



PUNJABI COMMUNITY HEALTH SERVICES



2022 Annual Report

Board Chair Message

This year's theme of "Evolution & Growth" resonates deeply as we reflect on the remarkable progress of the past decade and eagerly anticipate the transformative journey that lies ahead.

Over the past ten years, PCHS has demonstrated unwavering commitment to our community, continuously evolving to meet its diverse needs. We take immense pride in our accomplishments, having expanded our programs and services to make a tangible impact on the lives of individuals and families.

In 2022, our organization delivered an impressive 1,883 individual sessions, and 3,066 group sessions. This signifies the trust and confidence our community places in us, as we strive to provide accessible and culturally sensitive support in vital areas such as mental health, addiction, and family enhancement.

Collaboration has been instrumental in our success. We are grateful for the strong partnerships we have forged with esteemed organizations such as the University of Calgary, Alberta Men's Network, Alzheimer's Society, and Calgary Women's Cultural Association. By joining forces, we amplify our collective impact, advocate for systemic change, and create a more inclusive and supportive environment for all.

At the heart of our achievements is our dedicated team. We extend our deepest gratitude to our former Executive Director, Nina Saini, whose transformative leadership guided us through significant milestones. While bidding farewell to Nina brings a tinge of sadness, we warmly welcome Sherri Shergill as our new leader. Sherri's wealth of experience and passion for our mission make her an invaluable asset to PCHS. We are already witnessing the positive impact she is making, and we are excited to see how she will shape the organization's future.

Furthermore, we are thrilled to have Palash Bagchi join our team as our Fund Development Specialist. With Palash's expertise, we aim to diversify our funding streams and secure unrestricted funds that will enable us to expand our programming where it is most needed. Palash's role is pivotal in cultivating relationships with our generous supporters, and we encourage you to anticipate a call from him as he diligently connects with our valued partners, strengthening our bonds and propelling our organization forward.

As we navigate a swiftly transforming world, we have embraced innovative approaches to deliver our services. Our adaptability and commitment to meeting the evolving needs of our community have allowed us to seamlessly incorporate the Integrated Holistic Service Delivery Model. By remaining flexible and responsive, we ensure that our support addresses the multidimensional challenges faced by individuals and families.

Looking ahead, our vision for the next decade is one of continued growth, innovation, and community engagement. We are committed to expanding our reach, addressing emerging needs, and dismantling systemic barriers that hinder the well-being of our community. In the upcoming months, we will engage with our community through a comprehensive needs assessment, delving deep into the core challenges they face daily. This invaluable process will inform our efforts to enhance services, aligning them closely with the needs identified by the community.

In conclusion, we extend our deepest gratitude to our staff, volunteers, and supporters for their unwavering dedication and invaluable contributions. Your passion, expertise, and tireless efforts are the driving force behind our success. We also want to thank our community members for entrusting us with their well-being and allowing us to be a part of their journeys.

As we embrace the spirit of Evolution & Growth, cherishing the progress we have achieved, let us eagerly seize the exciting opportunities that lie ahead. Together, we will continue creating a future where every individual and family in our community has access to culturally-informed counseling services through PCHS Calgary.

Kiran Dhaliwal & Rekha Jabbal
Board Co-chairs



Executive Director Message

It is with excitement that I introduce myself as the Executive Director of Punjabi Community Health Services (PCHS) Calgary. As a new addition to the team, I have begun to work closely with the Board of Directors, staff and volunteers, all of whom have worked tirelessly throughout 2022 to expand services while maintaining the delivery of meaningful supports for the clients. In the past year, PCHS Calgary has delivered over 4900 client hours in the areas of mental health, addictions, and family enhancement. These sessions, both individual and group, have been delivered using culturally affirming and linguistically appropriate approaches – approaches that PCHS Calgary has been committed to since its inception 10 years ago.

Beginning as an idea by a small set of hard working individuals, PCHS Calgary has evolved and grown exponentially and now finds itself on the precipice of even more opportunities to affect change within its community. We hope to build on the history of the last decade and have PCHS Calgary become the leader and expert in South Asian mental health, addictions and family services in the next 10 years. We look forward to the continued evolution and growth of PCHS Calgary with excitement, purpose and a clear vision to continue to serve our community. To begin to achieve this, PCHS Calgary is preparing to launch youth and outreach programming and, conduct an environmental scan to identify gaps in service areas within the Calgary and area community. With this knowledge, we will continue to build purposeful programming and community connections that best address and support our clients.

As we celebrate the 10 year anniversary of PCHS Calgary, we reflect on the past decade with gratitude to the Board of Directors, volunteers and staff who have brought us to this point. Each of you have been integral pieces to the PCHS Calgary mosaic; providing invaluable time, knowledge, and skill. I extend a much deserved thank you to Nina Saini, our previous Executive Director, who led PCHS Calgary between 2019 to 2022. With her guidance, PCHS Calgary continued its trajectory to empower and nourish Calgary's diverse South Asian community.

Notably, I would like to acknowledge Baldev Muttu, CEO of PCHS Ontario, and the PCHS Calgary founders, whose vision and knowledge has guided us since 2012. Our success and achievements are due to our founders determined efforts and understanding that the best way to support our community is from within.

As I have begun to work alongside the PCHS Calgary team, it is obvious that there is a shared passion for the betterment of the clients and in turn, the South Asian community. I have deep gratitude for the dedication and contributions of the staff and volunteers throughout this past year and as we look forward, I commit to working alongside you, matching in your enthusiasm for the community and supporting in your growth and evolution as professionals and volunteers as we enter our next year.

The South Asian community is made up of resilient, generous and compassionate people; we see these people in our clients, volunteers, staff, and board members. I am honoured to lead an incredibly talented team of professionals at PCHS Calgary and am proud to work towards the vision of providing equitable care for diverse South Asian communities. We look forward to all we can accomplish in the next 10 years!

PCHS Calgary's passion and commitment to the clients and community is demonstrated throughout this Annual General Report. I invite you to read on and learn about the powerful and meaningful work being done by PCHS Calgary.

Sherri Shergill
Executive Director



Staff

Sherri Shergill - Executive Director

Nina Saini - Executive Director 2019-2023

Shubumjeet Rakhra - Office Manager

Nico Scholten - Clinical Supervisor

Harman Batth - Counselling Program Lead (Registered Provisional Psychologist)

Sajjad Mahmood - Counsellor (Registered Provisional Psychologist)

Harmeet Sandhu - Counsellor (Registered Provisional Psychologist)

Tania Bhullar - Counsellor

Arunie Saldhi - Counsellor (Registered Provisional Psychologist)

Sarbjit Sodhi - Peer Support Program Coordinator

Amber Qureshi - Outreach Coordinator

Palash Bagchi - Fund Development Specialist

Harpreet Hans – Group Facilitator

Manpreet Chawla – Group Facilitator

Board of Directors

Rekha Jabbal - Co-Board Chair

Kiran Dhaliwal - Co-Board Chair

Harmeet Batoo - Treasurer

Namrita Sohi - Secretary

Kirsten Seagrave Millung - Director

Raman Gill - Director

Vision Statement

Leading the way in equitable care for diverse South Asian communities.

We are leading the way in equitable care for diverse South Asian communities. As the go-to counselling service for South Asian communities in Calgary, we are role models in building personal resilience and healthy families using the Circle of Care model. We work to break down barriers, provide a high quality of care, and strengthen our community.

Mission Statement

Empowering and nourishing Calgary's diverse South Asian community through safe, accessible, and culturally-informed counselling services, group programs, and outreach.

As an integral part of Calgary's diverse South Asian community, we are the trusted, go-to source for counselling, group programs, and outreach in the areas of mental health, addiction, and family challenges. We lead with Seva (selfless service), and Sahara (support), focusing on empowerment, cultural competence, confidentiality, and outreach as we seek to improve the standard of care in our community every day.

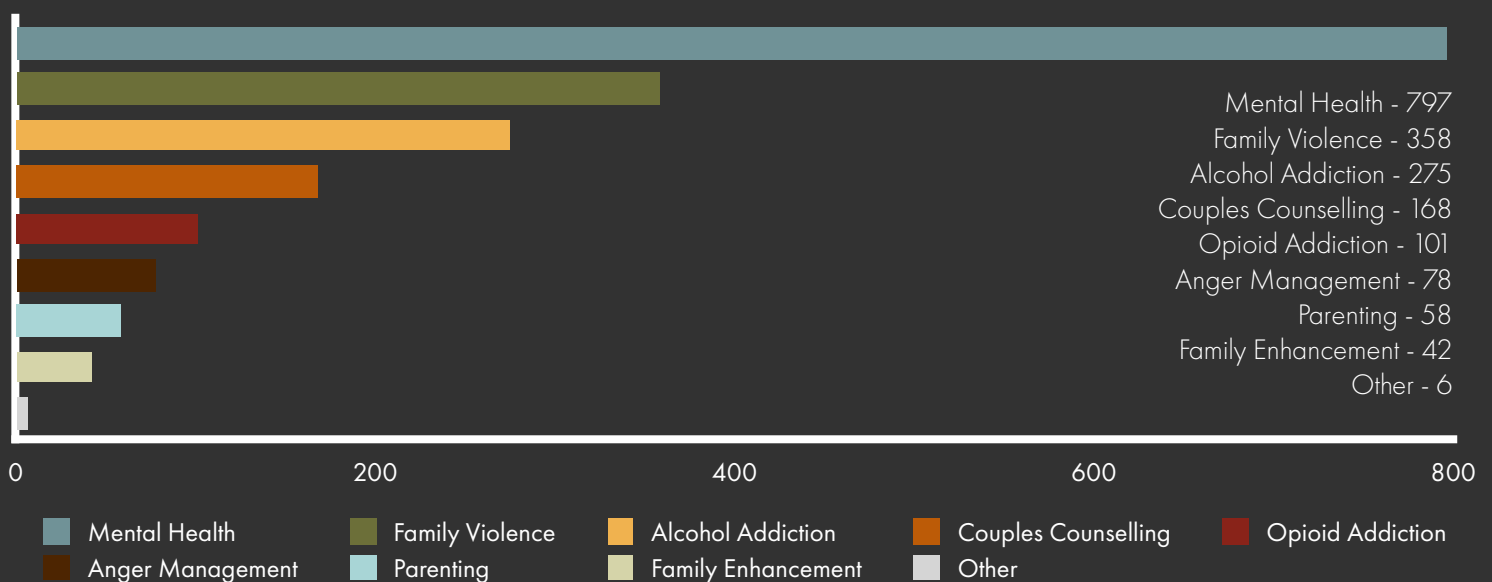
Strategic Goals

Priority #1: Develop a Coherent Quality Assurance Process

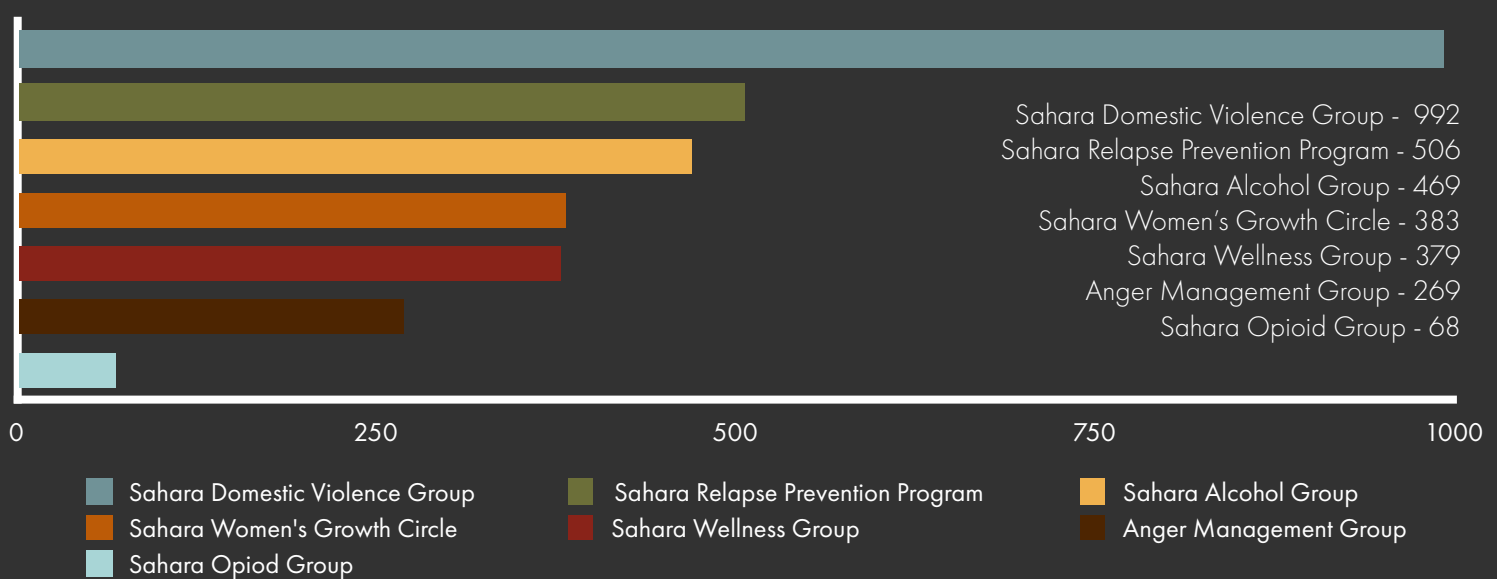
Priority #2: Update Governance Model

Priority #3: Develop a Sustainable Organization

2022 Individual therapy hours attended

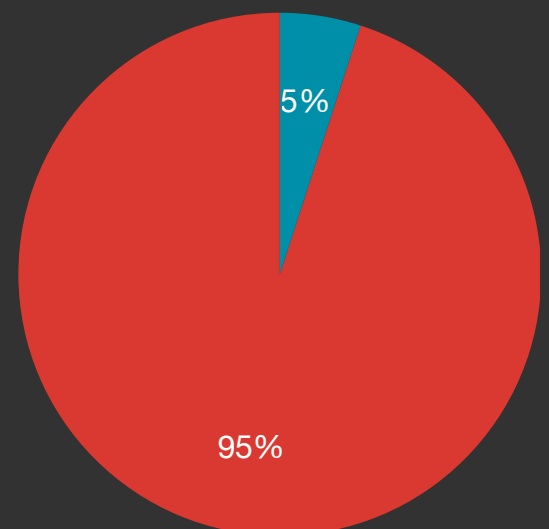


2022 Group therapy hours attended



PCHS Operating Expenses

- Service Delivery
- Administration



Our Programs

Sahara Mental Health & Wellness Group and Individual Counselling

Assists participants in coping with mental health challenges and proactively minimizing negative symptoms. Focusing on de-stigmatization, networking, breaking through barriers of isolation, promoting self-worth, understanding mental illness and living to one's full capacity despite mental health challenges.

Sahara Women's Growth Circle Group

Provides women who have experienced domestic violence with support on their journey to healing. Women partake in the process of learning and understanding the implications of domestic violence in a peer setting. Topics include effects of trauma, mindfulness, boundaries, support systems, empathy and resiliency.

Sahara Domestic Violence Group

A psychoeducational program that supports participants by addressing underlying attitudes and beliefs towards domestic violence. PCHS Counsellors provide skills to participants in adopting new ways of resolving conflict and managing anger.

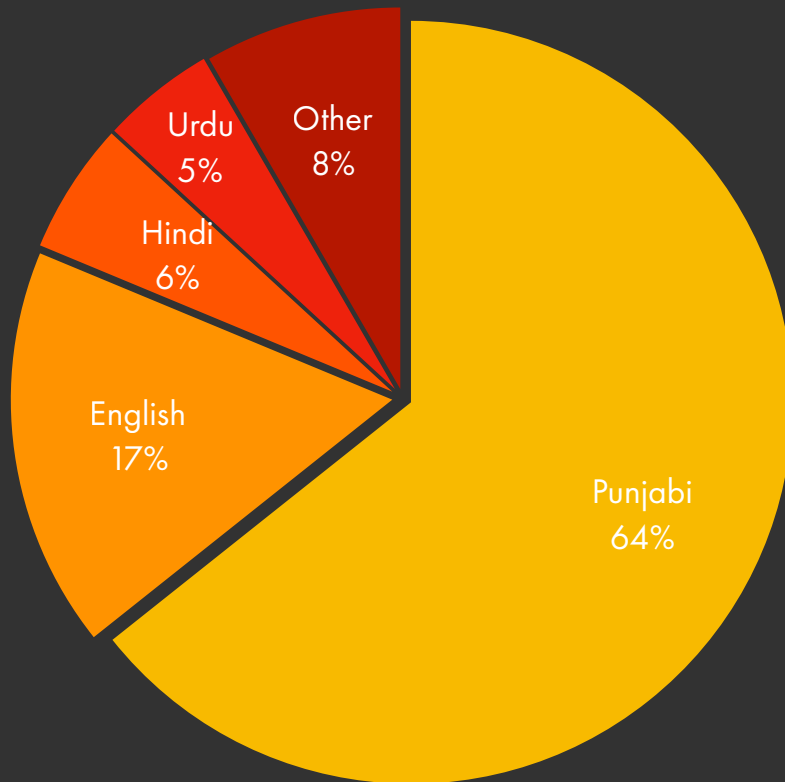
Sahara Alcohol and Substance Addiction Group

Aids individuals and families who are addressing problems associated with alcohol and drug addiction. Facilitated group discussions covered within this program include Identifying addiction, addictive disease, physical addiction, personality traits, defense mechanisms, progression and recovery, relapse prevention, and self-awareness.

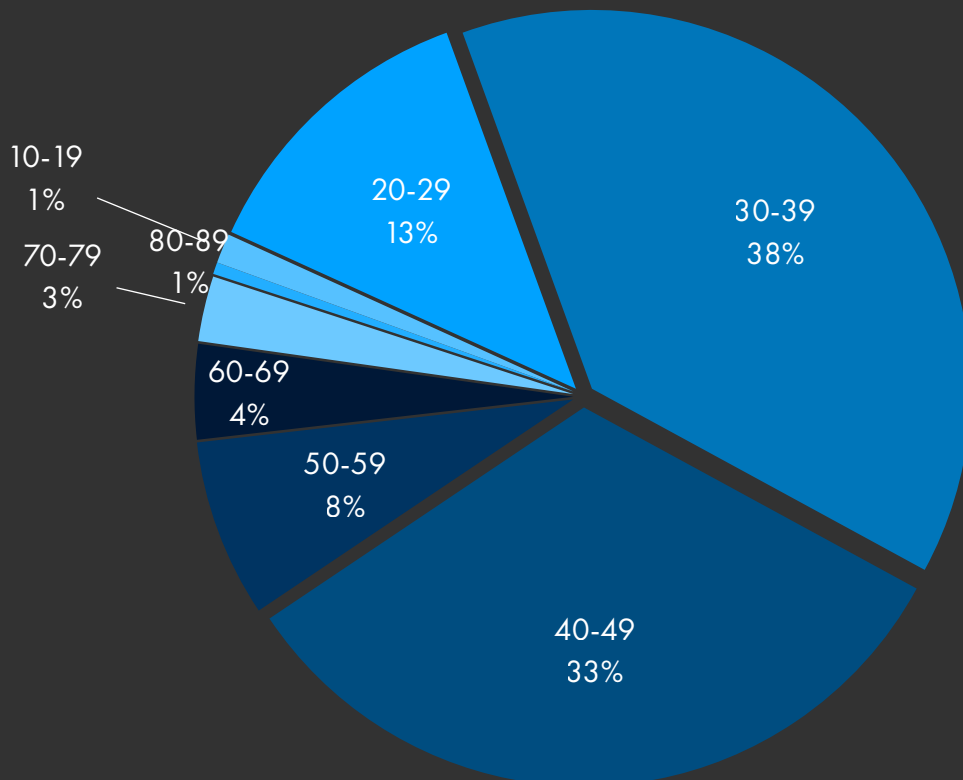
Sahara Relapse Prevention Group

These groups focus on prevention strategies and recovery, understanding life after addiction, and learning to administer tools to maintain sobriety. Providing clients/families with knowledge on resources, identifying triggers, coping with high-risk situations, managing stress, healthy alternatives and personal engagement in managing the recovery process are highlighted.

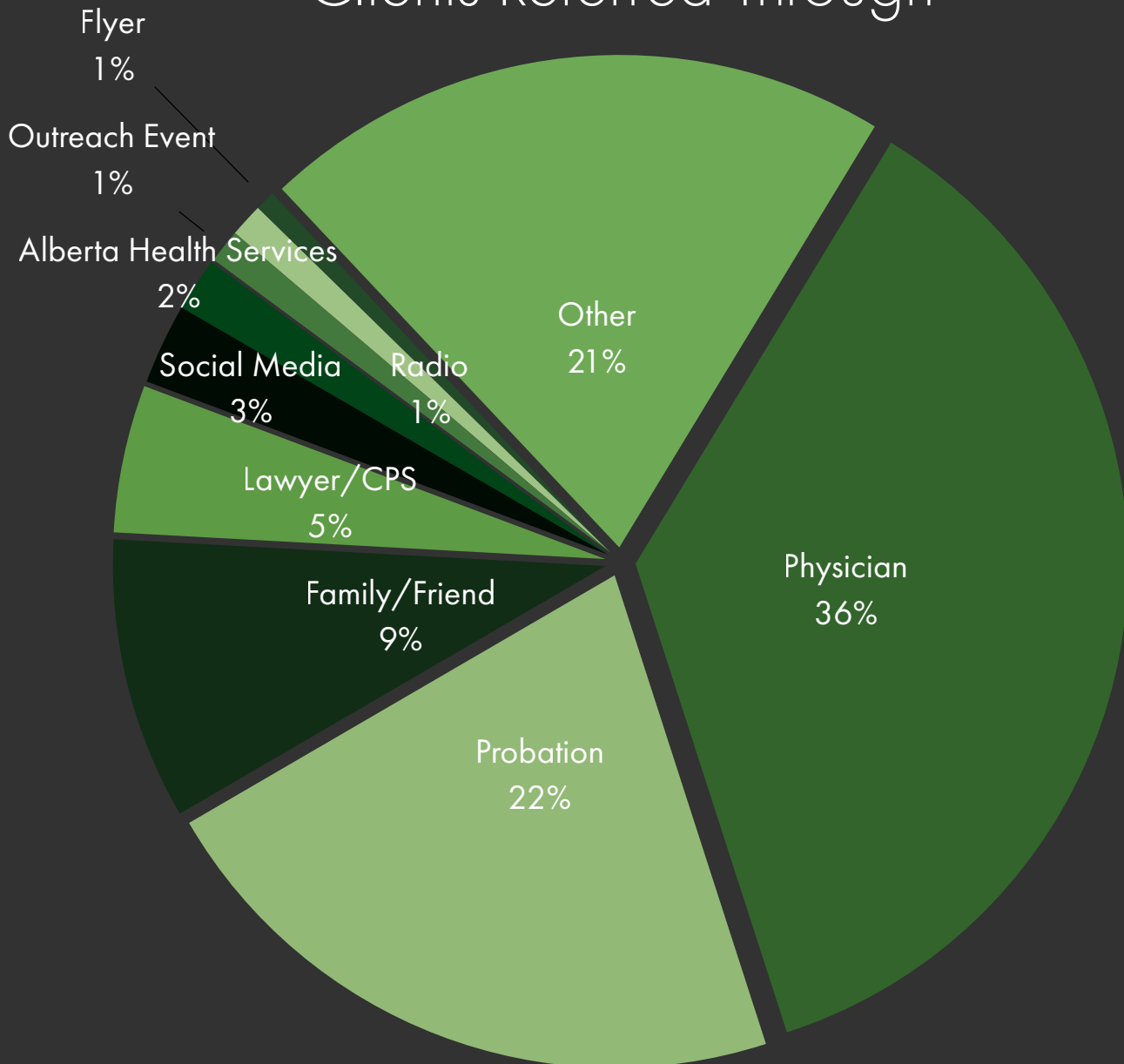
Languages Services Were Delivered in



Age Of Clients



Clients Referred Through



Workshop Statistics

16 workshops

Number of participants: 639

Topics included: Grief & Infant Loss, Bullying, Media Influence, Gangs & Drugs, Sharing Perspectives: Coming Together for Newcomers Mental Health, Understanding Substance Use Disorder: Treatment & Recovery, Parenting

Peer Support Program

Peer Support Volunteers (PSV) are trained volunteers that provide ongoing support to client when formal counselling and case management goals have been addressed. PSV's often have lived experience in common with their matched client and provide social and emotional support. This non-therapeutic extension of counselling reflects PCHS Calgary's continuing care model and is a person-centered practice to help empower individuals and families.



"I had a great experience as a peer support volunteer under Sarbjit facilitating the anger management groups. My training was done in a safe learning environment with focus on growing my skills. Conducting the group and interacting with the participants has taught me a lot more about the issues that exist in South Asian community and how PCHS is helping them provide culturally competent supports. As a psychology undergraduate student, this practical learning experience was not only complementary to my education, but it also went beyond what I learned in classes."

- Varinder

"Over the last couple of months, I have had the pleasure to work with several members of PCHS. As a volunteer, I had a lot to learn from group sessions in the presence of group facilitators and counselors. As a peer support volunteer, PCHS has provided me the opportunity to assist members of the South Asian community by offering mental health support. PCHS offers a lot of opportunities for support and facilitates growth among volunteers. Sarbjit Sodhi, the intake coordinator at PCHS plays an imperative role in assisting volunteers and their journey with PCHS. She has offered me a lot of support and provided opportunities to enhance my learning via workshops and to work with other members at PCHS. So far, my time at PCHS has offered a lot of learning, and I feel as though I am doing something to make a difference in the South Asian community. I am excited to see where this journey takes me."

- I. Cheema

Volunteer/Staff of The Month

PCHS Calgary is grateful for the dedication of their volunteers. We recognize the importance of volunteers and the valuable impact they have in supporting the organization and clients. Thank you for all that you do!

30 PCHS Calgary volunteers
have donated over 1800 hours
in 2022

Gagan Sharma (Volunteer)

Varinderjeet Singh (Volunteer)

Nina Saini (Executive Director)

Ishaan Cheema (Volunteer)

Harpreet Hans (Group Program Facilitator)

Morgan Harris (Volunteer)

Rekha Jabbal (Board Member)

Kiran Dhaliwal (Board Member)

Paul Dhanjal (HR Committee)

Client Testimonials

"I met Arunie around July last year during the lowest point in my life. She listened closely to all my concerns and issues that were killing me from inside. I had no appetite and was losing weight. I was looking very unhealthy at that time. She always made sure to validate my feelings as normal. Through her I got clarity in my thoughts and decisions without any feeling that she was imposing her own opinions and judgements. She also made me address the tough issues which I was scared of addressing. I would say that she made me brave - She told me to face my fears and it is not the end of the world and I overcame those. Those things are not bothering me anymore. I am not only trying to forget those painful feelings but also gaining a new perspective in my life with her. I am healthy now and got my appetite back. Thank you Arunie and PCHS for helping me through this difficult time."

- Individual Counselling Client

"I think the counselling really helped me with how I can go with the flow in my life instead of being stuck and focusing too much on the bigger goals in my life. I have learned to develop smaller goals that I can achieve. I have learned strategies to manage my anxiety and have better interactions with family and friends."

- Anger Management Group Participant

"PCHS has been very supportive. Harmeet is amazing in her work. She is the first counsellor I have met who was able to recognize my internal issue. Others were good as well but Harmeet at PCHS actually listened to me carefully and was able to get the root cause of my issue. I would highly recommend her and the services which I am getting that are extremely helpful. Thank you for all you do."

- Individual Counselling Client

"I was stuck in Addiction mud, helpless, clueless, restless, frustrated, without motivation, unable to lead my own life. It was really a nightmare. My mind was always thinking, and I tried multiple times to come out but never succeeded. If I can't get out of this mess, I will be in a lot of trouble, but the scenario was unfolding, and fear was consuming me. After that day came, I decided to fight, but that fear was always there, and then I called PCHS for support. I was very scared to open up to Harmeet Sindhu, but when I consulted for the first time with her. I really felt there was someone available who could understand me and my worries, I really opened up and discussed my feelings and fears. After that call, I had gained some confidence and felt that PCHS could help me in my battle against addiction.

As a result of attending group sessions under Mr. Sajjad's guidance, I gained a lot of strategy, awareness, and moral support, which helped me stay away from my addiction. Day over day my confidence was building and with open discussion with Sajjad and Harmeet and the guidance always helped. Today I can proudly and confidently say I am out of addiction, and I will never fall back to same path again!!! All credit goes to PCHS for support. The PCHS team helped me see my self in the mirror; I now have a healthy family life and I can dream about a better one. If I could return to PCHS, I would guide or help anyone in need of support from PCHS who is dealing with addiction.

Thank you, to help me to meet my life."

- Alcohol addiction; Parenting; Individual and group sessions participant

2022 New and Notable Projects

In the past year, Punjabi Community Health Services (PCHS) Calgary has launched several impactful projects and programs, furthering our mission to support the well-being of the South Asian community. We are excited to share some highlights with you:

Gateway Project

PCHS Calgary collaborated with Immigrant Services Calgary to assist immigrants and refugees facing barriers in accessing community support. Through Gateway, we provided appropriate referrals and clear directions to help newcomers quickly achieve their personal and professional goals in Canada. As a proud Gateway partner, PCHS Calgary aims to support South Asian communities by offering mental health resources, addiction recovery programs, and family enhancement services.



Youth Summer Camp

PCHS Calgary organized an annual youth summer camp, empowering teens to enhance self-esteem and foster positive social interactions. The camp focused on promoting healthy relationships with peers, parents, and the wider social circle. Engaging workshops covered topics such as bullying, media influence, healthy relationships, and self-esteem. Participants also had the opportunity to visit the Youth Link Youth Interpretive Centre and engage in hands-on activities.

Anti Racism Habitus

PCHS participated in conversations addressing mental health concerns among vulnerable populations facing racism. These conversations, involving approximately 15 participants, allowed individuals to share their experiences and discuss the impact of racism and discrimination. PCHS played a crucial role in supporting the development of the City of Calgary's Community Anti-Racism Strategy, collaborating with 40 organizations across the city.

Gobind Sarvar School and Khalsa School Bullying and Parenting Presentations

PCHS Calgary established a strong partnership with the Khalsa School and Gobind Sarvar School, delivering workshops on anti-bullying and racism to grade 8 and 9 students. Our peer support volunteers and practicum students facilitated teen groups, fostering healthy relationships with peers, parents, teachers, and community members. The sessions also addressed the influence of social media and aimed to create a positive online environment. Additionally, PCHS Ontario provided live parenting sessions to the school board and parents, strengthening our partnership.



WSO Women Care Packages

In collaboration with the World Sikh Organization (WSO), PCHS Calgary supported the One Billion Rising Campaign, raising awareness about abuse experienced by over one billion women worldwide. PCHS Calgary and WSO teamed up to create care packages worth \$100 each, which were distributed to women receiving services through PCHS Calgary and the Maskan Women's Shelter. This partnership enables us to support women facing domestic violence and provide them with essential resources.

University of Calgary Club - Substance Abuse Awareness Program (SAAP)

The SAAP club, operating at the University of Calgary, raises awareness about addiction within the South Asian community. The SAAP executive team developed culturally sensitive training modules on alcohol use disorder, sharing information about its effects on individuals and families. The program also connects individuals seeking help with available resources, including those offered by PCHS. The young leaders within SAAP have made significant strides in breaking the stigma around substance abuse in their community.

Recovery Capital Conference

PCHS Calgary participated in a panel discussion on the gaps and challenges in providing recovery-oriented services to diverse populations. The discussion highlighted the stigma surrounding addiction, especially in the South Asian community. Panelists shared their experiences, strength, and hope in recovering from addiction. The session also focused on community supports for achieving lasting sobriety and breaking down the barriers associated with addiction in ethnic groups.

CLIP (Calgary Local Immigration Partnership)

PCHS Calgary delivered presentations on the intersection of mental health and domestic violence, specifically for newcomers from South Asian cultures. The sessions explored the ideologies behind perpetrator mentality, cultural factors that normalize domestic violence, and reconciliation and relationship management strategies. These informative sessions aimed to empower individuals to seek support and promote healthier relationships.

These projects and programs reflect our ongoing commitment to addressing critical issues within the South Asian community. Through collaboration and dedicated efforts, we continue to make a meaningful impact on the well-being and empowerment of individuals and families.

Gender-Based Violence Video Release

Funded by the Department of Justice Canada, PCHS Calgary created a video with participation from clients and staff that focuses on gender-based violence in the South Asian community. This video is used in promoting awareness and to demonstrate the impact of our services. Video can be found here:

<https://www.youtube.com/watch?v=3nmy2eoPU0g&t=196s>

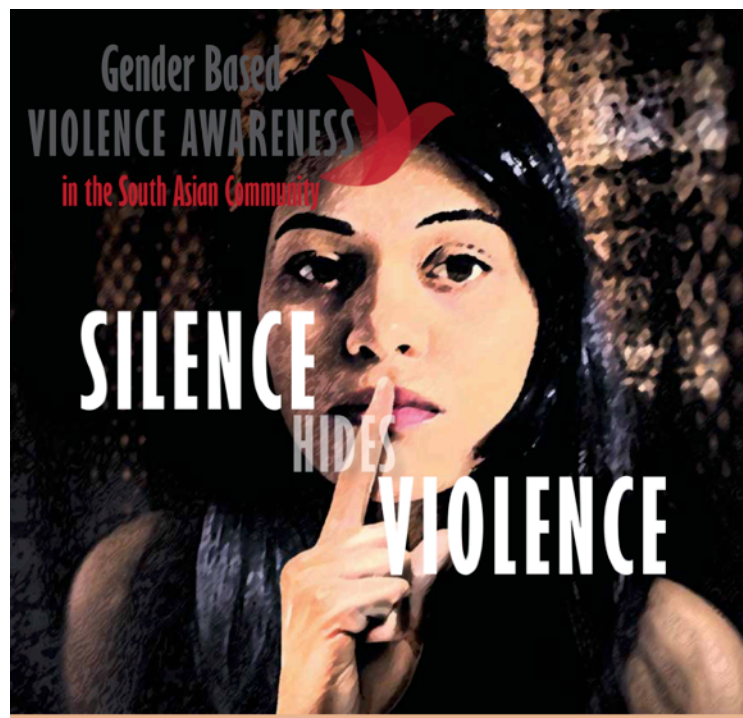
Gender Based Violence Research

PCHS Calgary partnered with the Council of Agencies Serving South Asians (CASSA) and other South Asian-serving agencies in British Columbia and Ontario to conduct a national study on gender-based violence (GBV) during the pandemic. The study aims to understand how GBV has manifested within the Canadian South Asian community, the challenges faced by service delivery agencies, and ways to improve services. The research involved focus groups with 150 GBV survivors and interviews with executive directors and field experts.

CCASA GBV Project Feedback

"PCHS Calgary has been a crucial part of the Council of Agencies Serving South Asians' national gender-based violence study. As an internal partner, they have been an active part of the work from inception. Our core team members from PCHS have always been dedicated staff who brought expertise from statistical understanding to frontline insight. We are thankful that PCHS has worked with us on such an important project and continues to do amazing work in the community!"

- Council of Agencies Serving South Asians (CASSA)



Gender Based
VIOLENCE AWARENESS
in the South Asian Community

SILENCE
HIDES
VIOLENCE

All forms of Gender Based Violence are crimes.
With continued silence, the issue will only get worse.

Awareness gives us all an opportunity to make a difference.

If you or anyone else is looking for support please contact our main line at (587) 999-9312

Visit www.pchscalgary.com for more information on our services

New Partnerships

During the past year, Punjabi Community Health Services (PCHS) Calgary has actively forged valuable partnerships, collaborating with esteemed organizations to address critical issues within our community. We are proud to highlight some of these meaningful partnerships and the activities we engaged in:

Alberta Men's Network

PCHS Calgary established a partnership with the Alberta Men's Network, immersing our staff in their research study on men's well-being.

Through this collaboration, we gained insights into the factors contributing to men's well-being and expanded our understanding of this crucial area.

Alzheimer Society

Partnering with the Alzheimer Society, PCHS Calgary received specialized training in supporting caregivers of individuals experiencing dementia. We provided a South Asian perspective, highlighting the barriers faced by our community in seeking support for individuals with dementia and their families.

Pregnancy and Infant Loss Support Centre

Recognizing the lack of support for women in the South Asian community facing pregnancy and infant loss, PCHS Calgary joined forces with the Pregnancy and Infant Loss Support Centre. Together, we developed and facilitated a series of workshops aimed at providing guidance and healing support for women and families on their journey after experiencing such a profound loss.

Calgary Women's Cultural Association (CWCA)

In November 2022, PCHS Calgary actively participated in the CWCA-organized event, "Addressing Stigma-What Will People Say?" This event focused on mental health, addiction, and sexual abuse stigma. Our dedicated counselor presented on "Stigma and Sexual Abuse in the South Asian Community," engaging with community members through insightful discussions and Q&A sessions.

Calgary Police South Asian Collaborative Committee

PCHS Calgary established a strong partnership with the Calgary Police Service's South Asian Police Advisory Board (SAPAB). Together, we fostered positive relationships between law enforcement and the South Asian community. Our collaboration focused on educating and creating safe spaces where community members can trust the police and openly address pertinent issues. PCHS Calgary psychologists delivered workshops on addiction, mental health, and family enhancement to ensure the South Asian community receives the support they need.

"PCHS has been an integral part of providing our clients with appropriate Court mandated counselling services. I have had the fortunate opportunity to refer to the agency for a number of years, and have found the staff, process and work the agency does with the clients positive and meaningful.

From the initial stages of the referral process to the end of counselling programs, my experience has been seamless. Staff have been prompt in their response with client referrals, updates on files, and feedback in addressing any concerns with clients that may arise.

Clients have praised PCHS staff for getting them enrolled in programs in a timely manner. Additionally, feedback from the clients has been positive, as they share PCHS staff show a great deal of professionalism, and a sense of dedication to their work.

Furthermore, PCHS has been helpful in aiding the South Asian population with services in multiple languages, and their continual advocacy and general care for the clients has been outstanding."

- Probation Officer

"I have been referring almost all of my South Asian clients to PCHS since we were introduced to the agency several years ago. In all of my work with PCHS, I have only ever had positive experiences with the staff and the agency as a whole.

The process of getting clients involved with PCHS has always been very smooth which I always appreciate. Once the clients are enrolled in programming, I have always found the counsellors to be incredibly responsive. They reply to emails quickly and their interactions are meaningful. Often our clients struggle with the structure of group counselling due to various reasons and I have found PCHS has always been responsive to the clients' needs, whatever that may be. Overall, my experiences with PCHS have been amazing. Not only does this agency provide culturally appropriate counselling but they focus on the needs of our clients and community corrections. Additionally, it is uncommon for our clients to speak highly of their counselling programs, but I have only heard good things about PCHS from my clients who attend. Often, they are more inclined to attend counselling sessions than appointments with me."

- Community Lawyer

"The services PCHS provides have been integral to improving the mental well-being of my patients. The services you have been providing have helped individuals deal with their mental health problems with a culturally specific lens that is effective and allows them to feel heard. I am extremely grateful of the services PCHS provided. Thanks for all of your efforts in helping people during some of their most difficult times."

- Probation Officer

These partnerships exemplify our commitment to collaboration and our dedication to addressing critical community concerns. By working closely with these organizations, we have made significant strides in fostering understanding, raising awareness, and creating safer spaces for our community members.

We extend our sincere gratitude to all our partners for their unwavering support and collaboration. Together, we continue to make a positive impact on the well-being of the South Asian community in Calgary.

Volunteer Testimonials

"Volunteering with PCHS has been extremely rewarding. There are a variety of opportunities available for volunteers to get involved in based on their specific interests and passions. Personally, in the outreach program, I've been able to help set up important events and seminars, raise awareness of our services to reach more communities, as well as collaborate with multiple local organizations who all hold the same core values and principles. Amber Qureshi, our outreach coordinator continuously seeks opportunities in the community for volunteers to get involved. The variety of opportunities allow us volunteers to enjoy the experiences thoroughly. I recommend more community members to get involved with PCHS for a safe, welcoming, and rewarding volunteer experience."

- J. Kahlon

"I have been volunteering with PCHS for nearly two years, and it has been an incredibly empowering experience. My role with PCHS has entailed leading the Substance Abuse Awareness Program (SAAP). SAAP is a club at the University of Calgary that aims to raise awareness around addiction in South Asian Communities and foster connections between those seeking support and community partners. PCHS staff have been incredibly supportive, especially Amber. She brings her positive attitude and heartwarming smile to every event or club meeting, and she has always proactively helped us succeed with whatever endeavours us PCHS volunteers decide to take on. At our last club meeting, a team building exercise asked what everyone's favourite part of volunteering at PCHS was, and without hesitation, everyone unanimously replied "AMBER!"

- I. Cheema

Staff Training

Throughout the past year, the dedicated staff at Punjabi Community Health Services (PCHS) Calgary actively engaged in various training programs, further enhancing their expertise and ensuring high-quality care for our clients. We are pleased to share some of the training initiatives that our staff participated in:

Training for service providers' supporting victims and perpetrators of Sexual Assault:

PCHS Calgary's clinical staff received specialized training on working with sexual assault perpetrators. This comprehensive training equipped our staff with enhanced skills and increased confidence in providing support to sexual assault clients.

Creating a Culture of Respect for Gender and Sexual Diversity:

Training on creating inclusive work environments and safer spaces for gender and sexually diverse clients and co-workers. These sessions deepened understanding of the differences between sex, gender, and sexual orientation. They also explored the impacts of homophobia, biphobia, and transphobia on 2SLGBTQ+ individuals.

Canadian Centre for Victims of Torture (CCVT)'s Train the Trainer - National Trauma-Informed Care Project:

Learned principles of trauma-informed service, the intersection of trauma and migration, the unique needs of women survivors of torture during settlement, addressing the settlement needs of youth as silent victims, self-care and managing vicarious trauma, and fostering team approaches and social support.

Non Violent Crisis Intervention (NVCI) Training

All staff are trained in de-escalating crisis situations with clients. A member of PCHS Calgary has completed the train the trainer portion of NVCI and is able to now train staff and peer support volunteers.

The commitment of our staff to continuous learning and professional development is evident in their active participation in these training programs. These initiatives have further enriched their skills, knowledge, and confidence, enabling them to provide culturally sensitive and effective support to our clients.

National Visits

PCHS Calgary's Executive Director was invited to the Royal Visit in Ottawa, Ont. This was a prestigious opportunity that PCHS Calgary was selected for.

PCHS Calgary's Office Manager was selected to participate in a South Asian training module hosted by the World Sikh Organization in Ottawa, Ont.

D3 Event

In the fall of 2022, PCHS Calgary hosted the D3 Event, with a theme of 'Bollywood Nights'. The evening was a success in fundraising for PCHS Calgary programming and bringing together local community members to celebrate Diwali, share in a meal together, and dance.



Media Appearances and Social Media Stats

Radio and TV (17 appearances)

- Topics included:
 - How to Manage Anger,
 - Bullying & Mental Health,
 - How Anxiety Affects Children,
 - Infancy & Pregnancy,
 - Positive Parenting,
 - Culture Shock,
 - Drug Addictions Program

Appeared on:

- Prime Asia TV
- Red FM 102.7
- CBC
- Global TV
- Punjabi Radio
- Galla Batta
- Sur Sangam

Facebook:

- 1000 likes
- 1300 followers

Partners and Funders

