



Punjabi Community Health Centre

An Overview of Programs for the Year 2008

To receive more information and to join the programs, Please call **905-301-2978**. Please note that all group programs are **linguistically and culturally appropriate**.

DETAIL INFORMATION ON CORE PROGRAMS

Program	Day	Timings
SAHARA Men's Group	Every Saturday	9:30a.m. to 12:30p.m.
SAHARA Youth Group*	First Saturday of Every Month	6:00p.m. to 8:00p.m.
SAHARA Seniors' Group	Every Thursday	1:00p.m. to 3:00p.m.
SAHARA Parenting Session – I *	First Sunday of Every month at Malton Gurdwara Sahib: Hall # 4	2:00p.m. to 4:00p.m
SAHARA Parenting Session – II **	Last Sunday of Every month at the Rexdale Gurdwara Sahib	10:00a.m. to 12:00p.m.
SAHARA Parenting Session – III ***	Second Sunday of Every month in the Town of Vaughan	2:00p.m. to 4:00p.m.
SAHARA Parenting Session – IV	Delivered in different schools throughout the Region of Peel	Different timings in the weekdays' evenings'. Please call in for details.
SAHARA Women's Group*	Last Sunday of Every month	1:00p.m. to 4:00p.m.
Community Connexion – TV Program*	Aired Every Saturday	2:30p.m. to 3:00p.m 626 Rogers Cable

Dates:

SAHARA Youth Group*: January 5, February 2, March 1, April 5, May 3, June 7, July 5, August 2, September 6, October 4, November 1, December 6.

SAHARA Parenting Session I*: January 6, February 3, March 2, April 6, May 4, June 1, July 6, August 3, September 7, October 5, November 2, December 7.

SAHARA Parenting Session II**: January 27, February 24, March 30, April 27, May 25, June 29, July 27, August 31, September 28, October 26, November 30, December 28.

SAHARA Parenting Session III***: January 13, February 10, March 9, April 13, May 11, June 8, July 13, August 10, September 14, October 12, November 9, December 14.

(Please contact Noor Din, Executive Director, Human Endeavour at 416-726-3253).

SAHARA Women's Group*: January 27, February 24, March 30, April 27, May 25, June 29, July 27, August 31, September 28, October 26, November 30, December 28.

Community Connexion – TV Program*: Please contact us at 905-301-2978 to promote your programs and organizations. It is a **FREE Commercial free program to reach the Punjabi, Hindi and Urdu speaking population**.

For more information, please write to us: bmutta@rogers.com