

SAHARA Seniors' Group Program

What is SAHARA Seniors' Group Program?
 SAHARA Senior's Group Program is in existence since March 2000. This Group Program is a linguistically and culturally appropriate educational program for Punjabi seniors. It deals with the issues of senior abuse, inter-cultural and inter-generational conflict. In addition, seniors also participate in arts and crafts and organize a one day event called "Bhulian Visrian Yadden". They celebrate various religious and cultural holidays and other events. Seniors also participate in various chronic disease prevention activities.

Overview of the Group

<p>What themes are covered?</p> <p>Help seniors' to:</p> <ol style="list-style-type: none"> 1. keep connected to their culture; 2. deal with their isolation and loneliness through interactive and didactic discussions and activities; 3. understand the inter-generational and inter-cultural issues; 4. actively participate in research studies; 5. have a better understanding about their health issues; 6. participate in yoga and meditation; 7. find means to document their "stories" through art medium; 8. make friends and reduce their loneliness; 9. learn new arts and crafts. 	<p>What will participants learn?</p> <p>The participants will be able to:</p> <ol style="list-style-type: none"> 1. participate in events where they can use their talents in order to keep connected to their culture; 2. find ways to deal with their isolation; 3. learn ways to deal with conflict mediation through effective communication skills; 4. learn skills in order to enhance relationships with extended family members; 5. learn about their health by inviting different health professionals; 6. Help find answers to their income support payments.
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Timings and Location
 The group runs on Thursday afternoon from 1:00 to 3:00 PM
 100 Acorn Place, Mississauga

For more information and to Make a Referral
 Please call Rupinder Singh 905-301-2978.
 You may also email the referrals at bmutta@rogers.com or
 fax at 905-840-2004.
 Please visit our website at: www.pchealthcentre.com

<p>Financial support from the South Asian Community is gratefully acknowledged.</p>		<p>Punjabi Community Health Centre is affiliated with SAHARA Community Services.</p>
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