

PCHS
September 2018

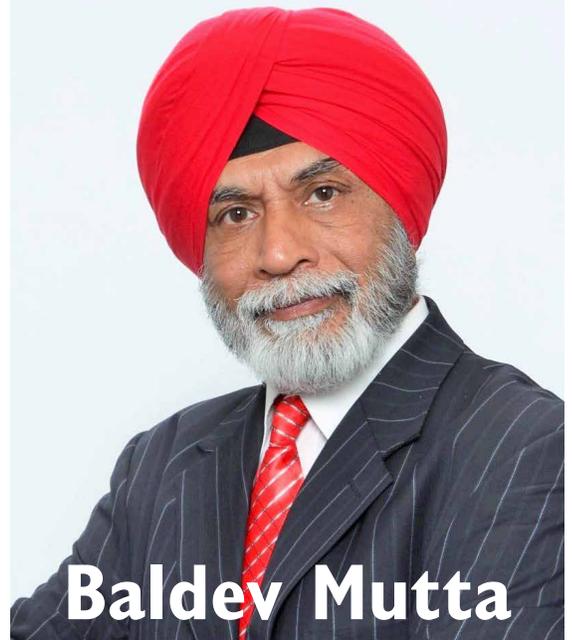


NEWSLETTER



**PCHS JOINS PARTNERS AT THE
HEALTHY LIFESTYLES SHOW**

Message from the CEO



Baldev Mutta

Change is the law of nature and is omnipresent but it is equally unpleasant and difficult to accept. As a CEO I feel that as PCHS grows the workplace must prepare itself for the advances rapidly. Success is directly proportionate to the two aspects of change: readability to change and planning to implement it. Ever since its inception PCHS has been constantly adapting to change in order to move at a pace with the new technology.

Year 2018 brings a lots of shuffling at both the locations i.e. Brampton as well as Malton. This concludes the implementation stage of the program with settling down taking its shape gradually. The major objective of this

change is to enhance the competencies of the staff and bring the operations and functioning at a smoother level. As the CEO of the organization I look at this change as an opportunity for both leadership as well as the staff as an instrument of clearly advancing towards our IDEAS. I completely acknowledge that this metamorphosis has not been easy for the staff as they had to carry regular functioning of client visits simultaneously adapting and aiding for the change.

I sincerely thanks to my staff for supporting the idea and equally welcoming it with open hearts and minds.

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

www.pchs4u.com

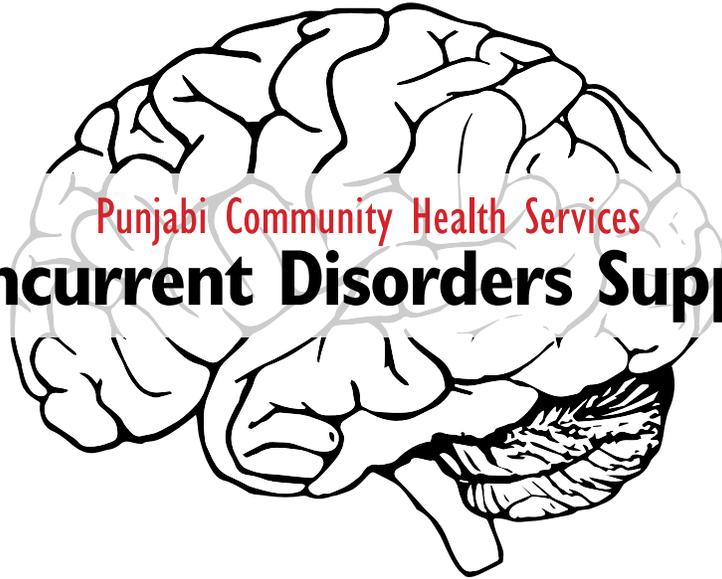


COOKSVILLE FESTIVAL OF CULTURES

Cooksville Community Hub organized Cooksville Festival of Cultures at Kennedy Secondary School on September 29, 2018. The event aimed at bringing together the local residents and providing opportunities to network and know more about their community. The one-day festival showcased a variety of cultures and service providers truly reflecting the spirits of community togetherness and

volunteerism. PCHS also played a part in raising awareness about its services among the community members. Amal Murtaja, Settlement Crisis Support Worker represented PCHS and connected to the community. The event provided the residents with an opportunity to attend and enjoy various activities with their family, friends and neighbours.





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



SHOES FOR SOLES

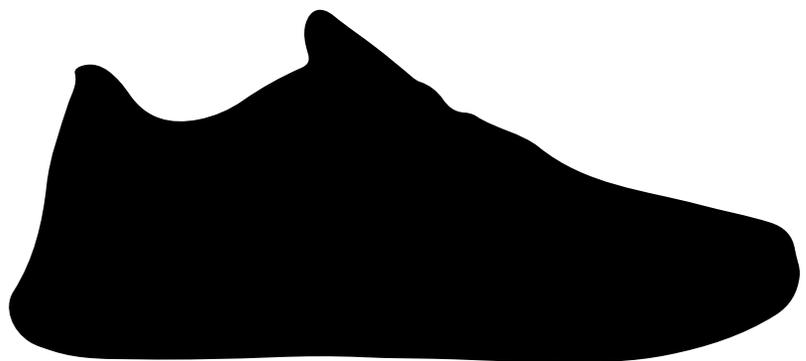
Drawn by her passion for social work, Etobicoke General Hospital (EGH) security guard Sheetal Verma, has taken a noble initiative of shoe donation for the patients of the hospital. Sheetal has been constantly concerned about the patients complaining about have no shoes. These patients were either brought to the hospital barefoot or their shoes were misplaced during the treatment. The EGH team of doctors, nurses and social workers would ensure that the patient is discharged in the safest possible method by providing them with socks and other hygiene materials to them. According to Sheetal, what would bother her was the patients without shoes because every time a patient would demand shoes, the staff would start looking for the lost and found stuff. Such practice according to Sheetal was very unhygienic and she could not let it go as she wanted the patients to be discharged with safety and hygiene. This is where she came up with an idea of 'Shoes for Soles' and started a campaign of donating shoes for the patients. 'Shoe for Soles' has not been Sheetal's first initiative

for social work as she had also run a campaign 'Hope for Homelessness' in 2017 where she collected funds and other useful things for the people who were in need in Toronto.

Sheetal acknowledges the efforts and support given by Melissa Petrigila who is a crisis worker at EGH and approved the idea as well as encouraged her to start GoFundMe page. She also acknowledges the contributions of her co-workers who have helped her in spreading the message on social media and allowed her to put her posters in the security office.

The noble initiative took a larger form when various community members and local Mental Health Service Providers stepped forward to help her and donated funds on GoFundMe page.

Sheetal strongly believes that as a community there are certain issues which we address to and collectively we can bring positive change in the life of those who are in need.



The Whatsapp Silence

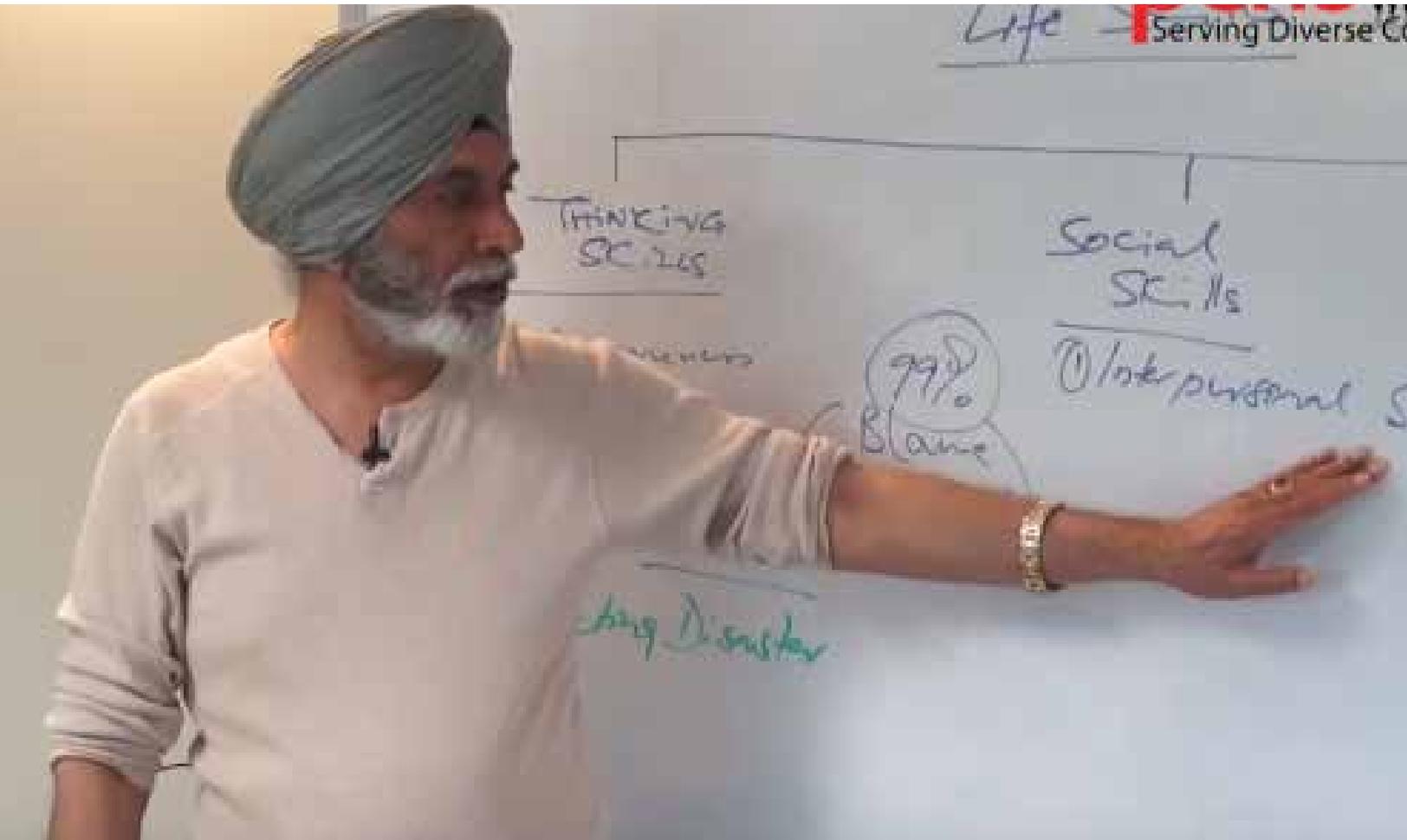
First guests of the winter and here we welcomed a bunch of seniors whom we recognize as dad's chuddy buddies. We are finely acquainted with these faces for we have often seen the group titling, jiggling and even bursting into laughter at various community gatherings. This time it was an After Party at a carefully chosen venue at our home as they say home is a perfect place to return to when you have nothing better to do. So here the group enters with a lot of hustle and bustle, though difficult to understand due to the coarseness of the aging Adam's apples in the throat of the speakers. The group seemed to have met after a long interval as the corresponding months did not witness any weddings or parties. A recognizable authoritative voice ordered the oriental but gentleman's drink: Tea. So the household became busy arranging the snacks as the friends settled themselves in the Drawing room to discuss anything to everything. As expected this gathering of these friends has to be full of gossip: a sport which is bought to its ultimate refinement by these Time Machines. But the usual Déjà vu types of situation seemed to be somewhat different this time. The clattering of the vocal cords suddenly faded away as if the guests have left! To

my surprise it was too early for them to leave from a meeting which often resulted in consumption of at least two hours. I was still confused with their early departure when the sound resumed. Again the house echoed with conversations from nowhere to nowhere. The hot simmering cups of tea were ready to add sweetness to the loud chitchat. The trays trekked from one guest to another and reinforced the narrations which these friends loved to take with a pinch of salt from each other. The household after serving tea got occupied in winding up the kitchen and simultaneously waited for the next orders. But what was that the sound died away again. This time for a longer interval and longer to the extent that the kid in the house was selected, as a common practice in Punjabi households, to go and check whether the guests have left. And to my embarrassment the child shouted from the top of the pitch "Baithe ne Hale" (Guests are still there). Embarrassed by the version I somehow mustered up the courage to tell the kid to return back to the bedroom immediately as my damage control act. I tried to manage the kid from not repeating the act and putting the whole family as well as the guests in an awkward situation but the child

with her experience figured the fun out of the thing and wanted to do repeat the act. My mind was trapped between the kid

control as well as the misery of the sudden silence for a pretty long interval and then a rapid recommencement of the talks. Finally, I took the decision and went for my turn to investigate the matter and start my own little spying. Smartly escaping the eyes of the guests I pin towed towards the living room and peeped through the curtains. Now I know the secret of this stillness, to my surprise it was the smart phones in the hands of all the pals who were suddenly detached from their usual tittle-tattle and would bow their heads to their mobile screens which would make them virtually disappear from the scene. I felt as if I was captured by a fit of mixed emotions including humor and amazement as I witnessed a 'New Old' generation engrossed with whatsapp and lost in their personal virtual worlds in front of me. The pattern of this silence became so perfect that I didn't even realize when the guests actually left the house turning those intervals of silence into an eternal silence of the living room sofas.





Life Skills, Part I

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

PEEL HEALTHY LIFESTYLES SHOW



SAT
SEPT 15

BRAMPTON SOCCER CENTRE
1495 SANDALWOOD PKWY E
BRAMPTON, ON

9:00 AM - 7:00 PM

Peel Healthy Lifestyles

HEALTH. FITNESS. TECHNOLOGY



GoodLife
FITNESS

GNC
LIVE WELL.



INFO@PEEL.HEALTH

WWW.PEEL.HEALTH

#ALLINPEEL

Peel Healthy Lifestyles is an annual event that promotes healthy and vital living. It is an excellent way to build community knowledge of products and services, develop new customer relationships and strengthen existing ones. A great opportunity to showcase products or services to the community market.



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