

**Punjabi Community
Health Services**

NEWSLETTER

February 2020



**PCHS partners with Caledon
Community Services**

Message from the CEO



Baldev Mutta

Throughout history, success has often evolved from innovative ideas, collaborations and ideas that support growth and expansion. Punjabi Community Health Services is also growing and expanding its community services while we focus on the best practices which have been successfully adopted across the globe. PCCHS acknowledges the needs and gaps in the services for victims of domestic violence as it costs women their lives where approximately every six days a woman is killed in Canada by her intimate partner. Violence against women is not only limited to the victims but is also causing the taxpayers and the Canadian Government billions of dollars to deal with the crisis.

Second, PCCHS has also successfully set up the Youth Hub with a primary focus on providing services related to mental health, addictions, career counselling and guidance. The place is dedicated to the youth of our community which could be

used as a common platform by them and they can further explore their visions and progressive ideas. PCCHS is proudly the first health services provider in Brampton to have a youth hub in the community. We strongly feel that such efforts are definitely a proactive step to reduce the gap between the resources and the clients. Amongst all the progress and expansion we do understand and acknowledge the work related stress it can cause to PCCHS staff. In order to keep compliant to health, safety and wellness of our human resources we have come up with an onsite program CHANGE in collaboration with the Wise Elephant Family Health Team. The program runs to monitor the lifestyles and bio stats of staff and their families.

We look forward and welcome the ideas and innovations from the community and our partners as we believe everyday as an opportunity to improve

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

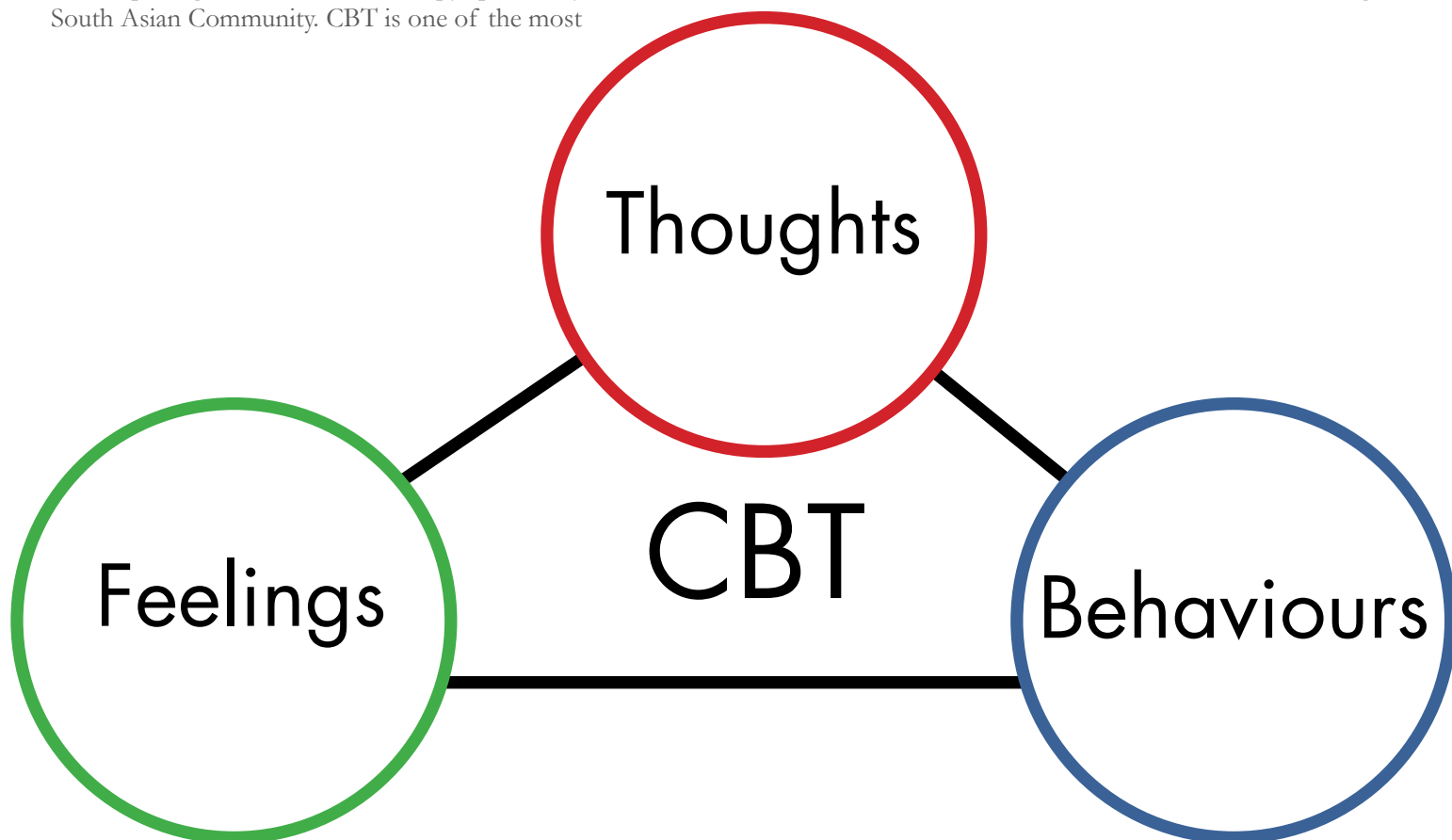
www.pchs4u.com

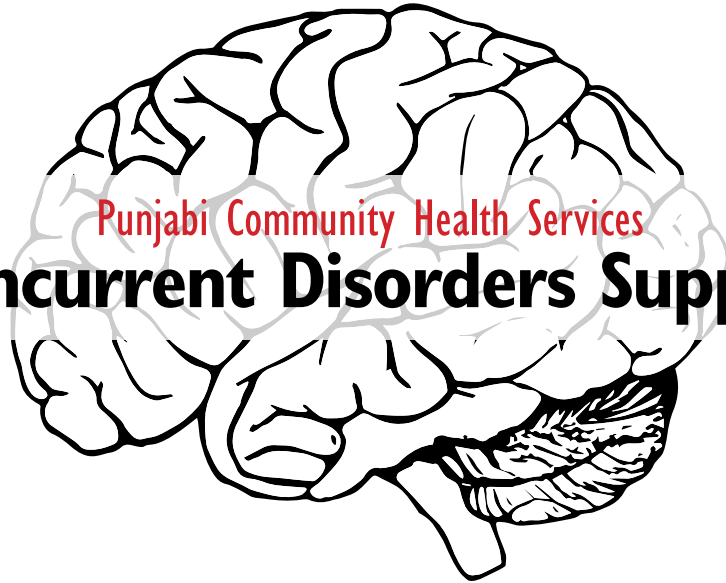


CaCBT For Canadians of South Asian Origin

South Asians are the largest ethnic minority in Canada, and South Asians also report the highest levels of unmet needs regarding their mental healthcare. The Centre for Addiction and Mental Health has partnered with Punjabi Community Health Services and other community partners on a study to develop a culturally adapted Cognitive Behaviour Therapy (CBT) for Canadians of South Asian Origin with anxiety and depression. This is the first study in North America that will adapt Cognitive Behavior Therapy specifically for the South Asian Community. CBT is one of the most

well-supported therapies developed, however, it currently does not meet the needs of individuals from diverse cultural backgrounds. CBT was developed in the context of western values and does not adequately address the needs of individuals who come from cultures with different values. When CBT has been adapted to different cultures, it has shown to be more effective. This innovative 3-year long study marks the beginning of creating greater access to adequate mental healthcare for Canadians of South Asian origin.





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



ONTARIO SEXUAL ASSAULT CENTRES

WHAT SEXUAL VIOLENCE COSTS CANADA EACH YEAR:

\$4.8B

A Justice Canada study examined the economic cost of violent crime and found that the *largest single cost* -- \$4.8 billion in one year -- was attributed to sexual assault and other sexual offences.



Sexual assault centres aim to reduce this burden. Centres provide free counselling, information and support for survivors of sexual violence in communities across Ontario. The Ontario Coalition of Rape Crisis Centres includes 29 community-based sexual assault centres.

OUR IMPACT:



In one year, Ontario Sexual Assault Centres...

**TOOK
48,226
CRISIS LINE
CALLS**

**SUPPORTED
16,550
SURVIVORS OF
SEXUAL
VIOLENCE**

**PROVIDED
2,985
PREVENTION
EDUCATION EVENTS**



**#ONTARIOSACS
#WEBELIEVESURVIVORS**

This infographic was compiled by Ontario Coalition of Rape Crisis Centres in 2019, with data provided by 23 of our member centres. If you or someone you know has been affected by sexual violence, go to: www.sexualassaultsupport.ca/support.

CHILD AND YOUTH CARE PRACTICUM FARE AT SHERIDAN COLLEGE

On February 19, 2020 Child & Youth Care practicum Fare was held in Sheridan college. Placement students Vaneet Kaur and Kashish Dua represented PCHS. This fare provides outreach as well as opportunity for the students as well as for organization to explore more about the field and they learn new experiences. It is very effective way of sharing their own experiences with other students and encourage them to begin with the new learnings. Vaneet shared her experience as a placement student and influenced other students to do their placements at PCHS. At PCHS students have

more opportunities to work independently. Students will learn to facilitate group, counselling skills, clients intake. There were lots of researches going on and students can be part of them. PCHS serves diverse communities and students got chance to work with different types of clients. PCHS welcomes deserving students for placements and volunteers from different fields to share their experiences and to learn new outcomes. At the end of practicum fare number of students showed their interest in doing placements with PCHS and dropped their resumes on the spot.



Would you like to potentially help improve services for women in Peel region diagnosed with breast cancer?



If your treatment included breast cancer day surgery in Peel region you may be eligible to PARTICIPATE IN AN INTERVIEW. The purpose of this interview is to learn about your healthcare experiences after being diagnosed with Breast cancer.

Participants will receive a \$25 gift card & parking/transit costs are reimbursed.

To learn more about this research project, please contact Elizabeth Mansfield at the Institute for Better Health by email Elizabeth.Mansfield@thp.ca or by phone at 416-450-5652.

You may also contact Nafeesa Jalal by email at contact@nafeesajalal.com

Partners in Care



The old cliché is that two heads are better than one. And the service situation in Southfields in south west Caledon is about to benefit because of that. Monty Laskin, CEO of Caledon Community Services (CCS), and Baldev Mutta, CEO of the Punjabi Community Health Services (PCHS) are about to embark on a unique partnership at Caledon's future Southfields Community Centre, currently under construction.

Their impact will be defined by what funding they can get in place.

"Right now, we have decided to open up an office that will be supported by various volunteers in each of our organizations," Laskin said. "We have so much to teach each other and what we can do together, but we have to secure funding to figure out what services we can bring." While it may sound vague, it's actually an opening that is nothing but exciting for both organizations. It's just going to take some elbow grease.

Laskin explained that CCS is known for a number of services, such as Jobs Caledon, a Food Support Program in the Caledon Exchange, LINC classes (English as a second language) and more. But without funding, he would have to support the new Southfields' office by cannibalizing the staff and resources from other offices, effectively reducing support in other areas. So, he isn't going to do that.

His mission is to secure new funding for Southfields, and depending on where that comes from, the services applied directly to Southfields will be defined. The presence of CCS volunteers and the office will offer him the ability to link clients to other services and direct resources to them.

Mutta said his excitement is in the vast potential of combining two multi-service agencies, as well as an ethnocentric agency with a mainstream agency and seeing where they get to together.

"A couple of years ago when the Ontario government came out with the strategy of community hubs, everyone was excited," he said. "Multi-service agencies could be under one roof. The moment we found out (about Southfields Community Centre) Monty and I, we said, 'Hey, how about using this community centre? Call it a community hub, and services could be delivered.'"

Mutta said PCHS has a specialty in mental health, domestic violence, youth and family wellness and other areas, while CCS offers employment services, food support programs and more. Imagining what the two agencies can provide in a partnership is the potential he looks forward to.

"We're very excited that both organizations are working together to choose the existing space to add as much service as possible," he said.

Both agencies are lobbying the Ministry of Health for funding, as well as the Federal Government.

"We have so much we can learn from each other," Laskin said. "They have a lot to teach me and my team on how to deliver culturally appropriate services, and I think CCS has a lot to teach them.

"I know Caledon is changing, and while the visible minority population is small, it's growing and I have an obligation to ensure my organization is responding to that in a way it deserves to be responded to. I think Baldev's team going to teach my team a lot. And we have a lot to share with one another."

RESEARCH ON EMPLOYMENT EQUITY FOR SOUTH ASIAN IMMIGRANT COMMUNITIES IN TORONTO

The Council of Agencies Serving South Asians (CASSA) is leading a community based research project on the employment needs of South Asian immigrant communities in Toronto. The initiative is funded by United Way Greater Toronto. The three-year project focuses on the employment needs, barriers and recommendations for employment equity for South Asian immigrant communities in Toronto. The project will develop recommendations for public policy changes and business process improvements.

We are launching our survey!

WHAT WE NEED FROM YOU

- Send the survey link to your networks
- Let us attend your community/cultural event
- Advertise/distribute our flyer
- We can do a presentation/workshop/booth at your agency
- Tell us how we can better reach your community

Complete the survey now!

<https://www.surveymonkey.com/r/EmploymentEquityCASSA>

PARTICIPANTS GET A \$10 TIM HORTONS GIFT CARD!

Questions? Contact mathura@cassa.on.ca

ACCOUNTING & BOOKKEEPING SERVICES FOR NON-PROFIT ORGANIZATIONS

Financial credibility of an organization is established when required financial activities are performed and tracked by dedicated and skilled finance personnel through customized software that are compliant with accounting standards.

Grant analysis and year-end financial statements with fair presentation of accounts provide financial health of an organization and enable management, stakeholders and decision makers to analyze data for reporting and sustainability.

Human Endeavour can help achieve these objectives through a range of cost effective services and training to non-profits and Seniors Active Living Centres.

ABOUT US

Human Endeavour is a non-profit organization serving 3500+ clients from diverse communities and age groups in York Region & Simcoe County.

Our areas of focus are seniors wellness, community building, settlement services, skills training and social enterprising.

ACCOUNTING & BOOKKEEPING

- ✓ Regular bookkeeping
- ✓ Year-end financial statements
- ✓ Support in financial audit
- ✓ Support in grant audit by the funding agency
- ✓ Grant analysis i.e. customized budget and actual financial reports
- ✓ Accounts receivable/payable
- ✓ Bank and credit card accounts reconciliation
- ✓ Payroll preparation, source deductions filing
- ✓ Paystub, T4, T4A & RoE preparation
- ✓ Public service bodies' rebate

TRAINING

- ✓ Basic Bookkeeping
- ✓ Microsoft Excel
- ✓ QuickBooks
- ✓ Customized training to suit your financial management requirements



Human Endeavour
Innovation in Health, Economic and Social Solutions



905.553.9291



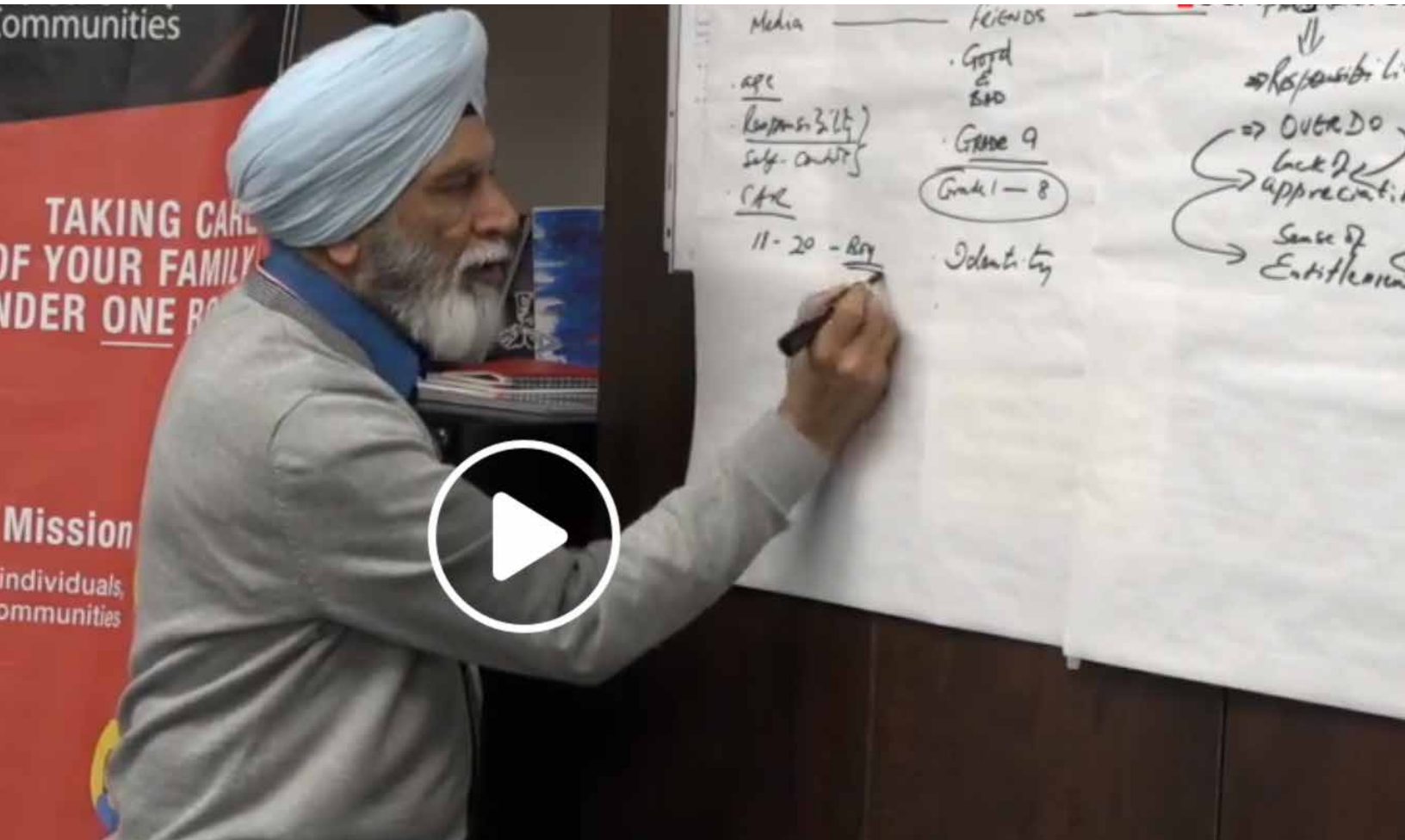
Epic.Accounting@HumanEndeavour.org



439 Glenkindie Ave. Vaughan ON L6A 2A2

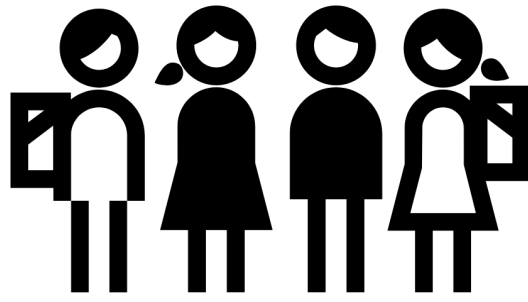
PCHS on

facebook



How are children Influenced(Punjabi)

with Baldev Mutta



Punjabi Community Health Services

YOUTH DROP IN

Join us for:

- Art Nights
- Game Nights
- Movie Nights
- Book Club
- Discussions and presenters



Time

Every Thursday
5:00pm-7:00 pm

Location:

50 Sunny Meadow Blvd.
Unit #108
Brampton, On
Entrance faces the parking lot

To Register:

Contact Akanksha at
905-677-0889 ext. 192
or
akanksha@pchs4u.com

