

Sahara Family Support Program

The Sahara Family Support Program at Punjabi Community Health Services aims to promote happy, healthy, and successful families. Punjabi Community Health Services follows a holistic, culturally appropriate, and strength-based approach.

The Program Components:

- The objectives of this program are the following:
- To provide support to clients and their families to achieve care goals,
- Provide culturally and linguistically appropriate programs and supports to promote healthy and successful families; and
- To empower and educate clients and their families about community resources and Canadian systems.

Course Outline:

1. Supportive Counselling provides counselling and/or refers individuals with the goal to stabilize clients and/or their families. Case-workers work with clients in regards to:
 - Housing
 - Food Bank
 - LINC
 - Court Support
 - Financial Support
 - Resource Navigation
2. Clinical Counselling types include:
 - Domestic Violence Counselling
 - Couples Counselling
 - Anger Management
 - Family Counselling
 - Parent & Child Relationship

Our Story 40 & 34 years old Couple

Despite knowing what respect was, we did not know how to respect each other. We learned about stress management, boundaries, forgiveness, and the effects of domestic violence on families. Through these sessions, we learned about the cycles of violence and how to control anger. We created safety plans and learned how to maintain a healthy environment at home.

These sessions have made a positive impact on our life. The concepts we learned have helped us in our daily life and in planning for our child's future. Now we have developed a better understanding between us and of our situation. We are starting to move forward in making our relationship better. We are at the good point now and are happy.

Why us?

1. We work to sustain families within the cultural context.
2. We develop a case plan which incorporates the whole family.
3. We meet the client at the time and setting ideal for them.

My Story 41 year old Male Client

I gained very good knowledge about my relationships to my children and how to deal with their issues and my own. I learned how to understand different cultures between parents and kids. This program also helped a lot when dealing with my depression and I no longer take anti-depressants. I learned how to deal with stress better in family and work lives.

My children are a lot happier now. I recommend this program to others, especially those with children.

Sahara Men's Group & Clinical Counselling
- 16 sessions

Couples Counselling Program

PCHS Couples Counselling Program educates and assists couples by addressing the underlying attitudes and beliefs towards healthy relationships. We help them adopt new ways of resolving conflict and enhancing communication skills.

Course Outline: Couples Counselling

1. Breakdown of a Relationship
2. Effects of a Good and Bad Marriage on a Child
3. Forgiveness in a Relationship
4. 10 Elements of Healthy Relationship
5. Commitment and Three C's of Marriage
6. Communication
7. Conflict Management
8. Building a Healthy Relationship