



COUNCIL OF AGENCIES SERVING SOUTH ASIANS

*The Council of Agencies Serving South Asians'*

## **April 2021 Newsletter**

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## Project Updates

### [COVID-19 Helpline for South Asians -](#)

[Nikhita Dogra, Project Manager](#)

This COVID-19 Helpline is funded by the Government of Canada, United Way and Indus Community Services and managed by the Council of Agencies Serving South Asians (CASSA) in partnership with the South Asian Legal Clinic of Ontario, Tamil Canadian Centre for Civic Action, Bangladeshi Canadian Community Services, South Asian Women's Rights Organization, and Punjabi Community Health Services.

The COVID-19 Helpline provides information about health & safety during COVID-19, details on the reopening process, government benefits, and support services available to communities in **English, Hindi, Urdu, Tamil, Bengali and Punjabi**. Recorded information is available on the Helpline 24/7 and live Intake Specialists are available 7 days a week. Call **647-846-2233** or **1-866-300-3454** (For Out of GTA callers) to access the Helpline.

*The Helpline went **LIVE** in early September and is accessible at: [647-846-2233](tel:647-846-2233).*

**We highly encourage and appreciate if members could share the helpline with their networks and on their social media.**

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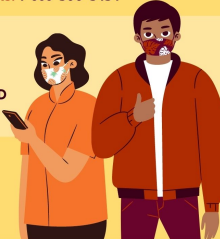
# COVID-19 HELPLINE FOR SOUTH ASIANS IN THE GTA

**647-846-2233**

TOLL FREE # FOR OUT OF GTA CALLERS: 1-866-300-3454

INFORMATION ON COVID-19:  
HEALTH & SAFETY, GOVERNMENT  
BENEFITS, SUPPORT SERVICES,  
RE-OPENING PROTOCOLS, AND FOOD  
SECURITY

RECORDED INFORMATION & LIVE  
INTAKE SPECIALISTS AVAILABLE IN:  
ENGLISH, URDU, HINDI, TAMIL,  
PUNJABI, AND BANGLA




# جی ٹی اے میں رہنے والے جنوبی ایشیائی افراد کے لئے ہیلپ لائن

**647-846-2233**

جی ٹی اے سے باہر رہنے والے کالرز کے لئے ٹول - فری نمبر:  
1-866-300-3454

کوویڈ 19 پر معلومات:  
صحت اور حفاظت، حکومتی فوائد اور خدمات،  
دوبارہ کھولنے کے عمل سے متعلق فوائد، اور  
کھانے کی حفاظت

ریکارڈ شدہ معلومات اور براہ راست  
دستیاب ماہرین:  
انگریزی، اردو، ہندی، تامل، پنجابی، اور  
بنگلہ




# جی.ٹی.ایم میں رہ رہے ساؤتھ ایشیائی لوگوں کے لیئے کوویڈ-۱۹ ہیلپ لائن

**647-846-2233**

جی.ٹی.ایم سے باہر رہنے والے ٹول فری نمبر پر سंपर्क करें: 1-866-300-3454

کوویڈ-۱۹ پر جانکاری:  
سواस्थ्य اور सुरक्षा, सरकारी लाभ, समर्थन  
सेवाएं, दोबारा खुलने के प्रोटोकॉल, तथा  
खाद्य सुरक्षा

रिकॉर्डेड जानकारी और लाइव इनटेक  
स्पेशलिस्ट इन भाषाओं में उपलब्ध हैं:  
अंग्रेजी, उर्दू, हिंदी, तमिल, पंजाबी और  
बंगला




# ग्रेटर टोरन्टो बसबासरात दक्षिण एशियनदेर जन्या कोविड-१९ हेल्पलाइन

**647-846-2233**

टोरन्टो बाहेर थके कल करार टोल फ्री नम्बर: 1-866-300-3454

कोविड-१९ एर तथा, स्वास्थ्य एवं सुरक्षा,  
सरकारी उपकार वा सुविधा, सापेक्ट आडिस,  
पुनराय खोलार नियमादि, एवं खाद्य निरापता

रेकॉर्ड करा तथा एवं इनटेक विशेषज्ञादेर  
साथे कथा बला: इंग्रजी, उर्दू, हिन्दि,  
तमिल, पाञ्जाबि, एवं बांग्ला




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**ਜੀ.ਟੀ.ਏ ਵਿੱਚ ਸਾਊਥ ਏਸ਼ੀਅਨਾਂ ਲਈ ਕੋਵਿਡ-19 ਹੈਲਪਲਾਈਨ**

**647-846-2233**

ਜੀ.ਟੀ.ਏ ਤੋਂ ਬਾਹਰ ਰਹਿ ਰਹੇ ਵਿਅਕਤੀਆਂ ਲਈ ਟੈਲ-ਫ੍ਰੀ ਨੰਬਰ: 1-866-300-3454

ਕੋਵਿਡ-19 ਬਾਰੇ ਜਾਣਕਾਰੀ: ਸਿਹਤ ਅਤੇ ਸੁਰੱਖਿਆ, ਸਰਕਾਰੀ ਬੈਨੀਫਿਟ, ਸਪੋਰਟ ਸੇਵਾਵਾਂ, ਮੁੜ ਖੁੱਲ੍ਹਣ ਦੇ ਅਸੂਲ, ਅਤੇ ਫੂਡ ਸਕਿਉਰਿਟੀ

ਰਿਕਾਰਡ ਕੀਤੀ ਹੋਈ ਜਾਣਕਾਰੀ ਅਤੇ ਲਾਈਵ ਇਨਟੈਕ ਸਪੋਸਲਿਸਟ ਇਹਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹਨ: ਅੰਗਰੇਜ਼ੀ, ਉਰਦੂ, ਹਿੰਦੀ, ਤਾਮਿਲ, ਪੰਜਾਬੀ, ਅਤੇ ਬੰਗਲਾ



**ਰੋਗਾਨੁਸ਼ੰਗਣਾ ਪੇਰੂਮਪਾਕਤੁ  
ਤੇਰੁਕਾਸੀਯਰੁਕੁਨੁਕਾਨ  
ਕੋਵਿਡ - 19 (COVID-19)  
ਤੇਰੁਲੇਪੇਸੀ ਊਤਵਿਤੁ  
ਤੇਰੁਦਰੁਪੁ**

**647-846-2233**

ਰੋਗਾਨੁਸ਼ੰਗਣਾ ਪੇਰੂਮਪਾਕਤੁਕੁ ਵੇਲਿਯਿਲਿਨੁਨੁਤੁ  
ਅਨੁਪੋਪਵਰੁਕੁਨੁਕਾਨ ਕੁਟੁਨੁਨੁਮੁਨੁਰੁ ਤੇਰੁਲੇਪੇਸੀ  
ਨੁਨੁ: 1-866-300-3454

ਕੋਵਿਡ - 19 ਪੁਨੁਰੁਯ ਤਕੁਵਲੁਕੁਨੁ: ਸੁਕਾਤਾਰੁਮੁ  
ਪਾਤੁਕਾਪੁਪੁ, ਅਰੁਸਾਨੁਗੁਤੁਨੁਨੁਲੁ  
ਵਲੁਕੁਪੁਪੁਮੁ ਊਤਵਿਕੁਨੁ, ਊਤਰੁਵੁਸ਼ੁ  
ਸ਼ੇਵੇਕੁਨੁ, ਮੁਨੁਗੁਤੁ ਤੇਰੁਪੁਕੁਕਾਨੁ  
ਨੁਨੁਮੁਨੁਰੁਕੁਨੁ, ਊਨੁਨੁਪੁ ਪਾਤੁਕਾਪੁਪੁ

ਪਤਿਵੁ ਸੇਯੁਪੁਪੁਪੁ  
ਤਕੁਵਲੁਕੁਨੁਮੁ ਮੁਨੁਰੁਮੁ  
ਨੁਪੁਨੁਰੁਕੁਨੁਨੁਨੁ  
ਤਕੁਵਲੁਕੁਨੁ ਨੇਰੁਯੁਕੁਵੁ  
ਊਨੁਕੁਲੁਮੁ, ਊਨੁਤੁ, ਇਨੁਤੁ, ਤਮਿਲੁ,  
ਪੁਰੁਸਾਪੁ, ਵਨੁਕਾਨੁਮੁ ਊਕੁਯੁ  
ਮੁਨੁਮੁਕੁਨੁਲੁ  
ਪੇਰੁਨੁਕੁਕੁਨੁਨੁਲੁਮੁ.



**COVID-19 VACCINE**

**THE BASICS**

The Government of Canada has approved the administration of vaccinations to help control the spread of Covid-19.

**What does a vaccine do?**

Delivers a weakened or inactivated virus or PART of the virus to the body

This triggers the body's immune system to recognize and respond to the virus

The next time the body gets exposed, it recognizes the virus and can create an immune response to fight it

**What is mRNA?**

mRNA = Messenger ribonucleic acid

Found inside a cell, mRNA is a **strip of information** that is used to build a protein.

**What is a mRNA vaccine?**

An mRNA vaccine delivers **instructions** to our cells to create a **viral protein**

This is known as an **antigen** (SARS-CoV-2 spike glycoprotein)

The body recognizes this as a foreign agent → creates **antibodies**

Therefore, there is a **safe immune response** against the viral protein

Information obtained from: Public Health Ontario

**CASSA**

## COVID-19 Vaccine Information - Nikhita Dogra, Project Manager

CASSA has created infographics that summarize factual information about the COVID-19 vaccine. View the full set of infographics to learn more about the vaccine's efficacy, what's in it and how it works.

The infographics are available in **Bangla, Tamil, Punjabi, Urdu and English.**

[Please click here to view all the infographics.](#)

## Legal Education for Refugee Women Toolkit - Yomna Omar, Project Manager

Animation videos highlighting some of the Toolkit's most important topics have now launched on CASSA's Youtube channel. You can find videos for 6 topics: Employment, Housing, Family Violence, Divorce, Legal Aid and Child Benefits. The videos will be available in the Toolkit's main 4



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**To access the toolkit in its 4 languages and its infographic in the 8 languages available** (English, Arabic, Bangla, Farsi, Punjabi, Spanish, Tamil, and Urdu), you can [click here](#).

**To download the infographics in the 8 different languages**, you can [click here](#).

We urge all CASSA's members to share the toolkit content with staff, colleagues, and clients, as you see fit. If you have any questions, or would like CASSA to discuss how to use the Toolkit with your staff, please contact the project coordinator at [yomna@cassa.on.ca](mailto:yomna@cassa.on.ca).

### **Employment Equity for South Asians -**

**Cynthia Saxena, *Employment Equity Coordinator***

CASSA is continuing to advocate the policy recommendations created in the [Moving Towards Decent Employment](#) reports. As part of our social media strategy, we are currently requesting your support in creating creative content to reach employers and community members online and highlight the experiences of South Asian immigrants in their search for decent employment.

### **Community Video Submissions**

If you or anyone else in your organization is interested and comfortable, **please send a short (minimum 15 seconds to a maximum 60 seconds) video of yourself describing the most shocking thing you've heard from a racialized client while searching for work or at work in Canada.** It could be anything such as a racist, sexist, homophobic, micro-aggressive, or discriminatory remarks/behaviour.

If you're not comfortable with having your face in the video, you can also record one of a black screen/your organization banner with your voiceover. Our goal is to raise awareness of the kind of experiences racialized immigrants have in finding a job and advocating for positive change.

Your **15-50 seconds** recorded video will be shared on our social media. **Please send your video to Cynthia at [cynthia@cassa.on.ca](mailto:cynthia@cassa.on.ca). You may also WhatsApp it to her on 917-371-4818.** If you have a Tik-Tok/Instagram/Twitter account, feel free to share your handle with Cynthia and she will ensure you are tagged for your video and contribution! Please also reach out to her for any questions or clarifications.

### **Women's Day Forum**

In support of this year's International Women's Day, CASSA also organized an [International Women's Day Forum: A Better Future for Racialized and Immigrant Women at Work](#) on March 8th, from 4p.m to 6p.m. Panelists discussed the unique experiences of South Asian immigrant women and the tailored approaches needed to support their empowerment in the labour market. You can find the video [here](#).

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Recommendations with Ministers, MPPs, MPs, Councillors, and other policy-makers. MPP Shaun Chen also provided a letter of support to CASSA. You can find the video [here](#).

CASSA will also be shortly disseminating a Business Charter outlining the promises and initiatives that small and large-scale businesses will be pledging to take to ensure South Asian immigrants are not discriminated against when looking for decent employment.

If you would like to support, collaborate or know more about this advocacy campaign, please reach out to Cynthia: [cynthia@cassa.on.ca](mailto:cynthia@cassa.on.ca)

### **Racial Equity in Education -**

#### **Eman Zahid, Muslim Community Outreach Coordinator**

The Racial Equity in Education project held the second Muslim community Consultation Session, in which the community helped to identify issues of priority regarding equity in Ontario schools. The session was interactive and the community took part in insightful discussions around concerns of discrimination at school. The Consultation Session was successful in helping focus the project goals, and we hope to continue working with the Muslim community on issues of concern. The forum discussed and revived issues posed in our first community forum, while providing the community with project updates, community resources and support, and a presentation on meaningful community engagement by **Rizwana Kaderdina**, Equity Teacher Facilitator at the York Region District School Board, and member of the Alliance of Educators for Muslim Students.

### **Collaborative to Combat Online Hate -**

#### **Maryam Faisal, Anti-Hate Project Coordinator**

The Collaborative to Combat Online Hate completed consultations with partner agencies and other experts. The team is currently organizing data from the consultations to begin developing the strategy. The project aims to build the digital literacy of our partner agencies to help them, their staff, clients, and members combat online hate. The project will also focus on developing anti-hate content and messaging to support those who become victims of online hate.

We have launched a [survey](#) to understand the experiences members of racialized communities have had with online hate content. We would really appreciate it if you could fill out this short survey and share it with your networks; it's available in nine languages and will only take a few minutes of your time.

The survey is completely **anonymous**, and will only be used to inform the development of the

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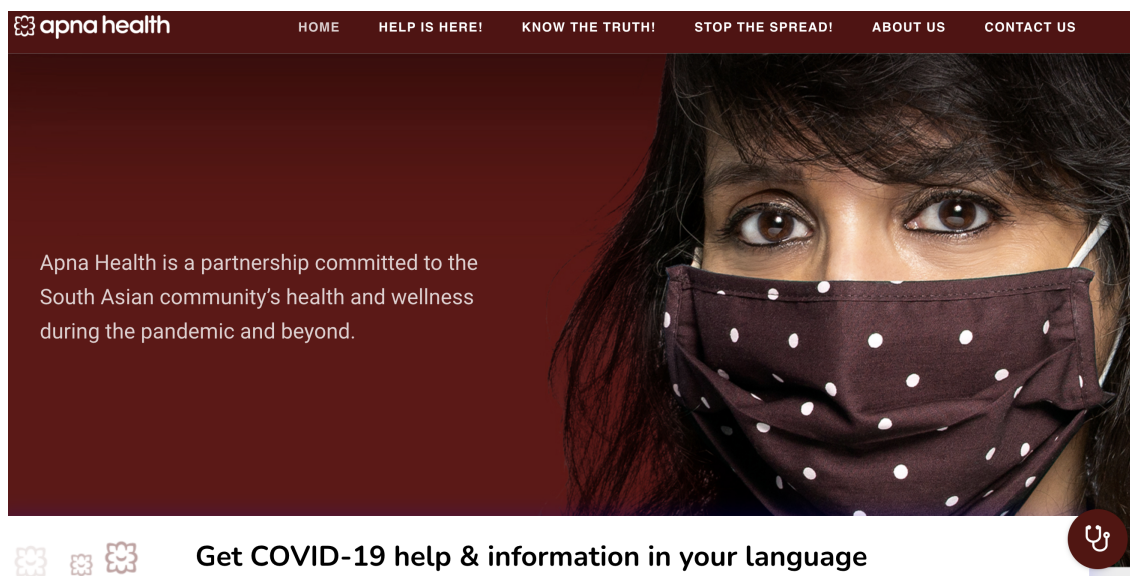
### Anti-Hate Conversation Series

Tune in! CASSA has been hosting the **Anti-Hate Conversation Series** to start conversations around hate, racism, and oppression. The Anti-Hate Series aims to spread awareness on current hate-related and social justice issues by inviting speakers to provide insights into the underlying causes and next steps for government response and community action. The series takes place **every other week on Tuesdays from 4 pm - 4:30 pm on Facebook Live:**

[www.facebook.com/pg/CASSAOnline/live\\_videos/](https://www.facebook.com/pg/CASSAOnline/live_videos/) with two guest panelists.

We also want to hear from you! **Are there topics you would like to see covered? Or speakers you would want to see featured?** Email [maryam@cassa.on.ca](mailto:maryam@cassa.on.ca) with your suggestions!

## Apna Health



**Apna Health** is a partnership between CASSA, Indus Community Services and Punjabi Community Health Services dedicated to providing information on COVID-19 relief and vaccines.

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pandemic and beyond. We are here to help and can provide access to a variety of supports to the South Asian community, as well as connect it's members to culturally sensitive and culturally appropriate information and resources in the language they understand.

## Messages from Members

### TAKE THE **ONE BILLION** STEPS CHALLENGE

**This May, STEP UP and Support Life-Saving Breast Cancer Research!**

It's a big goal, but there's work to do. Every year more than 27,000 Canadians are diagnosed with breast cancer. Join the **One Billion Steps Challenge** this May and help fund life-saving breast cancer research!

**Challenge your family, friends and colleagues!**

Sign up online and download our mobile app to share your progress with your challengers, track your ranking against the entire pool of participants and share your fundraising and steps achievements on your social media channels.

**Register at [mothersdaywalk.ca](https://mothersdaywalk.ca)**

You can get your steps anywhere and anytime that's right for you. Join us every day in May to walk, step, dance – however you want to move!

There is no cost to join. We've got great workout videos, a weekly Spotify playlist and awesome prizes to keep everyone motivated throughout May, including a **grand prize for the participant who raises the most money!**

We will send you the link to download the mobile app (iPhone and Android) that will track your steps from May 1- 31.

**As we mark the 30 anniversary of our Annual Mother's Day Walk,** we invite everyone to join us. This May, do something good for yourself while also doing something to help prevent 14 Canadian women from dying of breast cancer every day.

**#mothersdaywalk & #BCSCstepchallenge**




### The ONE BILLION STEPS Challenge - Breast Cancer Society

Every year more than 27,000 Canadians are diagnosed with breast cancer. Join the **One Billion Steps Challenge** this **May** and help fund life-saving breast cancer research! Sign up online and download our mobile app to share your progress with your challengers, track your ranking against the entire pool of participants and share your steps achievements on social media.

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Register at: [mothersdaywalk.ca](https://mothersdaywalk.ca)

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**Indigenous Seminar Teaching Series**

Welcoming You & Your family to Four Virtual Sessions

- Led by Cree Elder Frances Rose Whiskeychan & Cree Elder Joseph (Patrick) Etherington
- Community Engagement Dialogues (for Indigenous and Newcomers/Immigrant communities)
- Open to all, while centring the needs of respective groups below

<b>Children/Youth</b> <small>Indigenous and Immigrant young people Welcome</small> <b>April 3, 2021</b> <b>4:30-5:30 PM (ET)</b>	<b>Indigenous Communities</b> <b>April 15, 2021</b> <b>6-7:30PM (ET)</b>
<b>Newcomer and Immigrants on Turtle Island</b> <b>April 8, 2021</b> <b>6-7:30PM (ET)</b>	<b>Multicultural Commemoration of Residential Schools Systems &amp; Canada's Legacy: A Panel Discussion</b> <b>April 24, 2021</b> <b>2-3PM (ET)</b>

Email us at: [oskapewasik.helpers@gmail.com](mailto:oskapewasik.helpers@gmail.com) for the registration link

Neenahnew Oskapewasik | CASSA Canada

## Oskapewasi

This event is organized by Neenahnew Oskapewasik - Cree Helpers; Elders and young people coming together to facilitate dialogue on Indigenous Elders and Indigenous Story-Telling.

As the 2020-2021 recipients of Heritage Canada Grant, they hope to inspire community members to become agents of positive change and solidarity to continue Honouring and Commemorating the lives and lived experiences of Survivors of Indian Residential School Systems.

The Elders will utilize "Cree - Oskapewis (Helping) - Perspectives to reach the general public through community engagement dialogues and take them on an educational journey to become agents of transformation. Below are **four virtual sessions** centred around engaging different communities:

### Young People (Children and Youth from Indigenous and Immigrant nations)

Saturday, April 3, 2021 - 4:30-5:30pm (ET)

### **Newcomers & Immigrants on Turtle Island (North America):**

Thursday, April 8, 2021 - 6-7:30pm (ET)

### **Indigenous Nations**

Thursday, April 15, 2021 - 6-7:30pm (ET)

### **Multi-Cultural Commemoration of Residential School Systems & Canada's Legacy -**

**A Panel Discussion:** Saturday, April 24, 2021, 2-3 pm (ET)

**Interested?** Send an email to [oskapewasik.helpers@gmail.com](mailto:oskapewasik.helpers@gmail.com) - a registration link will be sent to you. The registration is important in that it helps us get to know you, and your accessibility needs. All information will be kept confidential and used only to provide a better user experience.

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(NYU Press, Feb. 2018)

[Register Now](#)

<b>Date &amp; Time</b>	<b>Wednesday April 28, 2021</b> 4:00pm sharp to 5:00pm EDT livestream
<b>Speaker(s)</b>	<b>Safiya Umoja Noble</b> , Associate Professor, Department of Information Studies, University of California, Los Angeles (UCLA); Co-Founder and Co-Director, UCLA Center for Critical Internet Inquiry (C2I2)  <b>In Conversation with: Sarah Kaplan</b> , Distinguished Professor and Director, Institute for Gender and the Economy, Rotman School of Management, University of Toronto
<b>Fee</b>	Free to attend. Please register by 12:00 pm on April 28th.
<b>Place</b>	On April 21, Rotman Events will email registrants the link to the page where you can watch the livestream.


### [Gender & Economy](#)

In *Algorithms of Oppression*, Safiya Umoja Noble challenges the idea that search engines like Google offer an equal playing field for all forms of ideas, identities, and activities. Data discrimination is a real social problem; Noble argues that the combination of private interests in promoting certain sites, along with the monopoly status of a relatively small number of Internet search engines, leads to a biased set of search algorithms that privilege whiteness and discriminate against people of color, specifically women of colour.

**Date/Time:** Wednesday April 28, 2021 |

**04:00 PM - 05:00 PM | [REGISTER HERE](#)**

## Opportunities



Epilepsy Toronto offers interactive online workshops that dispel myths and misconceptions about epilepsy.

**Public Education Online Workshops**

Covering topics such as:

- Epilepsy 101
- Seizure First Aid
- Epilepsy Toronto Services

Hear client stories of their lived experience with epilepsy.

For further information, please e-mail [leah@epilepsytoronto.org](mailto:leah@epilepsytoronto.org)

### [Combating Epilepsy Misconceptions - Epilepsy Toronto](#)

Here is a new COVID-19 Vaccine Bulletin, developed by doctors in partnership with settlement organizations, in 8 languages. It's the first in a series, addressing questions about the vaccine.



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about epilepsy.

Topics include: Epilepsy 101, Seizure First Aid and Epilepsy Toronto Services. Hear client stories of their lived experience with epilepsy. For further information, please email

[leah@epilepsytoronto.org](mailto:leah@epilepsytoronto.org)



*Brampton Library enriches the lives of Brampton residents by promoting literacy and by providing access to collections, programs, services and technology. Brampton Library's 8 branches serve a culturally and ethnically diverse city with a population of over 600,000 individuals.*

### DIVERSITY, EQUITY, AND INCLUSION MANAGER

As the subject matter expert, the incumbent champions the development and implementation of effective strategies to create a culture for diversity, equity and inclusion. Working collaboratively with staff and senior management, the Diversity, Equity and Inclusion Manager will strategically lead the development, implementation, and evaluation of proactive diversity, equity, inclusion and accessibility strategies across the organization and community.

Reporting to the Chief Executive Officer, this incumbent will direct and advise on diversity, inclusion, equity, and accessibility strategy, policies, practices and learning across Brampton Library. This role will identify and implement solutions and initiatives to address systematic bias and organizational barriers.

Your ability to drive change will be critical to Brampton Library's multi-year diversity and inclusion framework and strategy. Through your strategic vision, your proven change management skills, and ability to generate, implement and evaluate new ideas, plans and programs will build a true sense of belonging to employees, customers and the community as a whole.

#### Qualifications:

- 5+ years' of experience managing, developing and successfully implementing DE&I and accessibility strategies and programs.
- Bachelor's Degree in a related field and/or equivalent with a specialization in DE&I and through formal training and lived experiences.
- The incumbent will hold a diversity and inclusion certification, such as the Canadian Certified Inclusion Professional or the Certificate in Leadership and Inclusion or equivalent with specific training in diversity matters.
- Demonstrated effectiveness leading diversity, equity, inclusion and accessibility related initiatives and programs and being accountable for the evolution of DE&I strategy.
- Proven ability to influence change at all levels of the organization by being a strategic thinker, problem solver and hands-on builder.
- Demonstrated leadership capacity, with proven change management skills with success in implementing organizational system changes.
- Exceptional interpersonal, influencing and relationship building skills and ability to foster collaborative work relationships.

**How to Apply:** If you are a qualified candidate interested in this opportunity, please forward via e-mail your cover letter and resume to [bramlib@hrassociates.ca](mailto:bramlib@hrassociates.ca) by April 8, 2021.

Questions about the position or the recruitment process can be directed to Luciana Da Silva of HR Associates at 416-237-1500, ext. 266, or [Luciana.DaSilva@hrassociates.ca](mailto:Luciana.DaSilva@hrassociates.ca).

*We thank all applicants, however, only those selected for an interview will be contacted. Accommodations are available upon request.*



### Job Posting: Diversity, Equity and Inclusion Manager - Brampton Library

As the subject matter expert, the incumbent champions the development and implementation of effective strategies to create a culture for diversity, equity and inclusion. Working collaboratively with staff and senior management, the Diversity, Equity and Inclusion Manager will strategically lead the development, implementation, and evaluation of proactive diversity, equity, inclusion and accessibility strategies across the organization and community.

**HOW TO APPLY:** Please forward your cover letter and resume to [bramlib@hrassociates.ca](mailto:bramlib@hrassociates.ca) by April 8, 2021

[Please click here to view the full posting.](#)

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The Wellesley Institute is looking for interview participants from Black, South Asian, and Southeast Asian communities to hear about their experiences of the COVID-19 pandemic.

To participate, you must:

- Live in the Greater Toronto Area (GTA)
- Be between the ages of 18-64.
- Self-identify as Black, South Asian, or Southeast Asian
- Speak Punjabi, Tamil, Tagalog, or English

The interview (over the phone or Zoom video call) will be up to 60 minutes and you will receive a \$35 gift card for your participation. You will have the option of a President's Choice, Shoppers Drug Mart, Walmart, Winners or Amazon gift card.

If you are interested in participating or would like more information about this project, please contact one of the following people:

- For English: Sarah Sanford, [sarah@wellesleyinstitute.com](mailto:sarah@wellesleyinstitute.com) or 416-829-7394
- For Punjabi: Kirandeep Kharpal, [kkharpal@mentalhealthcommission.ca](mailto:kkharpal@mentalhealthcommission.ca) or 613-899-0116
- For Tamil: Lucksini Raveendran, [lraveendran@mentalhealthcommission.ca](mailto:lraveendran@mentalhealthcommission.ca) or 647-382-6338
- For Tagalog: Mauriene Tolentino, [mtolentino@mentalhealthcommission.ca](mailto:mtolentino@mentalhealthcommission.ca) or 416-938-2921

This project has been reviewed and approved by the Ryerson Research Ethics Board (REB 2020-533) and is funded by Mental Health Commission of Canada. Project team members include Dr. Brenda Roche, Nina Acco Weston, Dr. Seong-gee Um, Dr. Sarah Sanford of the Wellesley Institute and Mauriene Tolentino, Lucksini Raveendran, and Kirandeep Kharpal of Mental Health Commission of Canada. If you have questions about your rights as a participant in this study, please contact: Research Ethics Board c/o Office of the Vice President, Research and Innovation, Ryerson University, 350 Victoria Street, Toronto, ON M5B2K3, 416-979-5042, [rebchair@ryerson.ca](mailto:rebchair@ryerson.ca)



## Racialized Communities in the GTA - Wellesley Institute

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## Important News

**New data shows COVID-19 pandemic now 'completely out of control' in Ontario, key scientific adviser says** [Social Sharing](#)

New variants of concern now account for **67 per cent** of all SARS-CoV-2 infections in Ontario. The number of people hospitalized with COVID-19 is now 21 per cent higher than at the start of the province-wide lockdown, while ICU occupancy is 28 per cent higher. The percentage of COVID-19 patients in ICUs who are younger than 60 is about 50 per cent higher.. [Read more.](#)

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As of Saturday afternoon, Fight COVID Racism was reporting 959 incidents of anti-Asian hate crimes across Canada during the pandemic. Here are five ways to help if you witness hate, according to the organization:

- Take action: Approach the targeted person, introduce yourself and offer support.
- Actively listen: Ask before taking any actions and respect the other person's wishes. Monitor the situation if needed.
- Ignore the attacker: Using your discretion, Stop AAPI Hate says to attempt to calm the situation by using your voice, body language or distractions.
- Accompany: If the situation escalates, invite the targeted person to join you in leaving the area.
- Offer emotional support: Help the other person by asking how they're feeling and assist them in figuring out what they want to do next. [Read more.](#)

### More racially diverse areas reported much higher numbers of COVID-19 deaths: StatsCan

The most racially diverse neighbourhoods in Canada reported COVID-19 mortality rates more than twice as high as those reported by districts that are overwhelmingly white, according to new data released Wednesday by Statistics Canada.

In areas where a quarter of the population or more identified as "visible minorities" — the term the government uses for non-white and non-Indigenous people — the mortality rate averaged 35 deaths per 100,000 people, compared to an average of 16 deaths per 100,000 people in regions where less than one per cent of the population was composed of racial minorities. [Read more.](#)

### Ontario government moves to activate 4-week, provincewide COVID-19 'emergency brake'

Under the plan, indoor and patio dining will be banned and restaurants can only operate with takeout and delivery options. When it comes to retail businesses deemed "non-essential," multiple sources said those are expected to remain open with 25 per cent of the approved capacity.

Ontario schools are said to remain open at least until the April break but more news towards this event is coming soon. [Read more.](#)

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