

   
**LINC classes**  
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**pchs**   
Serving Diverse Communities



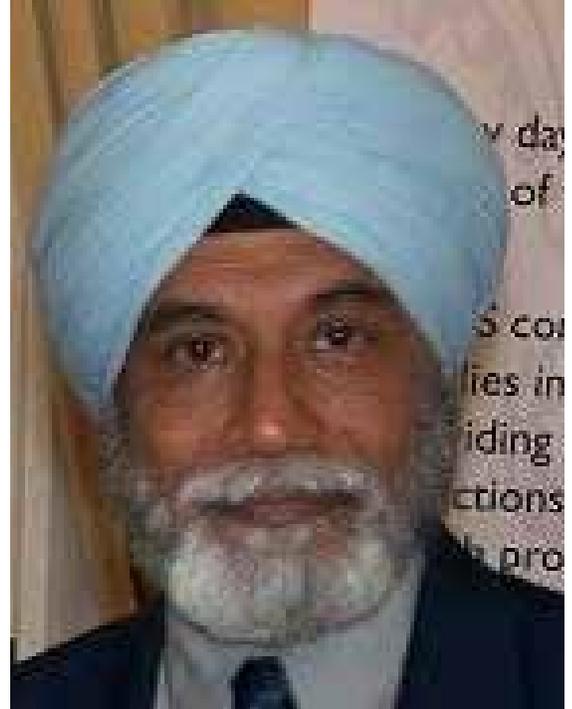
**AUTOMATIC  
CAUTION  
DOOR**  
EXTREMATIC  
**ACTIVATE SWITCH  
TO OPERATE**

**PCHS ADOPTS NO WRONG DOOR INITIATIVE**

**PCHS**  
  
May 2018

**NEWSLETTER**

# Message from the CEO



Women Rights are human rights! At PCHS we strongly believe in Gender Equality. In an irony, health is the most important but the most ignored aspect of an individual especially among women. Mental Health is strongly associated with women. According to data collected by World Health Organization, the lifetime prevalence rate of any type of mental health issues is higher in women as compared to men.

Women suffering from such problems are either unaware of the problem or are unnecessarily suffering in silence due to the stigmas attached to mental health and its well being. The data also states that depression is more common phenomenon among women than men. The stereotypes of patriarchy among the South-Asian families illustrates an impeccable example of power and control which men apply due to the socio-economic as well as the cultural determinants. The mechanism of dependence of the fairer sex on the

male members of the family puts her at greater risks of illness where women are not aware of the health services and practice a delaying off strategy towards the cause of their own well being. Swift escalation in the number of abortions in Canada narrates another shocking as well as unfortunate saga of preference given to the male child, unfortunately even by the Canadian born South-Asian couples. Further, South-Asian women living in Canada are at greater risk of domestic violence, human trafficking, sexual assaults as well as homicides.

The gender based issues are important and needs immediate call of action as it can cost women their lives. PCHS as an organization determines to stand firm in curbing the issue of gender bias by protecting the women rights and making them aware about their rights by virtue of being human. Let's join hands and make the world a better place for women.

Baldev Mutta, **CEO**

Phone: 905-677-0889, Fax: 905-677-9141

[www.pchs4u.com](http://www.pchs4u.com)

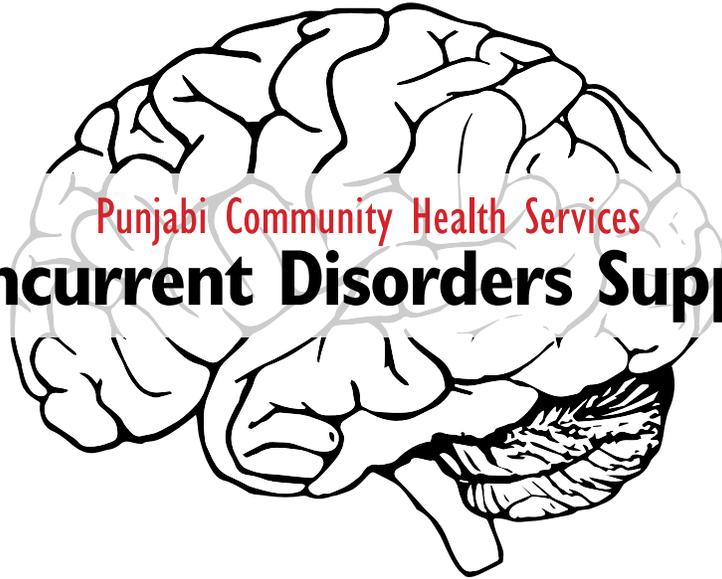


# NO WRONG DOOR

Punjabi Community Health Services is supporting 'No Wrong Door' initiative which is also backed by major Health Service Providers across the Mississauga Halton LHIN. Four agencies across two LHINs including PCHS embarked on the Improving & Driving Excellence Across Sectors (IDEAS) Advanced Learning Program through the University of Toronto's Faculty of Medicine. The purpose of this applied learning was to test some of the change ideas presented in the No Wrong Door Best Transfer Protocols that

were created through collaboration amongst all participating agencies. The vision of the No Wrong Door initiative is to improve client experience and transitions by focusing on continuity of care across the system. The outcome of this applied learning which led to a reduction in the "Did not attend" rate leads to more efficient and effective patient-centred care, as the efforts were to ensure that client's changing needs and preferences were accommodated in scheduling appointments.





# Sahara Concurrent Disorders Support Group

## What is the SAHARA Concurrent Disorders Support Group?

- Provides education and support to individuals and their caregivers to cope with challenges relating to mental health, addictions and complex issues in their daily life
- Fosters a supportive environment to reduce isolation by making new friends and learning new skills
- Free of charge
- Groups are facilitated in Punjabi and Hindi
- Accepts referrals from individuals, agency workers, doctors and other appropriate referral sources

## How to make a referral?

To join the group or to make a referral, please call: Sandeep Gill at 905-677-0889 ext. 305

To Fax referrals:  
905-677-9141 or 905-790-0802

To email referrals:  
Sandeepgill@pchs4u.com

## Time

Every Saturday  
12:00-2:00 pm

## Location:

50 Sunny Meadow Blvd.  
Unit #108  
Brampton, On  
L6R 1X5

## For more information:

905-677-0889 Ext. 305  
Contact: Sandeep Gill

**HEALTHY REFRESHMENTS  
AND CHILD CARE ARE  
PROVIDED**

We acknowledge the financial support from  
Reconnect Mental Health Services and Central West CD Network



# Settlement Program

## Road safety: Pedestrians



New rules at pedestrian crossovers and school crossings

As of January 1, 2016, drivers - including cyclists - must stop and yield the whole roadway at pedestrian crossovers, school crossings and other locations where there is a crossing guard.

These new rules do not apply to pedestrian crosswalks at intersections with stop signs or traffic signals, unless a school crossing guard is present.

Only when pedestrians and school crossing guards have crossed and are safely on the sidewalk can drivers and cyclists proceed.

There are four types of pedestrian crossovers in Ontario. Three of them are new designs. See Q9 below.

It is up to both drivers and pedestrians to keep everyone safe on Ontario roads. Learn more about how to stay safe as a pedestrian and as a driver.

### For pedestrians

It is up to both drivers and pedestrians to keep everyone safe on Ontario roads. Learn more about how to stay safe as a pedestrian and as a driver.

- Cross only at marked crosswalks or traffic lights. Don't cross in the middle of the block or between parked cars.
- Make sure drivers see you before you cross. If the driver is stopped, make eye contact before you step into the road.
- Wear bright or light-coloured clothing or reflective strips, especially at dusk or when it's dark.
- At a traffic light:
  - o Cross when traffic has come to a complete stop.
  - o Begin to cross at the start of the green light or "Walk" signal, where provided.
  - o Do not start to cross if you see a flashing "Do Not Walk" symbol or the light turns yellow. If you already started to cross, complete your crossing in safety.
  - o Never cross on a red light.
- Watch for traffic turning at intersections or turning into and leaving driveways.

### For drivers

Pay special attention to pedestrians as you drive. Here are some tips to follow:

- Always look for pedestrians, especially when turning.
- Watch for children. Drive slowly and cautiously through school

zones, residential areas, or any other area where children could be walking or playing.

- Watch out for Community Safety Zone signs that indicate areas where public safety is a special concern, including the possibility of encountering pedestrians.
- Be patient, especially with seniors or pedestrians with disabilities who need more time to cross the road.
- Drive carefully near streetcar stops with islands or zones for passengers getting on and off. Pass them at reasonable speeds, and always be ready in case pedestrians make sudden or unexpected moves.

### Fines

Drivers will be fined \$150 to \$500 and 3 demerit points for offences at pedestrian crossings, school crossings and at crosswalks where there are traffic signals. The maximum fine for running a red light - a practice that puts pedestrians at risk - is \$200 to \$1000.

Fines are doubled in Community Safety Zones, near schools and public areas. These areas are clearly marked with signs.

### For parents

Show your children how to cross a road safely. Teach them to:

- Stay to the side of the road, walking as far away from traffic as they safely can
- Stop at the edge of the sidewalk, and look both ways before crossing the road
- Take extra care on roadways that have no curbs
- Watch out for blind corners (for example, a car coming out of an alley may not see a child pedestrian about to cross).

Note: This information is taken from the Ministry of Transportation Ontario website see below.

For See Q9 below information in the first paragraph also see the website below.

<http://www.mto.gov.on.ca/english/safety/pedestrian-safety.shtml>

for more information please visit Ontario Ministry of Transportation website OR contact settlement counsellor at Punjabi Community Health Services at 905-677-0889

# Geriatrics Program

## HAPPY ANNUAL

## CELEBRATION OF

## BAISAKHI **Mulkh Raj Monga**

*Baisakhi is New Year's Day in Punjab and it is celebrated on April 13 though once in 36 years it occurs on 14th April. This festival marks the ripening of the Rabi Crops. The tenth Sikh Guru, Shri Guru Gobind Singh, founded the Khalsa Panth on this day in 1699.*

*India is a vast country and it's Multi-culturalism, different socio- economic pattern and varied traditions are unique that makes it the most diverse country in the world. In almost every category -culturally, economically, climatically, racially, linguistically, ethnically and religiously the varied traditions and diversities are followed in all sphere of life. Moreover, India is a land where majority of population live in rural area and here each event is turned into a festival and celebrated by folk and tribal dances as per the occasion arise.*

In 30th March meet, Jagdish, the gorgeous lady coordinator who manage the Mississauga Senior program for pchs sought the opinion from members whether it is possible to celebrate the Baisakhi function itself in the club on 12th March like last year. The seniors not only endorsed the idea of Jagdish willingly but a few lady members came forward and offered

to bring the homely cooked food for the occasion. The Items for Launch and who will contribute those were decided in unison mutually by the participants. Jagdish, the coordinator took the usual duty of providing Tea and snacks from the management. This way excellent launch was arranged on 12th March and around 38 seniors who participated enjoyed it.

*Continued on page 7*

*The following ladies and gents contributed for the Launch:*

After lunch, the entertain program started where many talented seniors participated in merry making fun and made the occasion vibrant. Some of them sang Punjabi folk songs, Bollian and Tappe which are relevant for such occasions and kept the audience laughing and clapping. Then Lady Members in colorful dresses took the stage and recited various old Punjabi folk songs along with Gidha dance for full one hour that made the audience

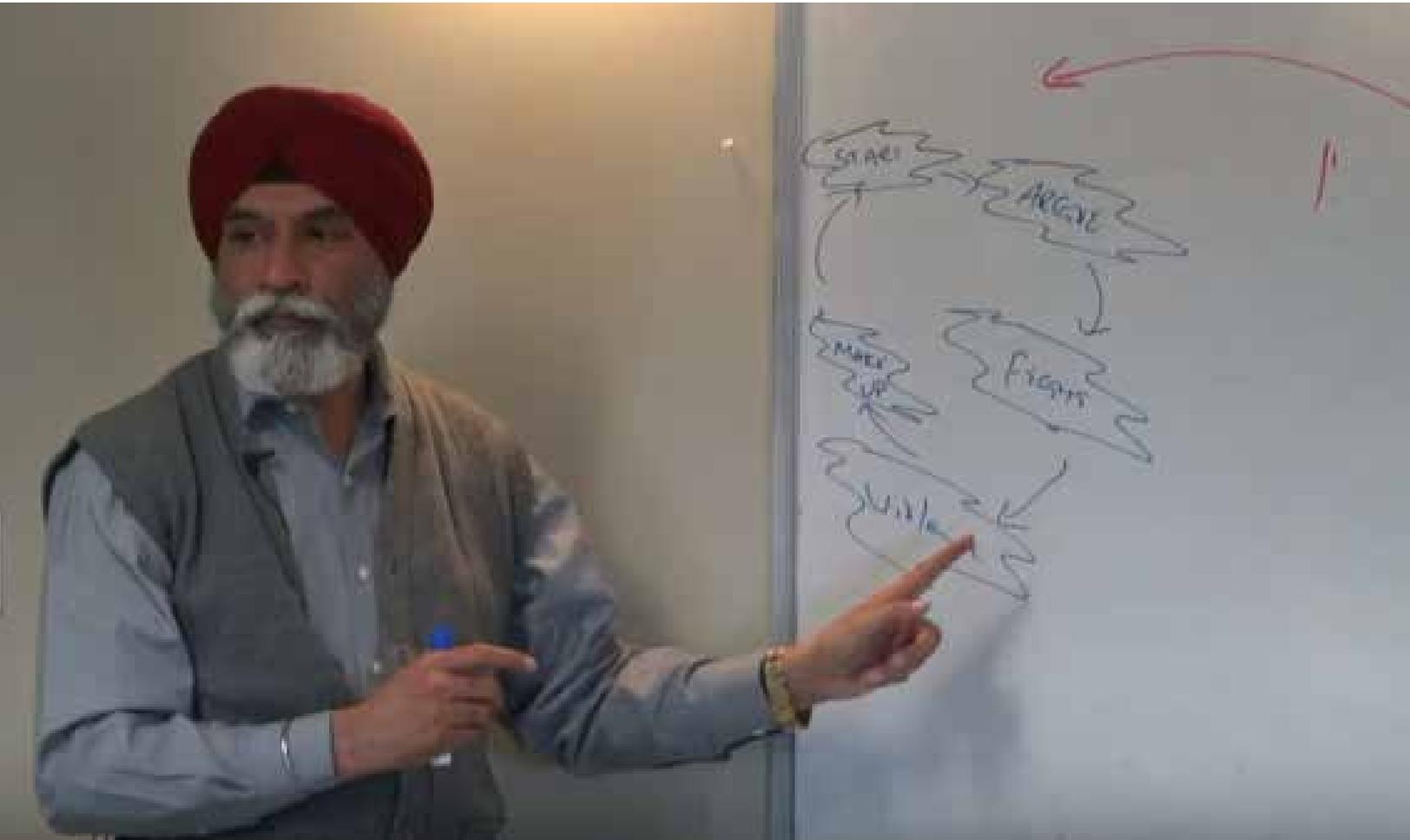
spell bound and mesmerized.

Lastly Jagdish served tea and nutritious snacks and with this, session ended happily. At the end all seniors stood up and thanked those seniors who were the star contributors of lunch as well as Jagdish for the wonderful entertainment and lively program. For more information, call Jagdish at: 905. 790. 0808 or [www.pchs4u.com](http://www.pchs4u.com); Email:[info@pchs4u.com](mailto:info@pchs4u.com)



**Mulkh Raj Monga**





## Understanding Marriage Concepts Baldev Mutta

Presentation by Baldev Mutta, **CEO PCHS**

SAHARA Men's Group program is in existence since July 1995. It is a linguistically and culturally appropriate psycho-educational 16 week group program for South Asian men. The group addresses "substance abuse" and "violence behaviour" issues simultaneously. In addition, this group works closely with women and other extended family members and provides holistic care to the entire family. An interim report is provided upon request by the referral source and each participant receives a completion certificate upon successful completion of the 16 week group program

# PHYSICAL HEALTH AND SELF CARE

Self care is taking out time for your own well being but is often ignored due to busy and stressful lifestyles. But honestly speaking, its all about priorities and an individual must prioritize the personal care and well being before falling prey to a mental or physical exhaustion. Self care simply is a persistent repetition of some little habits of enduring self love which boost one's health. The first step towards personal well being would be the food as it is rightly said 'You are what you eat'. A common habit of substituting healthy and fresh food with unnatural fast food is responsible for malnutrition among many individuals. An extra drink of water may also prove to be a booster for physical health. One must also include regular exercise which may also be welcomed in the form of shaking your booty on boogie number. A treat to body like sun soaking, taking a walk in the greens and laughing your heart out can be a luxurious privilege. Another important hurdle with personal fitness is a habit of overlooking the need of adequate and healthy sleep patterns. Technology specially the screen addiction may be considered as one of the main reasons to it. So

for good health, set a time to say goodbye to your cellphones and laptops and practice 'Early to bed and early to rise'.

Again inability to handle the stress and frustration may also be dealt with by consulting a counsellor or a clinical psychologist. A good time of yoga and meditation also cures the inner self of an individual. Develop a habit of planning weekends and gift yourself with little luxuries of life, it works!



# PCHS Sahara Youth Group

- Are you a youth between ages 12 to 18 years old
- Bored at home and don't know what to do?
- Want to learn positive skills through fun and creative games?

## What you should bring

- Comfortable clothing (gym clothes)
- Comfortable shoes
- Most importantly, your fun and positive attitude!

Come join us for  
fun, games & new friends



First Tuesday of every month at 6pm - 8pm

# Mental Health Program

# Tips on Healthy Relationships

## Harpreet Dhami

### Healthy relationship:

- Kind and caring
- Respects you and your values
- Understanding and supportive
- Honest
- Makes you feel safe
- Reliable and trustworthy
- Trusting
- Treats you fairly and equally
- Communicates and listens actively
- Able to resolve problems and cope well
- Freedom of speech and independence

### Unhealthy relationships:

- Puts you down
- Controls what you do and who you see
- Gets extremely jealous and possessive
- Constantly checking up on you
- Tells you how to dress
- Big mood swings
- Often criticizes you
- Threatens to hurt you or self
- Acts spiteful
- Constantly lying

### List five qualities to have and look for in a partner/friend:

#### 1. Commitment for personal growth

- Interested in learning how to be a better person and partner
- Aware of emotional baggage and weaknesses
- Has personal goals for self-improvement

#### 2. Emotional Openness

- Aware of his or her own feelings.
- Able to express his or her feelings
- Desires to share feelings with partner/friend

#### 3. Integrity

- Honest with themselves
- Honest with others and you
- Does not play games about wants and feelings

#### 4. Maturity and Responsibility

- Maintains a clean house, pays bills and handles finances
- Ability to take care of themselves
- Follows through on promises, shows up on time, does not let people down
- Respects your boundaries, values, feelings and time

#### 5. High self-esteem

- Takes pride in themselves without being arrogant
- Takes care of their health, living environment, car and possessions
- Does not allow other people to mistreat him/her.