

## COUNCIL OF AGENCIES SERVING SOUTH ASIANS

The Council of Agencies Serving South Asians'

## **June 2021 Newsletter**

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# **Project Updates**

## **COVID-19 Helpline for South Asians**

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.

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





## Employment Equity for South Asians -Cynthia Saxena, Employment Equity Coordinator

CASSA is continuing to advocate the policy recommendations created in the <u>Moving Towards</u> <u>Decent Employment</u> reports. CASSA has launched a <u>Business Charter</u> for both small and large businesses where they can pledge their commitment to anti-racism practices and supporting racialized communities to gain equitable outcomes in employment.

If you would like to support, collaborate or know more about this advocacy campaign, please reach out to Cynthia: <u>cynthia@cassa.on.ca</u>

## **Racial Equity in Education -**

### Eman Zahid, Muslim Community Outreach Coordinator

The Coalition for Racial Equity in Education is working on passing motions regarding racial equity issues at Ontario school boards.

Our next training weekend for volunteers is July 10 & 11.

The next CASSA Community meeting will be held in the first two weeks of June, and volunteers will receive emails regarding specific details.

Volunteers and community members interested in the project can access the training materials from our last training weekend using these links:

Parent Meeting Folder, click here.

### Students Meeting Folder, click here.

We will begin recruiting the 2nd volunteer cohort in July, so if you are interested in participating in the project, please fill out this form: <u>https://form.jotform.com/210544427161246</u>

## Subscribe Past Issues

CASSA's Vaccine Engagement Team, as part of the South Asian Vaccine Engagement Collaborative, is starting work on a new information hub that will streamline the information sharing process and alert community members to available vaccines. The hub will also focus on displaying new educational content relevant to all of Toronto, including videos on vaccine mythbusting, youth outreach, and overcoming second dose hesitancy.

As vaccine roll-out expands, SAVEC will keep track of all changes and encourage South Asians to get vaccinated so make sure to watch the CASSA website and reach out with relevant notices by contacting <u>wardah@cassa.on.ca</u>.



## <u>Collaborative to Combat Online</u> <u>Hate - Maryam Faisal, Anti-Hate</u> <u>Project Coordinator</u>

New podcast episode is now live!

Check out CASSA's Podcast channel here: Spotify: <u>https://spoti.fi/2QG4HDr</u>



<u>Call for Submissions:</u> Put A Name to the Statistic: Call for Stories. While statistics on racism provide vital information, it is personal stories and experiences that drive the message home. If you're a visible minority who has experienced online hate in a way that has impacted you, we want to hear your story. Shared experiences might be used as part of our project and social media campaign on combatting online hate. Please submit your story through this google form: <u>https://bit.ly/3eNcyaB</u> We thank you for

https://mailchi.mp/d5bba311c8de/cassas-june-2021-newsletter-4789129

**Note**: You will be contacted beforehand if we decide to use your experience as part of our campaign! Please email <u>maryam@cassa.on.ca</u> if you have any other questions or concerns.

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 <u>maryam@cassa.on.ca</u> with your suggestions!

## Hate Crime Reporting -

Lakhdeep Dhaliwal, Hate Crime Reporting Project Coordinator

Hate crimes are crimes in which the offender is motivated by a characteristic of the victim that identifies the victim as a member of a group towards which the offender feels some animosity. The problem of hate crime is a truly global phenomenon and Canada is no exception. Because they are directed both at a group and an individual victim, hate crimes carry an element of harm that is not present in other kinds of offending. For this reason, many jurisdictions have passed legislation increasing the penalties for crimes motivated by hate. The Sentencing Reform Bill (C-41) in Canada is an example of this kind of statute. (EXECUTIVE SUMMARY - Disproportionate Harm: Hate Crime in Canada (justice.gc.ca)

The Community Leaders Group (CLG) network is being utilized to form an Advisory committee, a group of 8 - 10 cross sectoral members will help to shape this project. Police service information gathering meetings are underway with specific hate crime units and personnel. We look forward to action herein! <u>lakhdeep@cassa.on.ca</u>

## **Racial Equity in Education -**

### Khalood Kibria, Social and Racial Equity Planning Coordinator

On May 25th, 2021, CASSA held a community consultation to gather feedback on the City of Toronto's proposal to create **a new city-wide framework for the licensing and regulation of multi-tenant houses** (commonly known as rooming houses).

The session provided community organizations and members with the opportunity to discuss current regulations for multi-tenant housing in Toronto, share personal experiences living in multi-tenant housing, and provide feedback on the proposed creation of a new city-wide regulatory framework for multi-tenant housing. The feedback and recommendations gathered from the session were compiled into a report that was shared back with the City of Toronto.



Past Issues

Meet Naima Raza, Anti-Hate & Equity in Education Project Associate. Naima Raza is currently entering her second year of the Masters of Teaching program at the University of Toronto. She has experience working with South Asian communities as the former Civic Engagement Coordinator for CASSA. <u>naima@cassa.on.ca</u>



Meet Wardah Malik, Vaccine Engagement Project Coordinator. Wardah holds a Master's from University of Cambridge where she completed a thesis on citizenship & ethnic minority rights in Pakistan. She believes in working locally towards ensure sustainable social change. wardah@cassa.on.ca



Meet Mahdiba Chowdhury, Health Equity Coordinator Mahdiba Chowdhury is a graduate student specialized in Mental Health Studies from the University of Toronto. She worked closely with community partners in the development of ethnocultural education and promotional materials. <u>mahdiba@cassa.on.ca</u>



Meet Khalood Kibria, Social and Racial Equity Planning Coordinator Khalood is a graduate student at the University of Toronto, pursuing her Master's of Arts. She has experience conducting community-based research and dialogues on social justice and equity issues. khalood@cassa.on.ca

### Past Issues



Abiagom Dibia is the Administrative Assistant and Membership Coordinator for CASSA. He has rich experience in Data Analysis and providing executivelevel administrative & operational support. He has a Bachelor of Science in Applied Physics, Certificate in Business Analysis from Sheridan College, Certificate in Customer Service Excellence and a Qualified Arbitrator of Toronto Commercial Arbitration Society.

abiagom@cassa.on.ca



Meet Shreya Shourie, Student Intern - Collaborative to Combat Online Hate Shreya studies at the University of Toronto and am working toward a Honours Bachelor of Arts degree with a focus on Political Sciences and City Studies. She is passionate about the advocating for individuals in marginalized communities. <u>shreya@cassa.on.ca</u>



Meet Milisha Nicholas, Student Intern

Milisha Nicholas is the Hate Crime Reporting Project Associate at CASSA. She is entering her third year as a student of the University of Toronto where she is double majoring in Public Policy and Political Science and minoring in Public Law. milisha@cassa.on.ca

## **South Asian Heritage Month**

The month of May was **South Asian Heritage Month**, a commemoration and celebration of South Asian Canadians. CASSA held a **South Asian Heritage Month 2021 panel event** on **May 12th** that celebrated six South Asian heroes who have been actively making a difference during the COVID-19 pandemic.

Watch the panel discussion below:

2/9/23, 12:44 PM

PERM



South Asian Heritage Month Panel Discussion

### CASSA's Hate Interruption during SAHM 2021 Statement

CASSA strongly condemns any form of racism, discrimination or hate. We were disturbed by recent incidents of hate speech through Zoom bombings that took place on Wednesday, May 12th, 2021, at CASSA's South Asian Heritage Month (SAHM) Panel Discussion. During the SAHM 2021 virtual event while panelists were engaged in meaningful discussion, one or two attendees interrupted the meeting to advance racial slurs and display inappropriate and unacceptable acts of hate. This happened in two separate instances. **Any form of hate is unacceptable, intrusive, and unwelcome**. This serves as a reminder to CASSA, the authorities and our communities that the work towards equitable and safe spaces, acceptance and in dismantling systemic racism is ongoing. Read CASSA's full statement <u>here</u>.

Hate Interruption Statement

## Statement of Solidarity with Indigenous Communities

Past Issues

#### June 3, 2021

The Council of Agencies Serving South Asians (CASSA) would like to offer its deepest condolences to the families, relatives, and communities of the 215 children whose bodies were found on the grounds of the former Kaniloops Indian Residential School.

We are deeply grieved by this news, but we are not shocked. The Canadian Residential School System was an instrument of genocide, with the last residential techool closing as recently as 1995. These schools were sites of emotional, physical, intellectual, and sexual abuse that were used by the Canadian state to advance the project of settler colonialism by upcoofing Indigenous children from their communities, permanently separating them from their families, and surphus gluen or their culture and language. Indigenous people around the country continues to running us that this is not an isolated incident. Over the course of the around the country continues of their this is not an isolated incident. Over the course of the and and not returned to their families – Indigenous communities have always known that such mass graves existed all around the country.

The lowering of flags is not enough. The stories that continue to come out of residential schools are not simply a "dark chapter" in Canadian bitory, but an ongoing reality reflecting the violence that settler colonialism inflicts on Indigenous people. In so many ways, settler colonial violence continues to be part of the modern Canadian lundsrage - a lack of access to clean water, conging violence against flagenous women, land theft, disproportionate syread of disease, coercion of Indigenous children into the Child Welfare system - the Canadian government, and all settler Canadians have a responsibility to address these inequalities.

Although we may not have been among the initial colonizers of this land, the South Asian immigrant commanity must not forget that we live, work, and play on Indigenous lands. It is our responsibility to stand with Indigenous and isource and accountability and justice for the violance dance to them and their children. We must recognize our responsibility to educate ourselves, listen to the initial caretakers of this land, and take action to show solidatity with Indigenous project.

For those needing support, please call: National Indian Residential School Crisiss Line, 1-866-925-4419 As we mark National Indigenous History Month this June, let us commit to greater education and calls to action. Some resources to begin your learning and undearning:

The Truth and Reconciliation Commission: <u>http://rc.ca/assets/ndf/Calls\_to\_Action\_English2.pdf</u>
 The National Inquiry into Missing and Murdered Indigenous Women: <u>https://www.mniwg.</u>

The National industry into Statisting and structures industry industry

Contact: Samya Hasan Executive Director The Council of Agencies Serving South Asians (CASSA) would like to offer its deepest condolences to the families, relatives, and communities of the 215 children whose bodies were found on the grounds of the former Kamloops Indian Residential School. It is our responsibility to stand with Indigenous nations as they demand accountability and justice for the violence done to them and their children. We must recognize our responsibility to educate ourselves, listen to the initial caretakers of this land, and take action to show solidarity with Indigenous people.

Read CASSA's full statement here.

## **Messages from Members**

**Past Issues** 



Word

Excel PowerPoint

11

## **JUNE 2021 ONLINE COMPUTER WORKSHOPS**

Intro to Word Monday, June 7 from 10am-11:30am

Intro to Word 2 Thursday, June 10 from 10am-11:30am

Intro to Excel 1 Monday, June 14 from 10am-11:30am

Intro to Excel 2 Thursday, June 17 from 10am-11:30am

**Using Zoom for Virtual Interviews** Monday, June 21 from 10am-11:30am

**Navigating Linked In Basics** Friday, June 25 from 10am-11:30am

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 booking.timeschange@gmail.com and type computer workshops in the subject line.



POntario



EMPLOYMENT ONTARIO

## Want to help improve mental health services for South **Asian Canadians?**

#### What is this study about?

The goal of this study is to develop a manual for culturally adapting Cognitive. Behavioural Therapy (CBT) for Canadians of South Asian origin experiencing depression and/or anxiety.

What's involved? The study involves attending therapy sessions and completing questionnaires at different stages of therapy Who can participate?



### Employment Service

Times Change Women's Employment Service is hosting current software workshops through sessions led by their computer expert. This includes workshops for MS Word, Excel, Virtual Interviews, LinkedIn and even Sage 50 Training.

To register for any of these computer services, email booking.timeschange@gmail. com and type 'computer workshops' in the subject line.

## South Asian Mental Health Study -CAMH, PCHS

Are you:

- South Asian and between 18-64 years
- Live in Ontario or BC
- · Experiencing symptoms of depression/anxiety and haven't recieve Cognitive Behavioural Therapy in the last 12 month

Participate in a study aiming to improve mental health services for South Asians! Email cbt-sa@camh.ca to sign up.

Past Issues

## Daughters of the Pandemic

Assessing the Long-Term Impacts of COVID-19 on South Asian Cirits & Women In Peel A Partnership Project Between PCHS X Laadliyan Authors Sharan Khela Jasmine Singh Ronika Turna Artwork & design Arashdeep Chahal Laadliyah conducted community based research to learn more about the challenges South Asian daughters within the Peel Region have been facing as a result of COVID-19. Through candid community conversations with daughters of all ages living and/or working in Peel Region, they collected community narratives to inform their research. Read the full report <u>here</u>.

## **Opportunities**



Job Posting: Election Clerk - Elections Ontario

Position: Temporary assignment from August 9, 2021 to June 30, 2022
Starting Salary: \$37 per hour
Hours of Work: Variable hours with full time hours during the event
Application Deadline: June 13, 2021
Apply here.

## **Past Issues**

- Would you like to:
- · Help the well-being of people in the community?
- Make a difference for people living with mental illness?
- Promote optimism, equality and inclusiveness?

### **Join CMHA Peel Dufferin Board of Directors!**

For more information or to submit your résumé, please visit peeldufferin.ca/get-involved/volunteer/



#### Join the Canadian Mental Health

## Association (CMHA) Peel Dufferin, Board of Directors!

If you would like to help achieve our vision of a healthy society, please submit a resume and cover letter on your interest in mental

health to executiveoffice@cmhapeel.ca by

#### Tuesday June 15, 2021.

Click here for more information on this role.

Date Posted:         Reports to:           Job Title:         May 20, 2021           Finance Coordinator         Date Closed:           Particle # 50 accenced acc         Date Closed:	_
Finance Coordinator May 20, 2021 Senior Finance Manage Pate Closed: Pa	
Date Closed: Position Type:	
Job Posting # FC-009/2021-22 June 3, 2021 Full Time	
organization. PCHS has been fulfilling the needs of the diverse populations for 30 years by provid services in the areas of addictions, mental health, geriatric, health promotion, domestic violen parenting, settlement and services for women, children and youth. PCHS has several research stuc to its credit and recognized as an innovative organization for community development and its Integra Holistic Service Delivery Model. PCHS is accredited by Commission of Accreditation Rehabilital Facilities (CARF) International and Imagine Canada. PCHS is a 2SLGBTQ sensitive organization. <u>About Position:</u>	ce, ies ted ion
Finance Coordinator will work closely with Senior Finance Manager and Chief Operating Officer. T position will be responsible for maintaining all record keeping, bookkeeping and other related duties assigned. This position will be required to plan, organize and control daily operations.	
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#### Self-starter, ability to plan and organize to meet internal and external deadlines Superior time management skills, multitasking and ability to prioritize tasks with minimal supervision

- Ability and willingness to work flexible hours in a fast paced environment
  - Knowledge of the following will be an asset: Microsoft Great Planes Dynamic

  - Ontario Health Care Reporting Standards ADP Workforce Now
  - Familiarity with Cloud technology and Share-Point

#### Requirements:

- Must possess a valid Ontario Driver's License, have regular access to a reliable vehicle and provide proof of adequate vehicle insurance
- A satisfactory current Vulnerable Sector Screening (Criminal Record Check) report

## Job Posting: Finance **Coordinator** - PCHS

The Punjabi Community

Health Services is hiring a

**Finance Coordinator!** 

Hours: Full Time, 37.5 hours

per week

Position to commence: June

21, 2021 or earlier

Please submit resume by

June 3, 2021 to the Hiring

Committee at

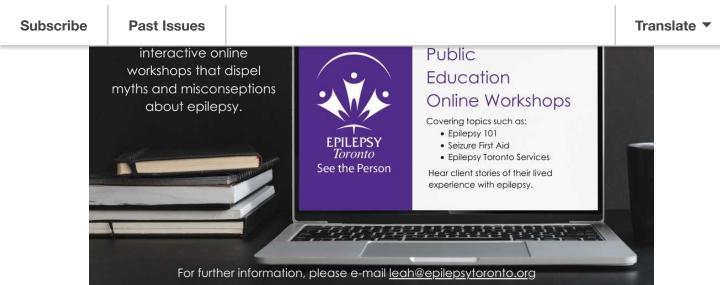
hr@pchs4u.com and add Job

Posting #FC-009/2021-22 to

the email subject line and

cover letter. More information

on this role here.



Combatting 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.

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

## **Important News**

When can you get your 2nd COVID-19 dose?

Several Canadian provinces will be administering second doses of COVID-19 vaccine earlier than expected, due to the high number of people who have received their first dose so far, and a big supply of vaccine. Vaccines are safe, effective and the best way to protect you and those around you from serious illnesses like COVID-19. Ontario has now opened up vaccinations for all those: 18+ and living in hotspot areas. You can check to see if you are eligible by entering your postal code and eligibility group: Book your vaccine here.

**Step 1:** An initial focus on resuming outdoor activities with smaller crowds where the risk of transmission is lower, and permitting retail with restrictions

**Step 2:** Further expanding outdoor activities and resuming limited indoor services with small numbers of people and with face coverings being worn.

**Step 3:** Expanding access to indoor settings, with restrictions, including where there are larger numbers of people and where face coverings can't always be worn.

For a breakdown on the reopening plan, click here.

## Breaking taboos in the South Asian community

Thaen Pot focuses on getting South Asian women to embrace and speak openly about their sexuality. Dr. Varuna Srinivasan, a physician by training and an advocate on issues surrounding sexuality in South Asian cultures, says "Language and education is just so imperative in our knowledge and in the way that we view ourselves and our bodies... and in encouraging kids to think more openly about their sexuality."

"We live in such white-dominated spaces and we are often told by our parents that live-in relationships are for white people ... having a girlfriend or boyfriend at 16 is for white people." Srinivasan said. To read more, click <u>here</u>.

## **COVID-19 Vaccination Clinics in Canada**

Vaccine Hunters has compiled a list of COVID-19 Vaccination websites for community members to access and find the closest vaccination clinic to them. <u>Click here to view their compiled list.</u>

**Past Issues** 



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