



COUNCIL OF AGENCIES SERVING SOUTH ASIANS

*The Council of Agencies Serving South Asians'*  
**January 2021 Newsletter**

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### Important News

- South Asian COVID Task Force implemented because Ontario failed to address inequities. In a short time, we've seen more people get tested
- South Asian mental health the focus of new Calgary campaign
- How will people know when it's their turn for a COVID-19 shot?
- COVID-19 Voluntary Isolation sites by the Government of Canada



### Dear members, friends, and supporters of CASSA,

2020 has been a long and difficult year for most people around the world. As we start the new year, we hope for health, safety, and justice for those who are suffering from the COVID-19 and the racial injustice pandemic. As difficult as it has been to keep our heads up during these times, we need to continue to be resilient and optimistic for better days in 2021.

CASSA continues to be engaged with researchers, policy-makers, and decision-makers about the impact of COVID-19 on South Asian communities. As many of you know, South Asians in Canada have suffered some of the most dire consequences of COVID-19. Infection rates are disproportionately high in our communities and we continue to raise these alarms with all three levels of government.

In 2021, CASSA is focusing on building coalitions and collaborations on a national scale to tackle

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you will read in this Newsletter, CASSA's ongoing work focuses on: health equity through the Office of Racialized Health Working Group, equity in education through our partnership with the Urban Alliance on Race Relations, employment equity through our research project with the support of United Way, COVID-19 relief initiatives including a joint Helpline project, Anti-hate initiatives, and access to legal information for refugees.

We will also continue to play a key advisory role for Toronto Public Health, the Ontario Chief Medical Officer of Health, and the federal Anti-Racism Secretariat to ensure targeted measures are implemented to protect South Asians in Canada from the disproportionate negative impact of COVID-19.

I have been fortunate enough to be working with an amazing team of staff and Board of Directors - it is through our collective effort and dedication that CASSA continues to play a strong role in advocating for the well-being of our communities. Our team of staff will continue to work remotely until further notice so please feel free to reach us via email. CASSA is also hiring an [Administrative Assistant](#), please share [this posting](#) with your clients and networks.

On behalf of the [CASSA team](#), we wish you all a safe and **happy new year!**

Samya Hasan

*Executive Director*

[samya@cassa.on.ca](mailto:samya@cassa.on.ca)

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## Project Updates

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

[Nikhita Dogra, Project Coordinator](#)

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This COVID-19 Helpline is funded by the Government of Canada and managed by the Council of Agencies Serving South Asians 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 Helpline will provide information about health & safety during COVID-19, details on the reopening process, government benefits, and support services available to communities in


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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




द्वारा वित्त पोषित:  
Canada 

## जी.टी.ए में रह रहे साउथ एशियन लोगों के लिये कोविड-१९ हेल्पलाइन

 **647-846-2233**

जी.टी.ए से बाहर रहने वाले टोल फ्री नम्बर पर सम्पर्क करें: 1-866-300-3454

कोविड-१९ पर जानकारी:  
स्वास्थ्य और 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




অর্থায়ন:  
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## গ্রেটার টরন্টোতে বসবাসরত দক্ষিণ এশিয়ানদের জন্য কোভিড-১৯ হেল্পলাইন

 **647-846-2233**

টরন্টোর বাইরে থেকে কল করার টোল ফ্রী নম্বর: 1-866-300-3454

কোভিড-১৯ এর তথ্য, স্বাস্থ্য এবং সুরক্ষা,  
সরকারী উপকার বা সুবিধা, সাপোর্ট সার্ভিস,  
পুনরায় খোলার নিয়মাদি, এবং খাদ্য নিরাপত্তা

রেকর্ড করা তথ্য এবং ইনটেক বিশেষজ্ঞদের  
সাথে কথা বলা: ইংরেজী, উর্দু, হিন্দি,  
তামিল, পাঞ্জাবি, এবং বাংলা




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Canada 

## ਜੀ.ਟੀ.ਏ ਵਿੱਚ ਸਾਊਥ ਏਸ਼ੀਅਨਾਂ ਲਈ ਕੋਵਿਡ-੧੯ ਹੈਲਪਲਾਈਨ

 **647-846-2233**

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

ਕੋਵਿਡ-੧੯ ਬਾਰੇ ਜਾਣਕਾਰੀ:  
ਸਿਹਤ ਅਤੇ ਸੁਰੱਖਿਆ, ਸਰਕਾਰੀ ਬੈਨੀਫਿਟ, ਸਪੋਰਟ  
ਸੇਵਾਵਾਂ, ਮੁੜ ਖੁੱਲਣ ਦੇ ਅਸੂਲ, ਅਤੇ ਫੂਡ ਸਕਿਊਰਿਟੀ

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




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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

کووڈ 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  
ہنگلہ




رہائشگاہوں پر رہنے والے  
تھریکائیڈوں کے لئے  
کوویڈ - 19 (COVID-19)  
تھریکائیڈوں کے لئے  
تھریکائیڈ

647-846-2233

رہائشگاہوں پر رہنے والے کوویڈ-19 سے نمٹنے کے لئے  
اہم ترین اقدامات کے بارے میں معلومات  
لے سکتے ہیں: 1-866-300-3454

کوویڈ - 19 سے نمٹنے کے لئے  
تھریکائیڈوں کے لئے  
تھریکائیڈوں کے لئے  
تھریکائیڈوں کے لئے  
تھریکائیڈوں کے لئے  
تھریکائیڈوں کے لئے

پتلی سے بننے والے  
تھریکائیڈوں کے لئے  
تھریکائیڈوں کے لئے  
تھریکائیڈوں کے لئے  
تھریکائیڈوں کے لئے  
تھریکائیڈوں کے لئے




## Food Baskets for Seniors - Nikhita Dogra, Project Coordinator

CASSA has partnered with SacredHand Canada to provide food baskets for low-income South Asian seniors in the GTA. These food baskets are meant to last up to one month or more and contain essential items such as rice, flour, canned foods, oil, lentils, spices, and more. To determine their eligibility to receive a free food basket, seniors can call the COVID-19 Helpline at 647-846-2233. Service is provided in English, Urdu, Hindi, Punjabi, Tamil, or Bangla. Eligibility requirements are as follows:

- Food baskets are for low-income South Asian seniors only - annual income has to be under \$40k.
- Seniors who are living alone or with their partner only - not living in joint families
- Age of at least one of the seniors has to be 65 or over
- For seniors living in the Greater Toronto Area only - Peel, York Region, Toronto, and Durham region
- One food basket per household only

This initiative is funded by the *Government of Canada New Horizons for Seniors program*.

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## SENIORS

If you are a **South Asian senior** (age 65 or over) living in the **Greater Toronto Area** (Peel Region, York Region, Durham region, and Toronto) & are **not able to afford** essential monthly groceries, **please call the Covid-19 Helpline** to see if you are eligible for a free food basket:

**647-846-2233**



Talk to one of our intake specialists or leave a message with your **name and phone number** and someone will get in touch with you. Service is provided in **English, Urdu, Hindi, Punjabi, Tamil, or Bangla**.

The food package includes **essential items** that can last you **up to one month or more**.



It includes items such as rice, flour, lentils, canned beans/olives/corn, onions, potatoes, oil, dates, tea bags, sugar, salt, other spices, tortillas, honey, and oats.

Fresh fruit and vegetables may also be added to each order prior to delivery.

This message has been sent by the **Council of Agencies Serving South Asians (CASSA)**. Funding for this service has been provided by the **Government of Canada's New Horizons for Seniors Fund**.



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## বৃদ্ধদের সুখ:

আপনি যদি গ্রেটার টরন্টো এরিয়ায় (পিল অঞ্চল, ইয়র্ক অঞ্চল, ডারহাম অঞ্চল এবং টরন্টো) বসবাসকারী কোনও দক্ষিণ এশিয়ার প্রবীণ (বয়স 65 বা তার বেশি) হয়ে থাকেন এবং প্রয়োজনীয় মাসিক প্রদানসহ কিনতে সক্ষম না হন তবে দয়া করে কোভিড -19 হেল্পলাইনে কল করুন এবং আপনি বিনামূল্যে খাদ্য ঝুড়ির জন্য যোগাযোগ কিনা তা জানুন :

**647-846-2233**



আমাদের একজন ইন্টেক বিশেষজ্ঞের সাথে কথা বলুন অথবা আপনার নাম এবং ফোন নম্বর সহ একটি বার্তা রাখুন, আমাদের এখন থেকে একজন আপনার সাথে যোগাযোগ করবে। এই পরিষেবাটি ইংরেজি, উর্দু, হিন্দি, পাঞ্জাবী, তামিল ও বাংলা ভাষায় সরবরাহ করা হবে।

খাদ্য প্যাকেজটিতে এমন প্রয়োজনীয় জিনিস অন্তর্ভুক্ত থাকবে যা আপনি এক মাস বা তার বেশি সময় ধরে রাখতে পারবেন।



এর মধ্যে চাল, ময়দা, মসুর ডাল, ক্যানকৃত -শিম / জলপাই / কর্ণ, পেঁয়াজ, আলু, তেল, খেজুর, চা ব্যাগ, চিনি, নুন, অন্যান্য মশলা, টাট্টালাস, মধু এবং ওটস রয়েছে।

প্রদানের আগে প্রতিটি প্যাকেজ টাটকা ফল এবং শাকসবজিও যুক্ত করা হতে পারে।

এই বার্তাটি ক্যান্টিন অব ডেভেলপিং সার্ভিসেস (CASSA) কর্তৃক প্রেরণ করা হয়েছে। এই পরিষেবার জন্য অর্থায়ন কানাডার সরকারের নিউ হরিসন্স ফর সিনিয়র্স ফান্ড দ্বারা সরবরাহ করা হয়েছে।



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## முத்தவர்களுக்கு இலவச உணவு கூடைகள்

நீங்கள் கிரேட்டர் டொராண்டோ என அழைக்கப்படும் **டொராண்டோ பெரும்பகுதியில்** (பீல் பிராந்தியம், யார்க் பிராந்தியம், டர்ஹாம் பிராந்தியம் மற்றும் டொராண்டோ) வசிக்கும் **தெற்காசிய மூத்தவர்** (வயது 65 அல்லது அதற்கு மேற்பட்டவர்கள்) மற்றும் **அத்தியாவசியமான மனிதகைப் பொருட்களை வாங்க முடியாவிட்டால், தயவுசெய்து கோவிட் -19 உதவிசேவையை அழைத்து** இலவச உணவு கூடைக்கு நீங்கள் தகுதியுள்ளவரான என்று பாராட்டுங்கள்:

**647-846-2233**



எங்கள் உள்ளக நிபுணர்களில் ஒருவரிடம் பேசுங்கள் அல்லது உங்கள் பெயர் மற்றும் **தொலைபேசி எண்ணுடன்** ஒரு செய்தியை அனுப்பங்கள். பின்பு எங்கள் அலுவலகத்தில் இருந்து யாராவது உங்களுக்கு தொடர்பு கொள்வார்கள். **ஆங்கிலம், உருது, இந்தி, பஞ்சாபி, தமிழ் மற்றும் வங்காள மொழிகளில்** சேவை வழங்கப்படுகிறது.

உணவு தொகுதியில் **ஒரு மாதம் அல்லது அதற்கு மேற்பட்ட காலம்** நீடிக்கும் அத்தியாவசிய பொருட்கள் உள்ளன.



அரிசி, மாவு, பயறு, தகரத்தில் அடைக்கப்பட்ட பீன்ஸ் / ஆலிவ் / சோளம், மற்றும் வெங்காயம், உருளைக்கிழங்கு, எண்ணெய், பேர்சை தேநீர் பைகள், சர்க்கரை, உப்பு, பிற மசாலாப் பொருட்கள், ரொட்டிகள், தேன் மற்றும் ஓடல் போன்ற பொருட்கள் இதில் அடங்கும்.

விநியோகத்திற்கு முன் ஒவ்வொரு அழைப்பும் சரிபார்த்து புதிய பழங்கள் மற்றும் காய்கறிகளும் சேர்க்கப்படலாம்.

இந்த செய்தியை உள்ளேயும் வெளியேயும் சேவை செய்யும் முறை செயல்படுத்தும் இந்த சேவைகளை தகுதி அளவளவைய கனடா அரசாங்கத்தின் நிதியுதவியுடன் குடியேற்ற மற்றும் வளர்ச்சித் துறைகள் வழங்கியுள்ளது.



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## बुजुर्ग के लिए मुफ्त भोजन की टोकरी

यदि आप **ग्रेटर टोरंटो एरिया** (पिल क्षेत्र, यॉर्क क्षेत्र, डरहम क्षेत्र और टोरंटो) में रहने वाले एक **दक्षिण एशियाई के बुजुर्ग** (उम्र 65 या अधिक) हैं, और आवश्यक मासिक किराने का **सामान वहन करने में सक्षम नहीं हैं, कृपया कोविड -19 हेल्पलाइन पर कॉल करें**, यह देखने के लिए कि क्या आप मुफ्त भोजन की टोकरी के लिए पात्र हैं।

**647-846-2233**



हमारे किसी इंटेक विशेषज्ञ से बात करें या अपने **नाम और फोन नंबर** के साथ एक संदेश छोड़ दें। कोई आपके संपर्क में आ जाएगा। सेवा **अंग्रेजी, उर्दू, हिंदी, पंजाबी, तमिल** या **बांग्ला** में उपलब्ध है।

भोजन की टोकरी में **आवश्यक वस्तुएं** शामिल हैं जो आपको **एक महीने या उससे अधिक तक** रोक सकती हैं।



इसमें चावल, आटा, दाल, डिब्बाबंद बीन्स / जैतून / मक्का, प्याज, आलू, तेल, खजूर, टी बैग, चीनी, नमक, अन्य मसाले, टाट्टाला, शहद, और ओट्स जैसे आइटम शामिल हैं।

डिलीवरी से पहले ताजा फलों और सब्जियों को भी ऑर्डर में जोड़ा जा सकता है।

यह बार्डर कांट्रोलिंग ऑफ डेवेलपिंग सर्विस (CASSA) द्वारा भेजा गया है। इस सेवा के लिए हम कनाडा सरकार के न्यू होरिजन्स द्वारा वित्तियत कर के लिए धन दिया गया है।



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ਇਸ ਵਿੱਚ ਚਾਵਲ, ਆਟਾ, ਦਾਲ, ਕੈਨਡ ਬੀਨਜ਼ / ਜੈਤੂਨ / ਮੱਠੀ, ਪਿਆਜ਼, ਆਲੂ, ਤੇਲ, ਖਜੂਰ, ਚਾਹ ਪੱਤੀ, ਖੰਡ, ਨਮਕ, ਮਸਾਲੇ, ਟਾਰਟੀਲਾ ਬ੍ਰੈਡ, ਸ਼ਹਿਦ ਅਤੇ ਓਟਸ ਵਰਗੀਆਂ ਚੀਜ਼ਾਂ ਸ਼ਾਮਲ ਹਨ।

ਡਿਲਿਵਰੀ ਤੋਂ ਪਹਿਲਾਂ ਹਰ ਆਰਡਰ ਵਿੱਚ ਤਾਜ਼ੇ ਫਲ ਅਤੇ ਸਬਜ਼ੀਆਂ ਵੀ ਸ਼ਾਮਲ ਕੀਤੀਆਂ ਜਾ ਸਕਦੀਆਂ ਹਨ।

ਇਹ ਸੇਵਾ ਕੇਵਲ ਆਰ ਏਸ਼ੀਅਨ ਸਰਵਿਸ ਸਾਊਥ ਏਸ਼ੀਅਨ ਦੁਆਰਾ ਕੇਵਲ ਉਪਲਬਧ ਹੈ। ਇਸ ਸਰਵਿਸ ਲਈ ਕੋਵਿਡ-19 ਸੁਰੱਖਿਅਕ ਫੇਸ ਚੁਕਾਉਣਾ ਜ਼ਰੂਰੀ ਹੈ।

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ਇਸ ਵਿੱਚ ਚਾਵਲ, ਆਟਾ, ਦਾਲ, ਕੈਨਡ ਬੀਨਜ਼ / ਜੈਤੂਨ / ਮੱਠੀ, ਪਿਆਜ਼, ਆਲੂ, ਤੇਲ, ਖਜੂਰ, ਚਾਹ ਪੱਤੀ, ਖੰਡ, ਨਮਕ, ਮਸਾਲੇ, ਟਾਰਟੀਲਾ ਬ੍ਰੈਡ, ਸ਼ਹਿਦ ਅਤੇ ਓਟਸ ਵਰਗੀਆਂ ਚੀਜ਼ਾਂ ਸ਼ਾਮਲ ਹਨ।

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## Legal Education for Refugee Women Toolkit -

Yomna Omar, Project Coordinator

The Legal Education for Refugee Women toolkit was launched on **September 8th, 2020**.

The toolkit is available in 4 languages: *English, Arabic, Tamil, and Urdu*. Short infographic

summaries for 11 topic areas are available in 8 languages: English, Arabic, Bangla, Farsi, Punjabi, Spanish, Tamil, and Urdu.

Both toolkit and infographics can be found on **CASSA's Website**: <http://cassa.on.ca/toolkit2020/>

The infographics in the 8 different languages are also available for download from this [google folder](#).

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.

We are developing a disseminating and advocacy strategy that involves social media platforms such as Tik-Tok and Instagram reels! CASSA will also be launching its official blog and launching its #ImmigrantSuccess series. We are going to be working with policy-makers, corporations, small businesses, social service organizations, and the South Asian communities to bring awareness to inequities in the employment sector and recommendations to address those inequities.

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## [Racial Equity in Education - Eman Zahid, Muslim Community Outreach Coordinator](#)

CASSA is working in partnership with the Urban Alliance on Race Relations on the Racial Equity in Education project. Now we are working on our website for resources and information, which we have launched on Slack. Currently, the project is aimed at training our volunteers in leadership and advocacy skills, and organizing our goals for the new year. We are moving forward with our community and neighbourhood specific research and geographical analysis. The focus of the research is on the need for resources that racialized students and parents can use when faced with racial inequity in schools. We hope to teach students how to organize and build their own capacity, while supporting them through the organization's resources.

If you would like to connect about this project, please reach out at: [eman@cassa.on.ca](mailto:eman@cassa.on.ca)

# Messages from Members



The COVID-19 pandemic has had devastating impacts on the immigration and settlement sector in Canada, and far worse disproportionate impacts on immigrants and refugees. The pandemic has also blurred Canada's international reputation as a world leader with respect to immigrant and refugee resettlement, especially since the last few years had witnessed an influx of immigrants from around the world who had revitalized the Canadian economy in terms of labour force, productivity and culture. With immigrants and refugees filling gaps in Canada's labour force, the Canadian economy has significantly become dependent on their expertise, resources and experience. The pandemic has negated this progress, creating an unprecedented crisis posing critical threats to the social and economic well-being of immigrants and refugees with long-term repercussions for their settlement and the future of the Canadian labour market.

Public health measures and restrictions on international travel to combat the spread of the coronavirus resulted in a 26% decline in Canadian immigration numbers in March 2020 causing a sudden jolt to the economy and labour market. The confinement measures necessary to protect public health have also resulted in a negative shock to the Canadian labour market. OECD reports a drop in employment of over 1 million in March 2020, followed by a further decline of 2 million in April 2020. The employment loss from February to April (-15.7%) far exceeded declines observed in previous labour market downturns, and further escalated Employment Insurance claims. The hardest-hit population were racialized minorities, immigrants and refugees, who were further impacted due to systemic barriers of racism, language and gender. Previous Spotlight Series have covered in greater detail the pandemic's impact on newcomers, immigrants and refugees.

Questions about the future of work have also been pertinent, with forecasts that automation will likely accelerate in a post-COVID-19 labour market having different spatial impacts across Canada. Undoubtedly, immigrants are more negatively impacted by these changes and all the economic fallout due to the pandemic. In addition to increased unemployment and the role of international travel in the initial spread of the pandemic, there is increased risk of a backlash in public opinion against immigrants.

These social and economic implications have put a strain on Canada's immigration and settlement sector. The 2021 - 2023 immigration plans developed by the Immigration, Refugees and Citizenship Canada considers the changing scenario of COVID-19 and its consequences on immigration numbers. As we constantly gear to adapt, it is essential to address the economic, social, and cultural impact of the pandemic on immigration and the labour market to rebuild opportunities and spaces for immigrants and refugees. Efforts to revive the sector and support Canada's economic recovery and growth includes increased immigration levels to support a stronger economy. This immigration boom will require enhanced capacity for the sector to provide comprehensive services to all immigrants and refugees to seamlessly integrate in Canada and contribute to Canada's economic growth. This will also include concerted efforts to combat systemic racism.

Join us on January 26 to discuss the long-term impacts of the COVID-19 pandemic on Canadian immigrants and refugees, the impact on the immigrant and refugee settlement sector and the implications on the future of the Canadian labour market. The session will highlight solutions on equipping the Canadian labour market to create equal opportunities for immigrants and refugees eliminating major obstacles from their journey in Canada. The discussion will also cover concerted efforts and policies required to future proof the sector's resilience and bring everyone together to tackle the socio-economic impacts of the pandemic in the sector.

## [Skills for Change's Spotlight Series - COVID-19's Impact on Canadian Immigration, Settlement and the future of the Canadian Labour Market](#)

Join us on January 26 to discuss the long-term impacts of the COVID-19 pandemic on Canadian Immigrants and refugees, the impact on the immigrant and refugee settlement sector and the implications on the future of the Canadian labour market. The session will highlight solutions on equipping the Canadian labour market to create equal opportunities for immigrants and refugees eliminating major obstacles from their journey in Canada.



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the sector.

**Time:** Tue, Jan 26, 2021 11:00 AM - 12:00 PM EST

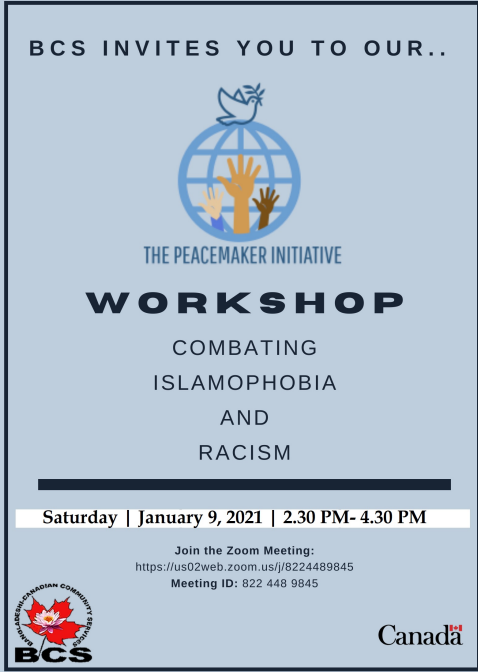
This event is **FREE** to attend. [Register here!](#)

### [Virtual COVID-19 Education Workshops - Bangladeshi Canadian Community Services](#)

Our upcoming 5 workshops:

1. Personal Safety & Health hygiene for Seniors on **29th December 2020**
2. Coping with Mental Health During COVID on **12th January 2021**
3. Workshops for Peacemaker Initiative (PI)- Combating Islamophobia & Racism for Youth (**9th January 2021**), Adult (**16th January 2021**) and Multi-faith group (**23rd January 2021**)

All are virtual at this ZOOM link: <https://us02web.zoom.us/j/8224489845>



BCS INVITES YOU TO OUR..

**THE PEACEMAKER INITIATIVE**



**WORKSHOP**

COMBATING ISLAMOPHOBIA AND RACISM

---

**Saturday | January 9, 2021 | 2.30 PM- 4.30 PM**

Join the Zoom Meeting:  
<https://us02web.zoom.us/j/8224489845>  
 Meeting ID: 822 448 9845

### BCS VIRTUAL INFORMATION SESSION

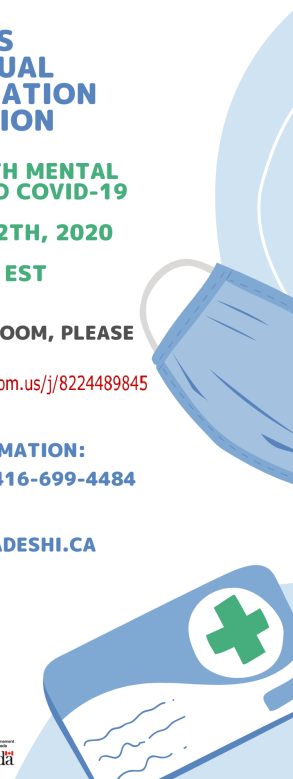
**COPING WITH MENTAL HEALTH AMID COVID-19**  
**JANUARY 12TH, 2020**  
**10AM EST**

**TO ATTEND VIA ZOOM, PLEASE USE THIS LINK:**

- <https://us02web.zoom.us/j/8224489845>

**FOR MORE INFORMATION:**

- **CALL BCS AT 416-699-4484**
- **OR EMAIL [INFO@BANGLADESHI.CA](mailto:INFO@BANGLADESHI.CA)**



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THE PEACEMAKER INITIATIVE  
**WORKSHOP**  
COMBATING  
ISLAMOPHOBIA  
AND  
RACISM

Saturday | 16th January 2021 | 11AM - 1PM | EST

Join the Zoom Meeting:  
<https://us02web.zoom.us/j/8224489845>  
Meeting ID: 822 448 9845

BCS Canada

THE PEACEMAKER INITIATIVE  
**WORKSHOP**  
COMBATING  
ISLAMOPHOBIA  
AND  
RACISM

Saturday | 23rd January 2021 | 11AM - 1PM | EST

Join the Zoom Meeting:  
<https://us02web.zoom.us/j/8224489845>  
Meeting ID: 822 448 9845

BCS Canada

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)

### [Epilepsy Toronto's Online Workshops](#)

Epilepsy Toronto is offering interactive online workshops that dispel myths and misconceptions 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)

# Opportunities

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## Anti-Racism Educator

### Digital Anti-Racism Education 2 (D.A.R.E. 2) Project (Six-Month Contract)

*This is an opportunity for an innovative, collaborative professional with demonstrated strategic and digital skills to identify and address racism, online hate & Islamophobia.*


The Canadian Council of Muslim Women (CCMW) is seeking an experienced Anti-Racism Educator for its Digital Anti-Racism Education 2 (D.A.R.E.2) Project funded by the Government of Canada. Candidates will be expected to work from an analytic framework encompassing principles of intersectional equity, human rights and combating anti-Black and anti-Indigenous racism, Islamophobia and hate (including online hate).

### CCMW - Job Posting: Anti-Racism Educator

The Canadian Council of Muslim Women (CCMW) is seeking an experienced Anti-Racism Educator for its Digital Anti-Racism Education 2 (D.A.R.E.2) Project funded by the Government of Canada. Candidates will be expected to work from an analytic framework encompassing principles of intersectional equity, human rights and combating anti-Black and anti-Indigenous racism, Islamophobia and hate (including online hate).

**Project time frame:** Oct. 1, 2020 to March 31, 2022. **Start date:** February 1, 2021.

**Purpose:** The D.A.R.E. 2 Anti-Racism Educator with guidance from the Project Manager & Advisory Committee will develop a comprehensive & effective bilingual anti-Islamophobia (in person/online) learning module as well as deliver (in-person/online) training workshops on countering hate speech & extremism online to 300 racialized women and girls across Canada. Position Type: Fixed-Priced Contract Position for six months @ \$3,000 per month. Based in GTA, Ontario. [Click here for the full information.](#)



**\$25 Gift Card for Caregiving Healthcare Workers**


Eligibility:

- Are you a front-line healthcare worker?
- Do you have caregiving responsibilities outside of work?
  - Do you provide caregiving work to a dependent at home/outside work (unpaid)?
    - example: an elderly relative, a friend or family member

We invite you to participate in a short 30-minute interview on how COVID-19 has impacted your lifestyle and work. All information will be anonymous and confidential.

Participants will be compensated with a \$25 Amazon Gift Card.

Contact: [mehtas11@mcmaster.ca](mailto:mehtas11@mcmaster.ca)



### Recruiting Healthcare Workers who are Caregivers - \$25 gift card compensation:

Eligibility:

1. Are you a front-line healthcare worker?
2. Do you also have caregiving responsibilities outside of work (at home)?  
For example: taking care of an elderly relative.

If you are a front-line worker and are a caregiver for a dependent at home (elderly or a relative), you are a **double-duty carer (DDC)**.

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about the impact of COVID-19 on work and caregiving practices. Participants will be provided a **\$25 Amazon gift card** for their contribution. Caregivers can benefit from this study through evidence-informed guidelines on best practices and informing better resources from employers.

Your time and participation in this short interview will be confidential and fully **anonymous**. If interested, contact:

Sakshi Mehta [mehtas11@mcmaster.ca](mailto:mehtas11@mcmaster.ca) | 647-607-1670



Punjabi Community Health Services

## Employment Opportunity

<b>Job Title:</b> <b>Therapist</b> <b>(2 Positions)</b>  <b>Job Posting # TH-019/2020-21</b>	<b>Date Posted:</b> January 4, 2021	<b>Report to:</b> Communications & Research Analyst
	<b>Date Closed:</b> January 15, 2021	<b>Position Type:</b> One Year Part Time Contract

### **PCHS - Job Posting: *Therapist (2 positions)***

The Therapist will support a randomized control trial that will assess the effectiveness of culturally adapted cognitive behavioural therapy (CBT) compared to standard CBT in South Asian clients. Clinical service provision will involve virtual care and may include in-person treatment as needed. Additional training in CBT will be provided. As the trial aims to compare standard CBT with culturally adapted CBT, therapists giving culturally adapted CBT will receive additional training in cultural sensitivity.

**Hours:** Part-Time, 18.75 hours per week (Some evenings and weekends work is required) **Position to commence:** February 1, 2021 Please submit resume by **January 15, 2021** to the Hiring Committee at: [hr@pchs4u.com](mailto:hr@pchs4u.com) Please add Job Posting # TH-019/2020-21 to the email subject line and cover letter.

[Click here to view the full job posting.](#)



Punjabi Community Health Services

## Employment Opportunity

<b>Job Title:</b> Settlement Counsellor  <b>Job Posting# SC-SP-021/2020-21</b>	<b>Date Posted:</b> January 6, 2021	<b>Report to:</b> Manager – Newcomer Settlement Programs
	<b>Date Closed:</b> January 20, 2021	<b>Position Type:</b> Full Time

### **PCHS - Job Posting: *Settlement Counsellor***

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provide protection to refugees, and offer programming to help newcomers settle in Canada. The ultimate outcome of the program is to help newcomers become fully engaged in all aspects of Canadian life – social, economic, political and cultural.

**Hours:** Full-Time, 37.5 hours per week (Some evenings and weekends work is required) **Position to commence:** February 1, 2021 Please submit resume by **January 20, 2021** to the Hiring Committee at: [hr@pchs4u.com](mailto:hr@pchs4u.com) Please add Job Posting # SC-SP-021/2020-21 to the email subject line and cover letter.

[Click here to view the full job posting.](#)



Word

Excel

PowerPoint

## JANUARY 2021 ONLINE COMPUTER WORKSHOPS

### Intro to Word 1

Thursday, January 7 from 10am-11:30am

### Intro to Word 2

Monday, January 11 from 10am-11:30am

### Intro to PowerPoint

Thursday, January 14 from 10am-11:30am

### Intro to Excel 1

Monday, January 18 from 1pm-2:30pm

### Intro to Excel 2

Tuesday, January 19 from 10am-11:30am

### Using Skype for Virtual Interviews

Tuesday, January 26 from 1pm-2pm

### Sage 50 Training/Certification:

**Do you have a background in accounting or bookkeeping?**  
Complete online training and earn your certificate in Sage 50.

To register for any of these computer services,  
email [kary@timeschange.org](mailto:kary@timeschange.org)



## Times Change Women's Employment Service - Computer Workshops for Women

Our online job search workshops are for women who are looking for work and need help discovering new job search strategies.

### Online Job Search Workshops:

#### Resume Workshop

Tuesday, January 12th - 11:00am -  
1:00pm

Tuesday, January 26th - 10:00am -  
12:00pm

#### Interview Workshop

Friday, January 15th - 11:00am - 1:00pm

Register here: [Employment Service Pre-screening Form](#)



# Gender Health and Caregiver Friendly Workplaces

Survey for supervisors, managers, HR professionals and executive  
directors working in healthcare

You are invited to participate in an **anonymized** online survey that explores workplace responses to COVID-19 such as: changes made to operations, protocols and work tasks as

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To be eligible for this survey: (1) you must work in a similar capacity to either: HR Professionals, Managers, Executive Directors or Supervisors and (2) work for a healthcare organization. [Please click here to access the survey.](#)

If you are unsure about eligibility or have any questions, [please click here](#) to contact the Student PI.

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## Important News

**South Asian COVID Task Force implemented because Ontario failed to address inequities. In a short time, we've seen more people get tested**

Despite the best of intentions, one-size-fits-all public health interventions are ineffective and in fact leave vulnerable communities exposed.

"In our short existence, we have aggressively promoted community testing, created social media posts in various South Asian languages that have gone viral, busted myths that are rampant in our communities, and advocated for the creation of an additional pilot testing site in North East Brampton — where in one neighbourhood last month, nearly one in five COVID-19 tests were positive. That's five times the provincial average."

[Click here to read the full article.](#)

### South Asian mental health the focus of new Calgary campaign

Punjabi Community Health Services (PCHS), a not-for-profit that provides counselling services and supports to the South Asian community, created the campaign "Say It Like It Is" to provide more culturally aware mainstream mental health services.

In an online forum on Thursday, panelists discussed systemic and social change with mental health professionals and organizations in a series of open discussions.

### How will people know when it's their turn for a COVID-19 shot?

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populations are among those scheduled to be inoculated during the first phase of the rollout, which began last month and is expected to stretch into **March**. From there, the floor will start to open to more seniors, other essential workers both inside and outside the health-care realm, and those with medical conditions that might make them more at-risk of catching COVID.

The federal government has said it expects to inoculate the majority of its residents by the fall, a timeline Smith believes is realistic as long as Canada receives the amount of dosages it's expecting, and the country's vaccine rollout is done efficiently.

### New COVID-19 Safe Voluntary Isolation sites provided by the Government of Canada

Voluntary isolation sites will help reduce the risks of spread of the virus among household contacts, especially in Canada's most densely populated urban centres. These sites are one of our rapid response tools to help stop the spread of COVID-19. Funding is provided directly to communities who need it.

Local public health officials will identify eligible individuals who may be offered the option to transfer to the isolation site on a voluntary basis. For example, if a person is COVID-19 positive and lives in a home where there is no separate room in which they can isolate, they may be considered as a candidate for the voluntary self-isolation site. Individuals from the same household may also be considered if, for example, they cannot maintain a safe distance from a positive case(s).

**Eligible clients** include those who:

- are unable to safely isolate at home due to living in a small space with a large number of household members
- those living with family members who are at high-risk for the virus
- family members of a person who tests positive for the virus but are unable to safely relocate themselves, in which case family members can relocate instead.

[Click here to learn more.](#)

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