

## COMMUNITY OUTREACH



### In Profile

**WHO:** Dr. Chandan Brar

**PRACTICE:** Glebe Chiropractic Clinic, Ottawa

**PRACTICING:** Two years

The idea of becoming a chiropractor was considered to be unconventional for Dr. Chandan Brar, who comes from a family with three medical doctors.

“In my mind I knew what I wanted in a career. To be active, healthy and engaged and chiropractic was a profession that allowed me to check all of those boxes.”

After completing his undergraduate at York University and his chiropractic education at the New Zealand College of Chiropractic, Dr. Brar settled in Ottawa where he began his career. Dr. Brar has become very active in community involvement and is most proud of his work with the Aids Committee of Ottawa (ACO), where he helps on average 15-20 HIV patients per week. As a result of his dedication and the increased demand for his care, the ACO has invested in a chiropractic table to better support those in need.

#### Q. What types of outreach do you do?

**A:** When I'm not volunteering with the ACO, I spend my time helping out the local Arthritis Society chapter in Ottawa. I volunteer at their booth or attend events where I share information with arthritis patients on how to live safely and with pride. I also do talks at a local library, Sunnyside and have had a great response from the community with an invitation to return each month. In addition, I am a member of an executive group of local toastmasters, which is quite fun and something that I do on a weekly basis. In the coming month, I will receive additional training to join the Red Cross First Aid Services Team (FAST), which will provide me with the opportunity to provide first aid to athletes during weekend events or tournaments.

#### Q. What do you see as benefits to your outreach?

**A:** I think outreach is a huge benefit for the chiropractic profession because it shows people the value of what we do and how we can help them improve their quality of life. If all chiropractors started to get involved in their community, just one hour a week it would create a lot of positive momentum. Having health professionals such as ourselves engaged in the community and sharing their time can be inspiring for the public and would be fantastic for us all in the long run.

#### Q. How do you identify your outreach opportunities?

**A:** Most of the opportunities I've come across are from me keeping my eyes and ears open to what's going on in the community. I check and read my local paper every week to see if anything of interest stands out and also look for things on the internet. I came across the ACO opportunity on an Ottawa volunteer site and decided to contact them. I went for a coordinator interview and training session and saw how passionate the people involved there were, and that really made me want to get involved and support the organization any way I could. With the Red Cross, I attended an open house and talked with them about their needs to get an idea of how I might be able to help, which led me to joining F.A.S.T. When I read or learn about a possible opportunity I usually approach whomever it is by suggesting where I may be able to help and then ask them what they think. By taking this approach, I find organizations tend to be more open and are willing to brainstorm ways where I can potentially participate.

#### Q. What are some tips or advice you can offer to other chiropractors regarding participation in outreach events?

**A:** Go out and try a variety of different events or organizations where you think you might enjoy volunteering. This will help you to figure out what you like to do. I know for myself, I did a lot of one-offs until I settled down with the organizations that I enjoyed working with and wanted to be a part of. It's also important to keep your intentions in check. Remember, you're not there to serve yourself you're there to serve the community. If that's not the case, people will be able to pick up on it and then what you are doing is no longer genuine and people will put their guards up. I have Dr. Deborah Kopansky-Giles to thank for this clarification. Lastly, have fun and enjoy what you do, don't force yourself because you think it's the right thing, nobody benefits from that type of attitude.

*The OCA's Community Outreach Program is an ongoing success because of the grassroots involvement of hundreds of OCA members across the province. These members are actively engaged and volunteering in outreach activities, including providing care, attending tradeshow, employer talks and a variety of other public events, to help out in their community and raise the profile of the profession. In Profile showcases members who are actively and successfully engaged in reaching out in their communities.*

**Planning an outreach event and need materials, support, or looking for tips on how to get more engaged in your community?**

**Contact Krystyn Firka, at 416-860-7182, toll-free at 1-877-327-2273 ext. 7182, or by email at [kfirka@chiropractic.on.ca](mailto:kfirka@chiropractic.on.ca).** ●