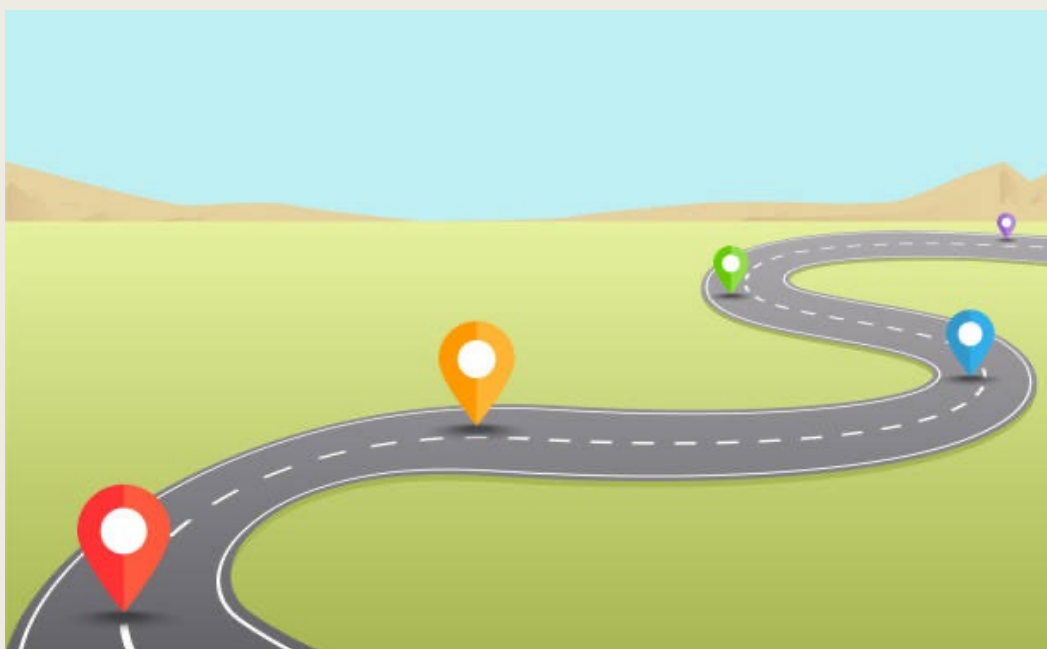




**OUR JOURNEY MAP: THE GROWTH OF PCHS
MANITOBA (2022–2025)**

**From Vision to Impact — Expanding Care,
Strengthening Community**

BOARD REPORT 2024-2025



LAND ACKNOWLEDGEMENT

**IN THE SPIRIT OF RESPECT AND TRUTH, PCHS
MANITOBA ACKNOWLEDGES THE ANCESTRAL
LANDS, TREATY 1 TERRITORY, TRADITIONAL
TERRITORY OF THE ANISHINAABEG, CREE, OJI-CREE,
DAKOTA, AND DENE PEOPLES, AND THE NATIONAL
HOMELAND OF THE RED RIVER METIS.**



BOARD CHAIR MESSAGE

As I reflect on the past year, I am filled with immense pride and gratitude for the remarkable journey that PCHS Manitoba has travelled. What began as a shared vision to support the unique needs of Manitoba's South Asian community has grown into a trusted, credible organization, and one that continues to move forward with purpose, clarity, and community at its heart. Our journey has been shaped by every person who has walked alongside us, believed in us, and helped map the road ahead.

This year, we reached several major milestones on our journey. Securing charitable status from the Canada Revenue Agency was a defining achievement, expanding our ability to attract donors, deepen community impact, and strengthen long-term sustainability. We were honoured by formal recognition in the Manitoba Legislative Assembly, received a multi-year investment from The Winnipeg Foundation, welcomed new funding through TELUS Friendly Future Foundation, and continued our valued partnership with True North Sports + Entertainment. Each of these milestones marks a turning point on our map, moments of validation, encouragement, and momentum.

At the core of our journey stands our volunteers, they are the heart, spirit, and engine of PCHS Manitoba. Our volunteer community has grown steadily this year, creating a strong and diverse foundation that has allowed us to expand programs, support clients, run events, and build the very infrastructure of our organization. Simply put: PCHS Manitoba would not exist without our volunteers. Their dedication, compassion, and belief in this mission guide our direction, fuel our progress, and remind us why this work matters.

This year also marks an important chapter in our leadership journey. Of the five board positions up for renewal, four members have chosen to continue serving, demonstrating deep commitment to our mission and organizational continuity. We also extend our heartfelt gratitude to Roy Sandawhalia, one of our founding board members, who has completed his term as Treasurer. Roy played an instrumental role in establishing PCHS Manitoba, helping lay the very foundation of this organization. While he is stepping back due to family and work obligations, we are grateful that he will continue to walk beside us as a Senior Advisor to the Stewardship Committee. His contributions will always be part of our story.

Looking ahead, our journey map points toward intentional and thoughtful growth. We are preparing to expand our staffing to include a female therapist who can better address the mental health needs of South Asian women. We are working toward securing a dedicated community office space that will be a welcoming place where people can access counselling, group supports, and drop-in services safely and comfortably. We are also excited to develop new programs such as the Youth Peer Mentorship Program, the Community Justice Committee, and Drop In evenings designed to foster connection and community belonging.

Our journey continues to be strengthened by research and learning. Through ongoing collaboration with the University of Manitoba and graduate researchers, we are gathering the evidence needed to advocate effectively for marginalized and racialized communities in Manitoba. This commitment ensures that every step we take forward is guided by community voices, real experiences, and meaningful data. To our volunteers, staff, funders, community partners, and fellow board members, thank you for walking this journey with us. Each milestone we celebrate belongs to all of you. Together, we are not only charting the path ahead; we are building a movement grounded in compassion, inclusion, and the vision of a healthier, more equitable Manitoba for all.

**Randeep Sidhu-Saini
Board Chair, PCHS Manitoba**



WHO WE ARE

Established in August 2022, Punjabi Community Health Services of Manitoba (PCHS MB) is a registered not-for-profit organization founded by South Asian health professionals to address the need for culturally responsive mental health and social services in Manitoba.

Rooted in community values, PCHS MB bridges the gap between mainstream systems and the unique cultural realities of diverse populations. Through system navigation, counselling, and outreach, the organization promotes equitable access to care.

Guided by a dedicated Board of Directors, volunteers, and partners, PCHS MB continues to grow—strengthening collaboration, expanding services, and fostering wellness and inclusion across generations.



MISSION: SUPPORTING DIVERSE COMMUNITIES IN A CULTURALLY APPROPRIATE MANNER TO RECEIVE EQUITABLE SERVICES

VISION: EMPOWERING DIVERSE COMMUNITIES BY ENHANCING AWARENESS, BUILDING CAPACITY, AND BRIDGING SERVICES DELIVERY GAPS



GUIDING PRINCIPLES AND CORE VALUES:
HONESTY ACCOUNTABILITY RESPECT
INCLUSION LEADERSHIP

OUR TEAM



**BOARD CHAIR
RANDEEP SIDHU-SAINI**



**VICE-CHAIR
RUPINDER BRAR**



**ROY
SANDHAWALIA
TREASURER**



**RANJODH DHALI WAL
SECRETARY**



**AKASH BEDI
DIRECTOR**



**CHARAN GRACE KALER
DIRECTOR**

PCHS ADVISORS AND VOLUNTEERS



We extend our sincere gratitude to the volunteers and advisors who generously contributed their time, expertise, and lived experience to support PCHS Manitoba over the past year. Their guidance, commitment, and community insight have been instrumental in strengthening our programs, informing our strategic direction, and ensuring our work remains culturally responsive and grounded in the needs of those we serve. We are deeply thankful for their continued dedication and partnership, which play a vital role in advancing our mission and impact.

FOUNDATIONS OF A VISION

- Punjabi Community Health Services of Manitoba (PCHS MB) is founded by South Asian health and wellness professionals.
- Early focus on organizational setup, community outreach, and stakeholder relationship-building.
- Completed the initial Environmental Scan to determine community needs.



We began with a simple belief: that every community deserves care that understands its language, values, and heart.

2022

BUILDING CAPACITY & CONNECTION

- **Receives first \$50,000 community grant from The Winnipeg Foundation.**
- **Becomes operational with first System Navigation & Community Outreach Worker.**
- **Launches in-home and virtual system navigation support.**
- **Expands outreach through Radio Awaz, Radio Dhamal, and University of Manitoba presentations.**
- **Strengthens early partnerships with Corrections Canada, Shared Health, and Downtown Community Partnership.**



*Laying the
groundwork for
accessible,
culturally safe
support.*

2023

EXPANDING REACH, BUILDING PARTNERSHIPS

Community Impact

- Hosted 1st Annual Health Fair → 300+ attendees, 32 service providers.
- Partnered with Seven Oaks Immigrant Services to launch Men's Group.
- Recognized in Manitoba Legislature (Member's Statement by MLA Diljeet Brar).
- Achieved Charitable Status (CRA) – milestone for long-term sustainability.
- Partnered with True North Sports + Entertainment for South Asian Heritage Night, raising funds to support PCHS MB.
- Began University of Manitoba research collaboration on postpartum mental health (volunteer Bhavya Arora).
- Began discussions with Restorative Justice. Regarding the conceptualization of the Community Justice Committee (Advisor and Volunteer Aman Bedi).
- Roni Dhaliwal joined Gender-Based Violence panel at the Canadian Museum for Human Rights, hosted by the City of Winnipeg.

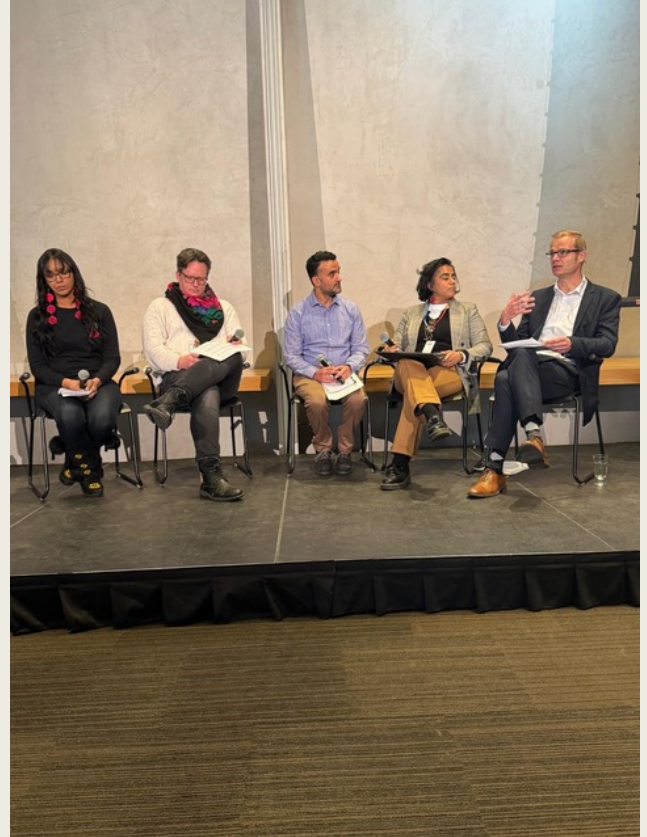


As our roots deepened, our connections grew — 2024 was a year of unity, visibility, and shared purpose.

2024

GROWTH, RECOGNITION & SUSTAINABILITY

- Hosts 2nd Annual PCHS Health Fair at Maples Collegiate.
- Receives \$400,000 multi-year grant from The Winnipeg Foundation to expand free mental health and navigation services.
- Receives \$20,000 TELUS Friendly Future Foundation grant to launch Youth Peer Support Program .
- Leads development of a Community Justice Committee with Manitoba Restorative Justice, led by advisor and volunteer Aman Bedi.
- Shows measurable rise in direct clinical hours, new client referrals, and public sector partnerships.
- Completed a second, more thorough Research and Environmental Scan



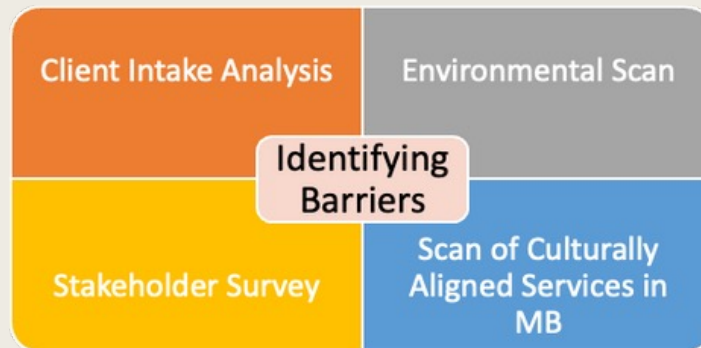
Steady rise in clinical hours, referrals, and partnerships — proof of growing community trust.

2025

RESEARCH AND ENVIRONMENTAL SCAN-2025

How We Collected the Data:

- **Client Intake Analysis (18 clients)**
 - Showed privacy limitations in temporary spaces and travel barriers across Winnipeg.
- **Environmental Scan (73 community surveys at PCHS Health Fair)**
 - Identified stigma, shame, language, and proximity to services as top barriers.
- **Stakeholder Survey (4 public/nonprofit agencies)**
 - Highlighted gaps in culturally appropriate mental health and navigation support.
- **Service Scan**
 - Confirmed a shortage of Punjabi/Hindi/Urdu-speaking mental health providers in Manitoba.



Understanding Mental Health Needs in Manitoba's South Asian Community

This research and environmental scan were completed as part of a graduate course at McGill University and developed with guidance and academic advisement from McGill faculty.

Key Findings

- South Asian communities face high stigma, cultural barriers, and logistical challenges when accessing mental health care.
- Nearly 70% of community respondents would seek help if culturally safe, in-community services were available.
- 75% of partner agencies would increase referrals with access to a dedicated in-person service location.
- Manitoba relies heavily on interpretation services or out-of-province online counselling, with few culturally aligned local providers.



Research confirms that South Asians remain one of the most underserved groups in Manitoba's mental health system.

Full report will be available on our website.

OUR IMPACT

NOV 2024 - NOV
2025

CURRENT SERVICES

- System Navigation and Outreach Support
- Brief Solution-Focused Counselling
- Community Outreach and Education: Health Fair, Millenium Library, local health and wellness events



REFERRAL SOURCES

- EmPower Men
- Winnipeg Child and Family Services
- Liver Transplant Program
- Corrections Canada
- Restorative Justice
- Vehicles for Hire
- Impaired Driving Program with WRHA
- Downtown Partnerships
- Healthy Start Manitoba

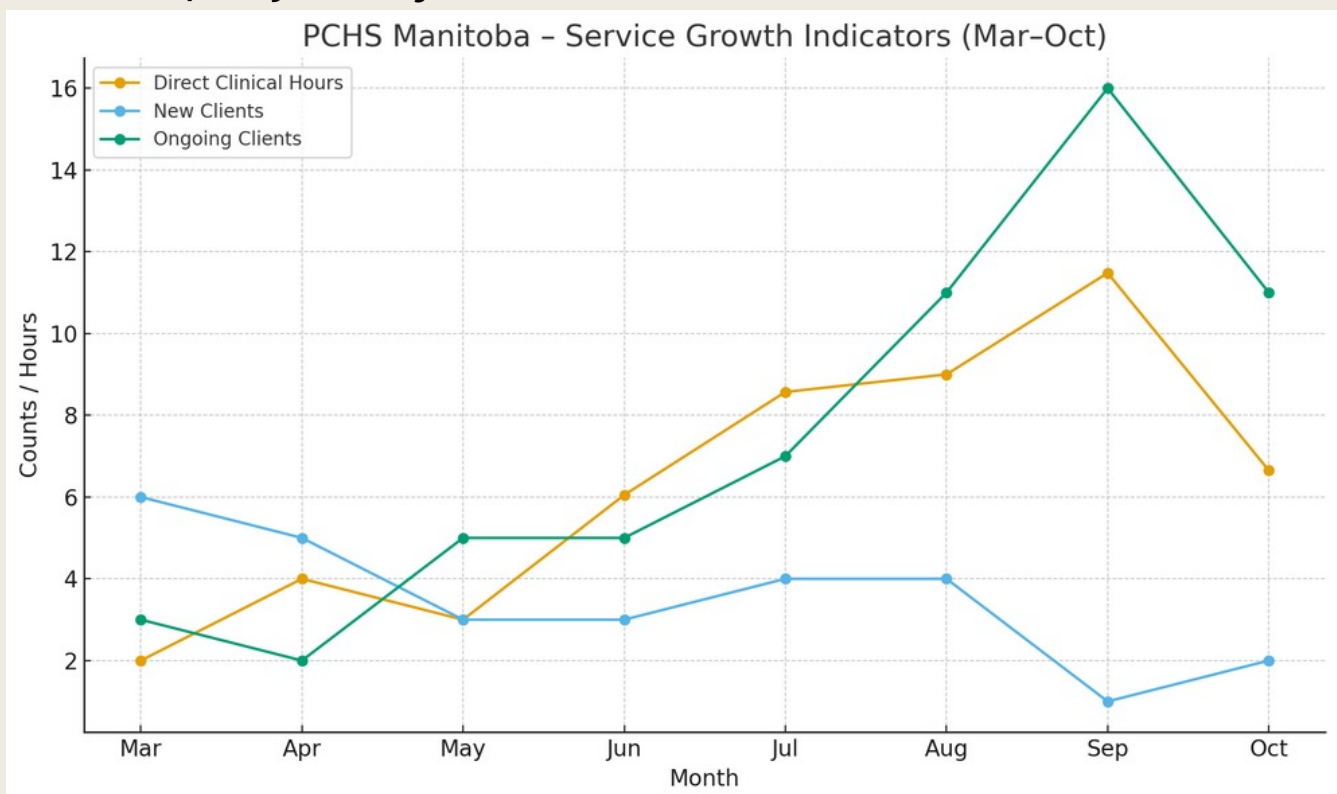


More agencies turned to PCHS MB than ever before — a clear sign that our community is seeking and valuing culturally aligned support.

OUR IMPACT CONT.

IMPACT SUMMARY

- Overall service delivery averaged 73+ hours per month, demonstrating consistent demand across counselling, system navigation, and case coordination.
- Direct clinical hours increased by more than 200–250%
- Early in the year: 3–4 hours/month
- By September: 11+ hours/month
- This dramatic rise reflects a growing level of trust and an expanding client base seeking clinical support.
- New client intakes rose by approximately 40–50% in the final 4–5 months, compared to earlier months, driven by increased referrals from public-sector partners.
- Ongoing caseload remained steady at 7–8 clients per month, showing the organization’s capacity to sustain ongoing therapeutic relationships while also welcoming new clients.
- Combined, these increases illustrate a clear upward trajectory—PCHS Manitoba is rapidly becoming a recognized and relied-upon service partner within Manitoba’s health, social service, and justice systems.



COMMUNITY PARTNER IMPACT STATEMENT

TIM PRATHIPATI

CASE MANAGER/PROBATION OFFICER
RESTORATIVE JUSTICE CENTRE

Punjabi Community Health Services (PCHS) has and continues to be a great resource for the men, specifically men from the Punjabi community.

As a Case Manager/Probation officer, I often work with men who are struggling in their intimate relationships marked by control, fear, or emotional and physical harm. Many of them have difficulty recognizing their experiences as intimate partner violence or feel too ashamed to seek help. PCHS has been an exceptional partner in bridging that gap.

When I refer clients to Roni, (PCHS Outreach Support and Therapist), I know they will be met with understanding, confidentiality, and a trauma-informed approach. Roni is highly skilled at helping men process their experiences, develop safety plans, and begin to heal without judgment. I've seen significant improvements in my clients' emotional well-being, confidence, and sense of safety after connecting with their services.

In my professional experience, PCHS fills a critical need in our community — providing a safe space and specialized support for men from the Punjabi community who have often felt invisible in conversations about family and partner violence. PCHS plays an essential role in addressing a complex cultural nuance and underrecognized aspect of intimate partner violence. Their services not only benefit individual clients but also strengthen the broader network of community-based supports

Tim Prathipati

Restorative Justice Centre Case Manager/Probation Officer



LOOKING AHEAD 2026 AND BEYOND

✨ Next Phase of Growth

- Expand staffing, including a female therapist for gender-specific support.
- Secure shared community office space for counselling, drop-ins, and group programs (partnership with Seven Oaks Immigrant Services)
- Launch new community initiatives: Youth Peer Mentorship (Seven Oaks School Division Partnership), 'Chai & Chat' evenings with Community Partners, and Community Justice Committee operations (partnership with Restorative Justice).
- Deepen academic collaboration with University of Manitoba for evidence-based research and advocacy.
- Continue strengthening partnerships with government and not-for-profit sectors to ensure equitable, culturally safe care for all.
- To meet increasing community demand and support more formal partnerships, the Board is reviewing and modernizing its organizational structure—ensuring PCHS has the internal capacity needed to grow programs, build strategic collaborations, and support sustainable operations.



*Rooted in community. Growing in impact.
Leading with compassion.*

TREASURER'S REPORT OVERVIEW

Financial Summary

During its fourth year of operations, PCHS Manitoba continued to focus on expanding its services and strengthening its operational capacity to support the community. For the fiscal year ended March 31, 2025, the organization reported total revenue of \$12,923, consisting primarily of donation revenue of \$12,914 along with \$9 in interest income.

Total expenses for the year amounted to \$57,304, reflecting increased operational activity and investment in program delivery. Major expense categories included support worker salary (\$38,400), legal fees (\$7,001), and program and operational supplies (\$5,251), along with other administrative and operational costs necessary to support the organization's continued growth.

As a result, the organization recorded a deficiency of revenue over expenses of \$44,381 for the fiscal year. This reflects the organization's continued investment in staffing, services, and foundational infrastructure as PCHS Manitoba continues to expand its programs and community outreach.

Looking ahead, PCHS Manitoba has achieved a significant milestone with the approval of a multi-year grant totaling approximately \$400,000, which will be distributed in annual installments over the next four years. This funding will provide important stability for the organization and will support the continued expansion of programs, staffing, and community services.

This multi-year commitment represents a major step forward in strengthening the organization's financial sustainability and will enable PCHS Manitoba to further advance its mission of supporting diverse communities through culturally appropriate health and social services.

FINANCIAL STATEMENT

PUNJABI COMMUNITY HEALTH SERVICES MANITOBA

Statement of Revenues and Expenditures

For the Year Ended March 31, 2025

	2025	2024
REVENUE		
Donation revenue	\$ 12,914	\$ 52,419
Interest income	9	51
	<hr/>	<hr/>
	12,923	52,470
EXPENSES		
Advertising and promotion	1,460	1,068
Amortization	561	387
Insurance	2,627	-
Interest and bank charges	25	22
Legal fees	7,001	3,100
Meals and entertainment	635	752
Support worker salary	38,400	11,440
Professional fees	1,344	-
Supplies	5,251	2,296
Telephone	-	303
Travel	-	411
	<hr/>	<hr/>
	57,304	19,779
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES	<u>\$ (44,381)</u>	<u>\$ 32,691</u>

As at March 31, 2025, PCHS Manitoba reported total assets of \$548 and liabilities of \$11,484, resulting in net assets of \$(10,936).

OUR IN-KIND AND EVENT SPONSORS

- Obeah Media
- AK Productions
- Remax Executives
- Flying Pizza
- Academy Optical
- Tumbling Tots
- PrintPro
- North Star CPA
- Degree Five Photography

COMMUNITY PARTNERS AND FUNDERS

- The Winnipeg Foundation
- Telus Family and Friends
- True North Sports and Entertainment
- PCHS Ontario
- Various Community Partners from all sectors.

