

**Punjabi Community Health Centre** serves the needs of the Diverse Communities in the areas of health, social, economic, culture, recreational, research and educational fields. Developed in the spring of 1990, the Punjabi Community Health Project was an innovative Health Promotion project based on the principles of Community Development. It was incorporated as a not for profit agency in 1995.

## Programs and Services

**Punjabi Community Health Centre delivers its services in a culturally appropriate manner.**

- 1. Food Bank for Punjabi Women**  
At present, this program serves Punjabi families in need.
- 2. Translation Services**  
PCHC translates flyers, brochures, booklets, and reports from English into Punjabi and Hindi languages using the 9 Step community engagement process.
- 3. Gambling Counseling**  
PCHC provides **FREE** gambling counseling to clients who speak Punjabi, Hindi and Urdu languages.
- 4. Volunteer Opportunities**  
PCHC has a variety of volunteer opportunities for students and new immigrants. To seek a volunteer opportunity, please contact us.
- 5. Chronic Disease Prevention Programs**  
PCHC has a variety of health promotion programs related to Heart Health and Chronic Diseases for the Punjabi community.
- 6. "Community ConneXion" Television Program**  
PCHC has a ½ an hour television program every week on Sur Sagar Television. This program raises community's awareness on a variety of health and social topics.
- 7. Resource Development**  
PCHC has developed many videos, audios and written resources in Punjabi for the community on variety of health and social issues.
- 8. Research**  
PCHC continuously engages in Participatory Action Research Projects. Some of the past researches include senior abuse, sexual abuse of women, HIV/AIDS, Hep C, Homosexuality, Body Image problems, Parenting Needs, Drinking and Driving, Gaps in Social Services in the Sikh Community, and Recreation needs of Punjabi Community.

- 9. SAHARA Men's Group**  
This group program is for South Asian men, who have problems associated with Domestic Violence (Anger Management) and substance abuse. This is a culturally and linguistically appropriate 16 week group program.
- 10. SAHARA Women's Group**  
This group program is an after-care program that provides long-term support to women and children experiencing life's challenges.
- 11. SAHARA Seniors' Group**  
This group program deals with issues of senior abuse, inter-cultural and inter-generational conflict.
- 12. SAHARA Youth Group**  
This group program deals with issues of "deviant behavior", cultural conflict and substance abuse.
- 13. SAHARA Parenting Sessions**  
Parenting sessions are provided at religious and cultural places throughout the Greater Toronto Area and Region of Peel at **no cost**.
- 14. SAHARA Couple's Program**  
This group program enhances the couple's ability to communicate effectively, learn problem solving skills, manage unrealistic expectations, improve parenting skills, understand easy ways to adapt to Canadian lifestyle and acquire techniques of mediation and conflict management.
- 15. SAHARA Counseling Program**  
Provides culturally appropriate counseling to individuals, couples, and families.
- 16. SAHARA Mental Health Program**  
Provides culturally appropriate counseling to individuals, couples, and families related to Mental Health.
- 17. SAHARA Addiction Program**  
Provides culturally appropriate counseling to individuals, couples, and families related to addictions

**For more information:** Please call at (905) 301-2978 or email at: [bmutta@rogers.com](mailto:bmutta@rogers.com). Our fax number is (905) 840-2004. Please visit our website at: [www.pchealthcentre.com](http://www.pchealthcentre.com)

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Punjabi Community Health Centre is affiliated with SAHARA Community Services.