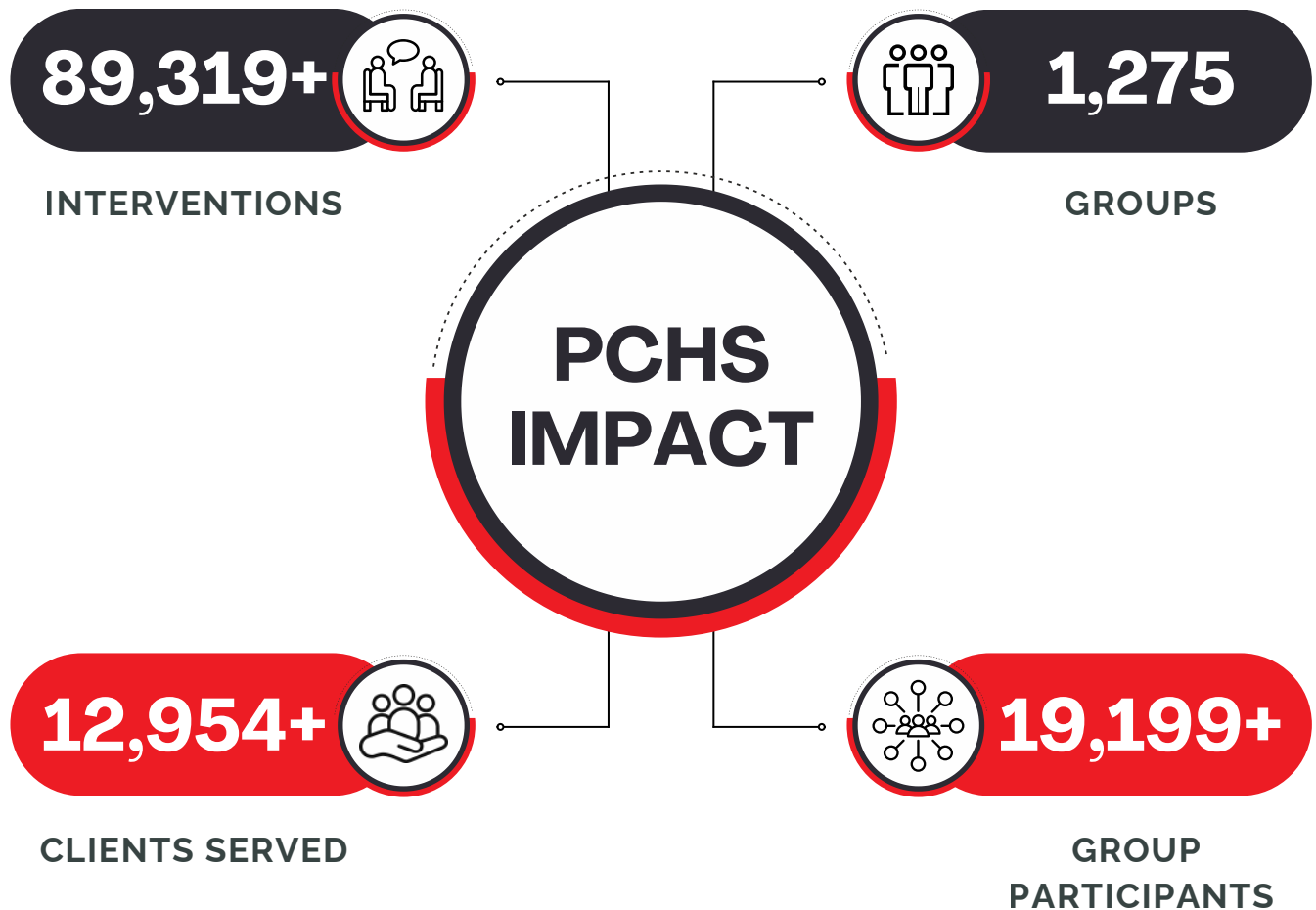
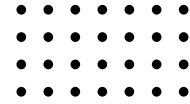


Our success is made possible by the dedication of our staff, volunteers, Board of Directors, and community partners, who work tirelessly to ensure that everyone we serve feels supported, empowered, and connected.

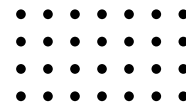
As you explore the pages ahead, I invite you to celebrate the stories of hope, healing, and transformation that define our work. Together, we are shaping a healthier, stronger, and more inclusive community for all.

Our Impact

2024-2025

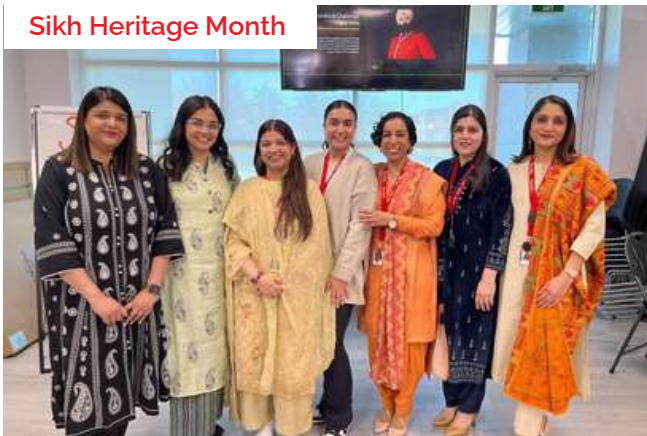


Diversity, Equity, and Inclusion at PCHS



The **Anti-Racism Anti-Oppression (ARAO) Committee** at PCHS is a diverse team of staff dedicated to promoting justice, equity, diversity, and inclusion. We work to integrate these values into our programs, policies, and practices, both internally and externally. Our goal is to foster an evolving community committed to dismantling systemic harms and creating a more equitable environment for all.

Sikh Heritage Month



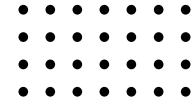
Asian Heritage Month



PCHS's DEI efforts in 2024-2025 demonstrated meaningful integration of cultural identity, health equity, and community engagement. In the year 2025, we continue to reinforce the organization's role as a leader in inclusive care delivery and advocacy for marginalized populations. Through culturally grounded action and sustained learning, PCHS remains committed to equity for all.



Sahara Addictions Program



The Sahara Addictions Program at PCHS strives to empower clients, and their families, through a guided journey to recovery from substance use behaviours and related concerns by using a holistic treatment approach, in a culturally and linguistically appropriate manner.



1,556

Clients Served



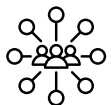
10,052

Interventions



457

Groups



3,272

Group Participants



Client Testimonial

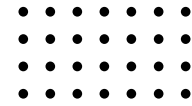
“

I am proud to say that I am three months sober and counting. The supportive counseling sessions with PCHS have equipped me with the tools and self-awareness to recognize when I need help. If it were not for PCHS teaching me the why behind my drinking and helping me understand how behaviors are formed—whether maladaptive or functional—I would have continued in the destructive cycle of DUIs. PCHS created a nonjudgmental and empowering environment where I never felt forced to quit. It wasn't until months into the sessions that I chose to do so—and that choice was mine alone. Before starting these sessions, I used to make fun of people who received sobriety chips. Now, getting mine is the highlight of my month. I attend daily AA meetings, and these sessions have even reconnected me with my uncle and my family, whom I had lost touch with over the years. Thank you, PCHS Addictions Team, for guiding me on my lifelong journey toward sobriety—one day at a time. As they say, anyone can handle the burdens of today.

”

Sahara Addictions Program Client

Sahara Better Families Program (SBFP)



The Sahara Better Families Program (SBFP) provides supports to youth ages 12 to 24 years old and their families and to parents of children aged 1 to 11 years old, and parents that are mandated by legal obligation related to children or youth issues. Areas covered by the program are mental health, cultural conflict, violence, and substance abuse.



118

Clients Served



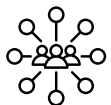
766

Interventions



32

Groups



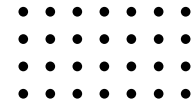
272

Group Participants



Building Capacity Program

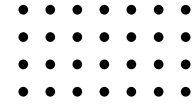
Front-Line Settlement Staff



PCHS is committed to enhance the capacity of the settlement service sector to address the ever-changing needs of newcomers to Canada by offering training in innovative approaches. These trainings promote a trauma-informed, inclusive, and sensitive framework for service delivery. We cover four key areas: Compassion Fatigue, Mental Health First Aid (MHFA), Trauma-Informed Approach, and Cultural Competency. Training is offered to IRCC-funded front-line settlement staff across nine Local Immigration Partnership (LIP) regions, Kingston, Peterborough, Durham, York, Simcoe, Peel, Halton, Hamilton and Brantford.



Family Enhancement Program



This program helps women with information and referral services, life skills, enhancing their ability to be lone parent, linking them with legal services, education on the court system, and referring to appropriate agencies for more intense therapy dealing with trauma. The program only provides supportive counselling to women and men ages 18 plus. For supportive counselling or interventions.



68

Clients Served



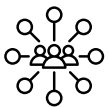
971

Interventions



11

Groups

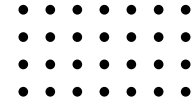


234

Group Participants



Sahara Geriatrics Program



Sahara Geriatrics Program strives to empower, support and educate seniors to improve their quality of life. We provide a number of programs that are culturally and linguistically appropriate. We also provide resources and education to promote healthy aging, physical independence and well-being. Our programs use a holistic approach by providing supportive counselling services to individuals and family members.



607

Clients Served



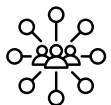
7,243

Interventions



314

Groups



7,544

Group Participants



Client Testimonial

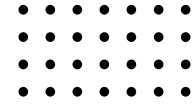
“

Hi, I am a client of PCHS CSW - Day Respite. I am a cancer survivor. I have been receiving shower services from the Geriatric PCHS team, and I am very thankful for that. After my knee surgery, PCHS initiated my services, and the PSWs helped me with changing my bed, getting dressed, and providing bed baths. Gradually, they started assisting me with showers. The staff has been very professional and polite, which has greatly helped in my recovery.

”

Sahara Geriatrics Program Client

Langar on Wheels (LOW) Program



Established in 2011 by PCHS, the Langar on Wheels (LOW) program supports isolated and frail seniors who are unable to prepare their own meals. 'Langar' is a Punjabi word, English translation for 'Langar' is a meal. The LOW program provides culturally appropriate, hot, fresh, and nutritious meals, delivers them six times a week to the doorsteps of clients. This service not only ensures that clients receive familiar and balanced meals, but also fosters a sense of community and connection.



44

Unique Clients Served

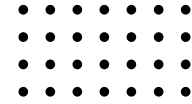


22,880

Meals Delivered



Sahara Mental Health Program



The Sahara Mental Health Program provides assistance and support to clients who are dealing with problems associated with mental illness. Our program uses a holistic approach by providing supportive counselling services to individuals and family members. This service is provided to clients from ages 16 plus. Services are provided in English, Punjabi, Hindi and Urdu.



1,793

Clients Served



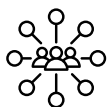
12,096

Interventions



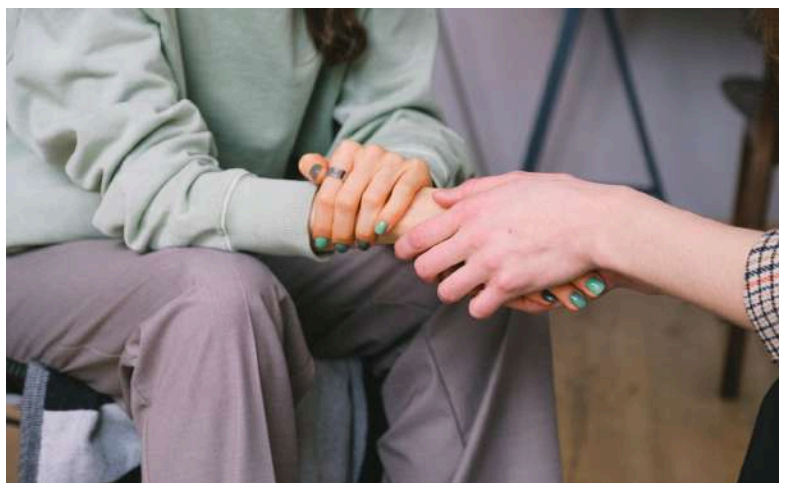
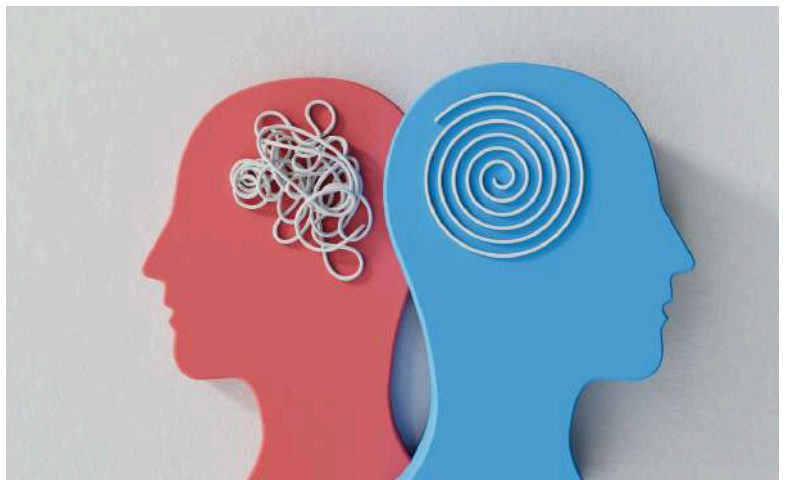
146

Group



2,573

Group Participants



Client Testimonial



“

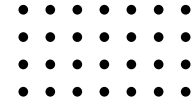
I just want to thank PCHS for the support in our hard time. PCHS team was very helpful and supportive. Whenever I visited PCHS the counsellors encouraged me and tried their best to help us in every possible way. Even my wife got a lot of support and encouragement. PCHS helped us financially as well. Me and my family are really thankful to PCHS for the assistance and support, and it was absolutely a huge help for us.

Thank you again PCHS

”

CLIENT, SAHARA SUPPORT
SERVICES

Newcomer Settlement Program (NSP)



To help newcomers integrate into Canadian society, settlement services are available for newcomers/ permanent residents (PR), Canadian citizens, international students, work permit holders, live-in care givers and convention/refugee claimants to Canada.



2805

Clients Served



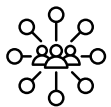
9,646

Interventions



142

Groups



861

Group Participants





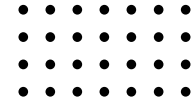
“

I've undergone brain surgery twice and was bedridden, having lost all hope, until I found Punjabi Community Health Services (PCHS). They supported me in countless ways. I'm still connected with them, and they continue to help me. In fact, they've even arranged transportation for me to the airport, as I'm not able to manage on my own. PCHS treats me like family, actually, even beyond that. Their support has made a significant difference in my life, and I've never faced any difficulties since being connected with them.

”

CLIENT, NEWCOMER
SETTLEMENT PROGRAM

Peer Support Program



Peer support workers assist in making clients' personal recovery goals, and build on clients' resiliency through telling their own success stories. They share their personal life experiences and serve as role models for the clients. Peer Support Services are provided at locations that meet the needs of the persons served, and that are most convenient to the clients.



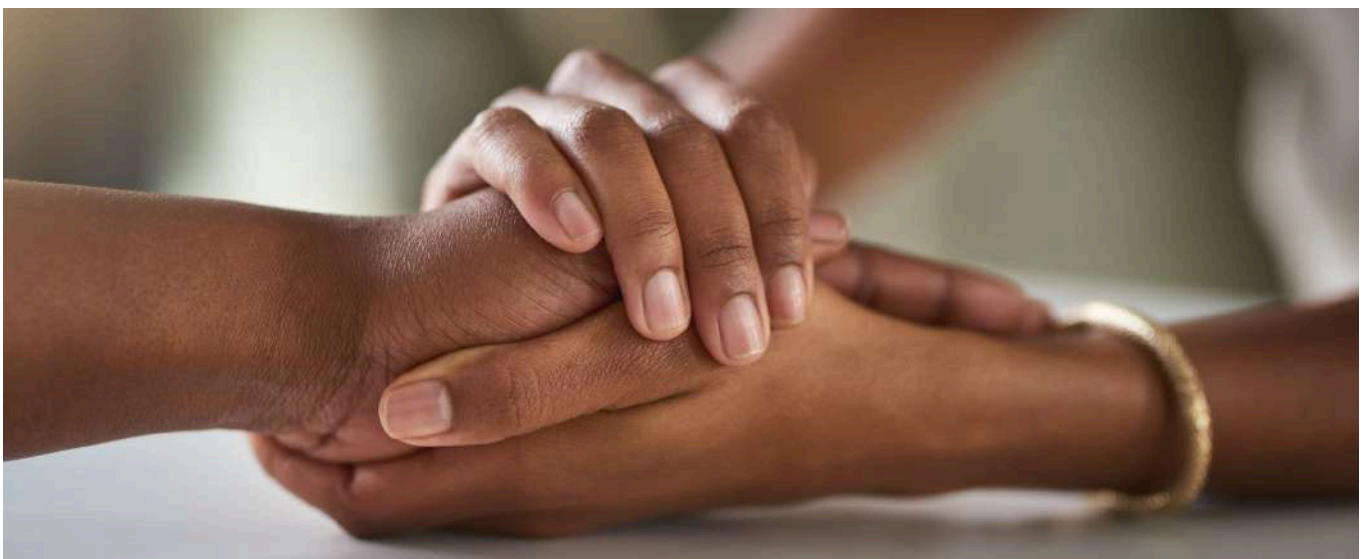
151

Clients Served



2,511

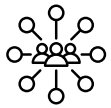
Interventions



Sahara Health Promotion & Prevention Program

The Sahara Health Promotion and Prevention (SHPP) program is a community-based initiative at Punjabi Community Health Services, funded by Ontario Health. It offers culturally responsive health interventions, promotes healthy living, and fosters community engagement.

Locally Driven Population Health Model (LDPHM)



26377
Interactions



848
*Individuals Referred to
Primary Care*



19
Wellness Events



1050
*Direct Mental Health
& Addictions Services*



4628
*Direct Service Navigation
& Wraparound Supports*



Sahara Health Promotion & Prevention Program

Preventative Care Program

The Preventative Care Program at PCHS focuses on cancer education and screening for residents of Brampton, Caledon, and Mississauga, ages 18 and above. We provide support with OBSP appointments, promote early intervention and healthy habits, and connect individuals to local prevention programs and services, with a strong focus on equity-deserving communities.



2003

*Total # of
Participants*



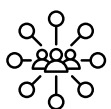
2108

*Preventative Care
Planning Conversations*



661

*Preventative
Care Plans*

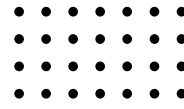


5126

*Referrals &
Connections*



PCHS Health Magazine



PCHS launched its Health Magazine with its first issue circulated in April 2021. Since then, the PCHS Health Magazine has been tremendously successful, catering to an audience of all ages, and accepting submissions from anyone looking to participate in building a healthier community. With our 3,000+ plus mail subscribers we share health related articles monthly, written by PCHS staff, program activities and special events.



[Click here to subscribe to our Health Magazine](#)

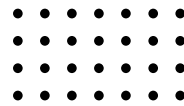
PCHS Events Highlights



YEAR IN REVIEW *Activities and Events of Punjabi Community Health Services*

April 2024 to March 2025

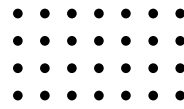
YEAR IN REVIEW



Client Workshops



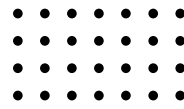
YEAR IN REVIEW



Client Workshops



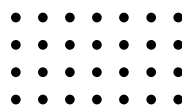
YEAR IN REVIEW



Client Workshops



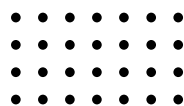
YEAR IN REVIEW



Client Workshops



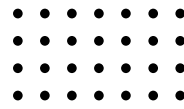
YEAR IN REVIEW



Celebrations at PCHS Seniors' Wellness Sessions



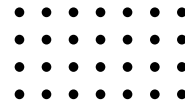
YEAR IN REVIEW



Celebrations at PCHS Seniors' Wellness Sessions



YEAR IN REVIEW



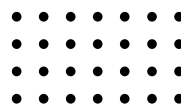
Newcomer Welcoming Week



Youth Welcoming Week



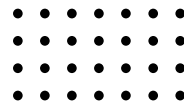
YEAR IN REVIEW



PCHS 29th Annual General Meeting



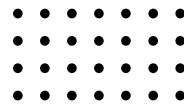
YEAR IN REVIEW



Newcomer Malton Youth Hub Activities

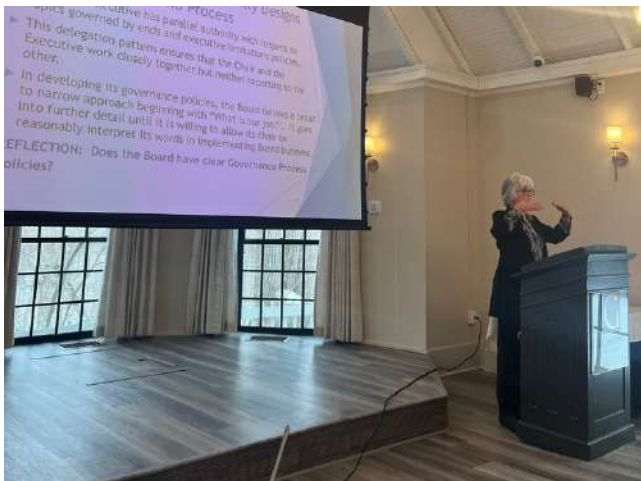


YEAR IN REVIEW

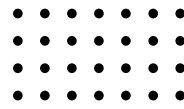


PCHS Board Retreat

The PCHS Board Retreat, held on February 8, 2025, provided a meaningful platform for Board members and the Executive Team (ET) to engage in discussions on governance excellence, strategic foresight, and policy leadership. The session focused on enhancing Board effectiveness, ensuring alignment with PCHS Vision 2025, and fostering a future-focused governance approach.



YEAR IN REVIEW

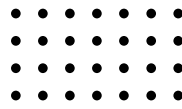


PCHS Management Retreat

On February 5, 2025, the PCHS Management Team gathered at 60 West Drive, Brampton, for a strategic retreat focused on reflection, growth, and vision-setting for the year ahead. This retreat served as a vital opportunity to align leadership goals, foster collaboration, and reinforce PCHS's dedication to excellence in healthcare and community services.



YEAR IN REVIEW

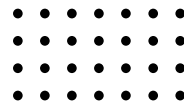


'A Collective Vision for Obesity' Summit in Copenhagen

Punjabi Community Health Services (PCHS) had the honor of attending the "A Collective Vision for Obesity" Summit in Copenhagen, Denmark. Organized by Novo Nordisk, the summit focused on innovative approaches to obesity, emphasizing family well-being, workforce participation, and the need for structural change.



YEAR IN REVIEW



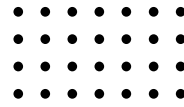
11th Annual Friends of PCHS



Project Khushi

Spreading Joy, One Gift at a Time

December 2024



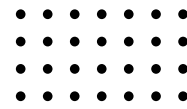
At PCHS, we are proud to say we started the Project Khushi initiative three years ago to support our community during the holiday season. Over this time, we have served 396 clients, and the number continues to grow each year.

Our annual holiday event, held in Malton and Brampton, provides essential items like hygiene kits, winter clothing, socks, gloves, hats, feminine and baby products, toys, and canned goods. This initiative brings the community together to help those in need and spread joy during the holidays. With the support of generous donors, volunteers, and partners, Project Khushi continues to grow, and we invite you to be part of this mission. Your donations and support make a real difference in the lives of those we serve.



Annual Toy Drive

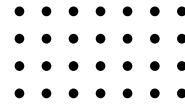
Care for Newcomer Children (CNC)



On December 22, the Care for Newcomer Children (CNC) Program and the settlement team hosted their third annual holiday toy drive. We welcomed both newcomer children and parents to join in a festive celebration and participate in holiday-themed activities and enjoy refreshments.



YEAR IN REVIEW



Annual PCHS Employee Appreciation Day

On December 13, PCHS came together to celebrate our Annual Employee Appreciation Day, a special occasion to honor the dedication and hard work of our staff. This day was all about recognizing the contributions of our employees, boosting morale, and fostering a sense of unity. It was a celebration of teamwork and appreciation that reminded us all of the value each person brings to the PCHS family.



23rd International Women's Day Gala

March 2025

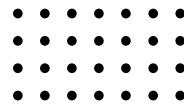
Every year PCHS takes immense pride in organizing the International Women's Day (IWD) Gala to honour and celebrate the incredible and remarkable women within our community. We want to thank our sponsors, well-wishers, donors and stakeholders who make this event possible year after year. The IWD committee works tirelessly to curate an educational and entertaining event that highlights the diverse talents and achievements of women. This year, the Gala had diverse performances, moving keynote speech delivered by our keynote speaker Sukhi Dhillon, and award recognition, where outstanding women from various fields were honored for their contributions.

We extend our heartfelt gratitude to each sponsor for their invaluable support and commitment to promoting women's empowerment and gender equality. This virtual booklet serves as a token of appreciation to our sponsors, highlighting their contributions and showcasing their dedication to the cause of women's empowerment.

Proceeds from the IWD Gala go towards our Langar on Wheels Program, Project Khushi, and other under-funded programs at PCHS.



YEAR IN REVIEW



Health Fair 2025

The SHPP department held a successful Health Fair on Saturday, March 15th, at the Susan Fennell Community Centre. The event was a hit, with over 80 people attending to learn about many helpful health resources. A variety of organizations, such as SOCH Mental Health, Roots Community Services, GAM Diagnostic Imaging, Wellfort Community Services, and several PCHS departments collaborated to share essential health information with the community. Wellfort was on-site, offering free HbA1C testing, so attendees could learn about their sugar levels.



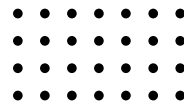
YEAR IN REVIEW

Mental Health, Addictions, & Settlement Forum

Punjabi Community Health Services (PCHS) hosted the Mental Health, Addiction & Settlement Awareness Forum on November 13, 2024, bringing together community leaders, professionals, and individuals with lived experiences. The event focused on addressing the unique mental health, addiction, and settlement challenges faced by newcomers, emphasizing the need for culturally sensitive support systems. Interactive sessions, testimonials, and presentations from experts provided practical strategies, insights, and resources to empower attendees. Mindfulness and stress management workshops helped participants explore tools to improve overall well-being and resilience. The forum successfully created a safe, collaborative space to foster dialogue, share knowledge, and strengthen community connections.



YEAR IN REVIEW



PCHS Brampton Office gets a new Location!

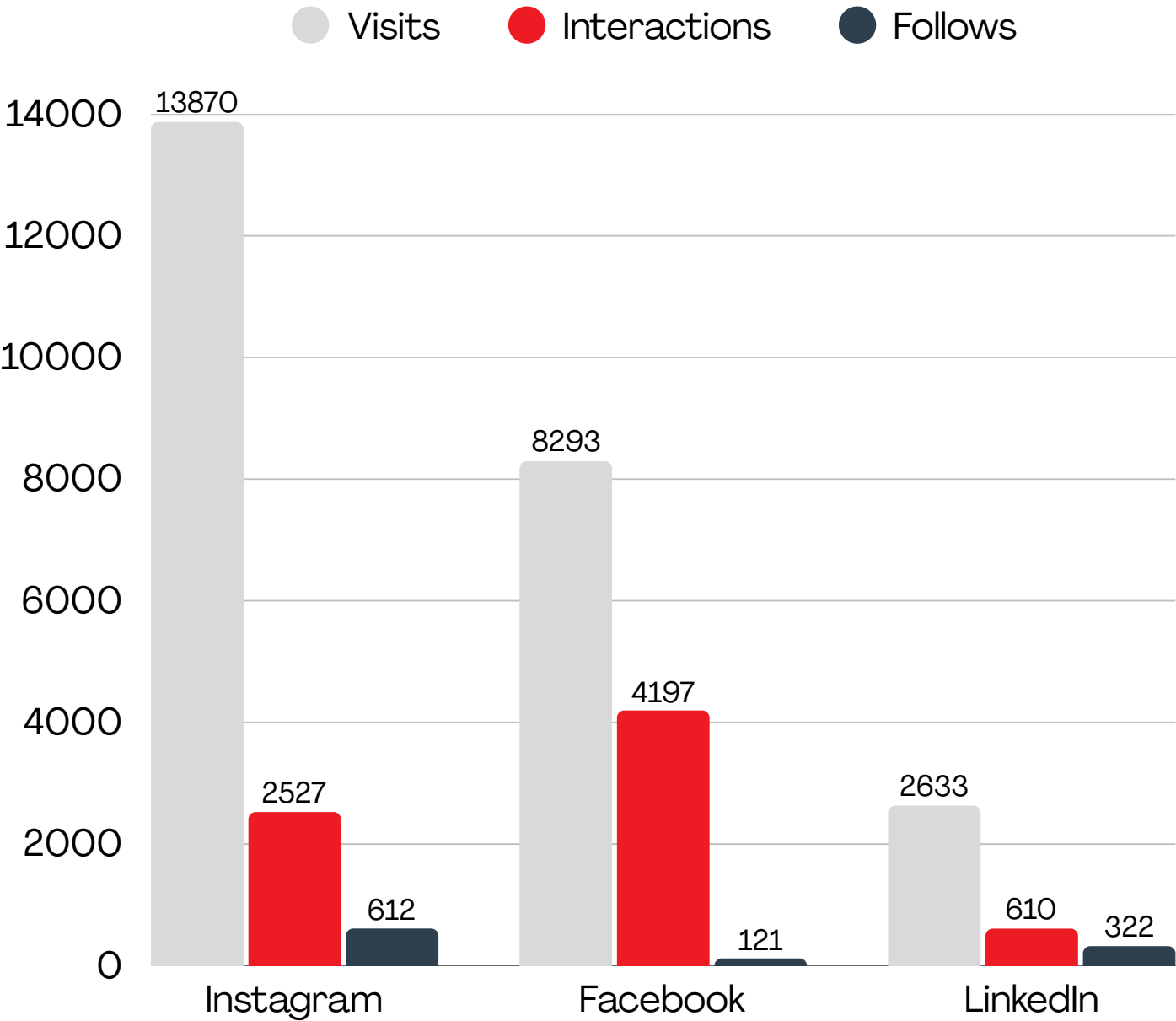


60 West Drive, Unit 202, Brampton, ON, L6T 3T6

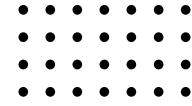


PCHS Digital Media Analytics

2024-2025



Get connected with us!



Instagram



Facebook



Twitter (X)



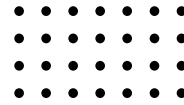
LinkedIn



Visit our Website



Our Funders



Toronto Bail Program





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

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

Southfields Community Centre
225 Dougall Avenue,
Caledon, ON L7C 3M7


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

Community Door,
7700 Hurontario St, Unit 300,
Brampton, ON L6Y 4M3

Different Spokes
8 Nelson Street West,
Brampton, ON, L6X 1B7

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



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