



## Family as a client

Taking care of your family' challenges under one roof.



## History

PCHS started in July 1990 as a Community Development Project. The research indicated that the community would benefit from initiating programs and services to address the growing addiction issues, violence against women and breakdown in families. PCHS is a not-for-profit, charitable, Accredited and a Health Service Provider Organization.

## Programs

PCHS has four core programs

1. Mental Health and Addictions
2. Geriatric Services
3. Child, Youth and Family Services
4. Settlement

The four core programs are delivered by our dedicated staff and supported by passionate volunteers and students. Every year PCHS accommodates four to six students completing their social work practicum. In addition, we continuously provide volunteer opportunities to community members and new immigrants to Canada.

PCHS also uses health promotion strategies to build healthy communities. It works with many partners and stakeholders to start and sustain community development projects and health education initiatives.

The programs and services delivered by PCHS staff are provided at **no cost** to clients. There may be a small fee for some administrative work which is required for legal purposes. All client information is kept confidential.

PCHS provides culturally and linguistically appropriate sensitive services our clients as needed.

PCHS is accredited by Commission on Accreditation of Rehabilitation Facilities (CARF) and by Imagine Canada.

**Help is just a phone call away! Please call us at 905-677-0889. We look forward to serving you.**



We acknowledge the financial support from our other funders and community donors.



Our facilities are Wheel Chair Accessible.

Revised January 2022.



## Punjabi Community Health Services



### WWW.PCHS4U.COM

Central Intake: (905) 677-0889  
2980 Drew Rd. Unit 241  
Malton, ON L4T 0A7





## Our Mission

To improve the well-being of the individuals, families and communities using an anti-racism and anti-oppression framework.



## Our Vision

To have healthy and thriving diverse communities.

## Our Core Values



### Inclusion

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



### Accountability

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



### Excellence

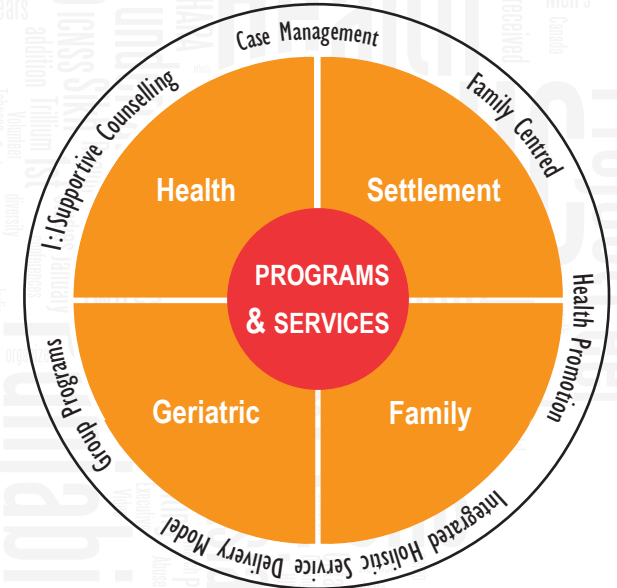
- We believe excellence is a habit not a one-time action.
- We are fueled by our relentless pursuit to exceed expectations of the people we serve.



### Innovation

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

## PCHS Core Programs



Our in-person programs are offered at:

#### Mississauga

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

#### Brampton

50 Sunny Meadow Blvd  
Suite # 201  
Brampton, ON  
L6R 0Y7

**Currently, all program and services are provided virtually due to the pandemic until further notice.**

Please call us at (905) 677-0889 or visit our website [www.pchs4u.com](http://www.pchs4u.com) to check the status of in-person services.