



COUNCIL OF AGENCIES SERVING SOUTH ASIANS

*The Council of Agencies Serving South Asians'*

## **May 2021 Newsletter**

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# Project Updates

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

[Nikhita Dogra, Project Manager](#)

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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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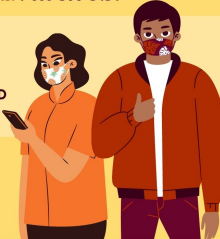
# COVID-19 HELPLINE FOR SOUTH ASIANS IN THE GTA

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

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

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




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

647-846-2233

جی.ٹی.ای سے باہر رہنے والے ٹول فری نمبر پر सम्पर्क करे: 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




# گرےٹار ٹرنٹوতে बसबासुरत दक्षिण एशियानदेर जन्य कोविड-१९ हेल्पलाइन

647-846-2233

ट्रन्टोेर बाहेर थेके कल करार टोल फ्री नम्बर: 1-866-300-3454

कोविड-१९ एर तथा, स्वास्थ्य एवं सुरक्षा,  
सरकारी उपकार वा सुविधा, सापेाट साठिस,  
पुनराय खोलार नियमादि, एवं खान्य निरापता

रेकॉर्ड करा तथा एवं इनटेक विशेषज्ञदेर  
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 ਖੁੱਲਣ ਦੇ ਅਸੂਲ, ਅਤੇ ਫੂਡ ਸਕਿਉਰਿਟੀ

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



**ਗੋਰਾਗੋਰਾਨਗੋਰਾ ਪੇਰੁਮਪਾਕਥੁ ਤੇਰੁਕਾਸ਼ੀਯਰੁਕੁਨੁਕਕਾਨ ਕੋਵਿਡ - 19 (COVID-19) ਤੋਲਾਏਪੇਸ਼ੀ ਊਠਵਿਠੁ ਤੋਲਾਦਰੁਪੁ**

**647-846-2233**

ਗੋਰਾਗੋਰਾਨਗੋਰਾ ਪੇਰੁਮਪਾਕਥੁਤੁਕੁ ਵੇਲਿਯਿਲਿਨੁਨੁਤੁ ਅਠੈਠੁਪਵਰੁਕੁਨੁਕਕਾਨ ਕਲੁਣਨਮਹੁਰੁ ਤੋਲਾਏਪੇਸ਼ੀ ਏਨੁ: 1-866-300-3454

ਕੋਵਿਡ - 19 ਪਹੁਰੁਯ ਤਕਵਲੁਕੁਨੁ: ਕੁਕਾਠਾਰਮੁ ਪਾਠੁਕਾਪੁਪੁ, ਅਰੁਸਾਨੁਕੁਠੁਠਿਨਾਲੁ ਵਮੁਕੁਪੁਪੁਮੁ ਊਠਵਿਠੁ, ਊਠਰੁਵੁਸ਼ੁ ਸੇਵੇਕੁਨੁ, ਮਿਠੁ ਠਿਰੁਪੁਕੁਕਾਨ ਨੁਦੇਮੁਠੁਠੇਕੁਨੁ, ਊਠੈਠੁਪੁ ਪਾਠੁਕਾਪੁ

ਪਠਿਯੁ ਸੇਠੁਠੁਪੁਪੁ ਤਕਵਲੁਕੁਨੁਠੁ ਮਹੁਰੁਠੁ ਨੁਪੁਠੁਠੁਕੁਨੁਠੁ ਨੁਠੁਠੁ ਤਕਵਲੁਕੁਨੁ ਨੇਰੁਠੁਠੁਕੁਕੁ ਵਮੁ ਊਠੁਕੁਠਿਲੁ, ਊਠੁ, ਊਠੁਠੁ, ਠੁਮਿਠੁ. ਪੁਰੁਸਾਪੁ, ਵਕੁਕਾਨੁਮੁ ਊਕੁਯ ਮੋਮੁਠੁਕੁਨੁਠੁ ਪੇਠੁਠੁਕੁਕੋਠੁਠੁਠੁ.




## 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 languages: English, Arabic, Tamil, and Urdu.

**To access CASSA's Youtube channel,** you can click [here](#).

**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. CASSA is soon launching a Business Charter 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: [cynthia@cassa.on.ca](mailto:cynthia@cassa.on.ca)

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[Eman Zahid, Muslim Community Outreach Coordinator](#)

The **Coalition for Racial Equity in Education** is continuing to work on strengthening community engagement and training our student and parents volunteers in capacity building and advocacy skills. We are holding monthly student and parent volunteer meetings to connect with the community and obtain insights on project activities. The next **Student meeting is Tuesday, May 25th, 2021**, and will be a focus group- style collaborative event to discuss the impacts of COVID-19 on online education. The next **Parent meeting is Tuesday, May 18th, 2021**, and will also feature a focus group to allow volunteers to share their experiences with the ongoing pandemic.

CREE is holding a **training weekend on Saturday, May 15th, and Sunday May 16th, 2021**, to introduce Anti-Racism and Anti-oppression training for student and parent volunteers. This weekend will also include an Introduction to Advocacy Training, presented by the Urban Alliance on Race Relations. The Advocacy Training will help volunteers understand how advocacy works at the school board level, and how communities can collaborate with elected officials to institute policies of change. There will also be a Volunteer Appreciation session on Sunday, May 16th, which will include fun games, icebreakers, lively discussions, and food vouchers, in an effort to show our volunteers how much we appreciate their commitment. For more information on the training weekend, please contact [eman@cassa.on.ca](mailto:eman@cassa.on.ca).

The **CREE Academic Conference is Monday, June 14th, 2021 to Friday, June 18th, 2021**, and will feature the academic research compiled thus far in this project. We are also hosting panels with education trustees and experts to discuss essential issues in our school board system. The Conference will include various sessions covering topics such as Reflective & Diverse Hiring, Intro to Policy Writing, an Evaluation of Ontario's Secondary School Curriculum, and more. Link to register will be available soon.

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**ANTI-HATE CONVERSATION SERIES**  
**SEASON 2: COLLABORATIVE TO COMBAT ONLINE HATE**  
**PART 24: DISCUSSING THE NATIONAL SURVEY ON RACISM AND ONLINE HATE**


EPISODES WILL BE RELEASED BIWEEKLY ON TUESDAYS AT 4 PM EST

NOW AVAILABLE ON SPOTIFY AND GOOGLE PODCASTS  
[spoti.fi/2QG4HDr](https://spoti.fi/2QG4HDr)

FIND US ON FACEBOOK AND YOUTUBE: @CASSAONLINE



**DAVID COLETTO**  
CEO, ABACUS DATA



**MOHAMMED HASHIM**  
EXECUTIVE DIRECTOR, CANADIAN RACE RELATIONS FOUNDATION

**CASSA** IN COLLABORATION WITH THE ANTI-HATE COMMUNITY LEADERS' GROUP  
 Funded by the Government of Canada | **Canada**

### Project Coordinator

#### 📢 New podcast episode is now live!

How do Canadians feel about the rise in online hate? Who is the target of online hate? should social media companies be held accountable? CASSA's Project Manager, Maryam, discusses the National Survey on Online Hate and Racism with Mohammad Hashim, Executive Director at Canadian Race Relations Foundation, and David Coletto, CEO of Abacus Data.

Spotify: <https://spoti.fi/2QG4HDr>

#### Call for Submissions: 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: <https://bit.ly/3eNcyaB> We thank you for opening up to us and helping us combat online hate.

**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 on combatting online hate. Please submit your story through this google form: <https://bit.ly/3eNcyaB>  
 Thank you for opening up about your experience!

**CASSA** IN COLLABORATION WITH THE ANTI-HATE COMMUNITY LEADERS' GROUP  
 Funded by the Government of Canada | **Canada**

**Note:** You will be contacted beforehand if we decide to use your experience as part of our campaign! Please email [maryam@cassa.on.ca](mailto:maryam@cassa.on.ca) 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 [maryam@cassa.on.ca](mailto:maryam@cassa.on.ca) with your suggestions!



[Lakhdeep Singh Dhaliwal](#) is working with CASSA as the **Hate Crime Reporting Project Coordinator**.

Lakhdeep has a passion and purpose for front line leadership in the field of Anti Racism, Human Rights, Equity & Inclusion and has worked with school boards across North America during New Teacher Induction Programs in both public and private settings. More recently, Lakhdeep fully transitioned to becoming Vice President of Equity Education with Next Generation Program Facilitator with The Mosaic Institute. [lakhdeep@cassa.on.ca](mailto:lakhdeep@cassa.on.ca)

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## CASSA is Hiring!

We are hiring for the positions:

**Fundraising Coordinator:**

<https://secure.collage.co/jobs/cassa/22339>

**Project Associate Anti - Hate and Equity in Education:**

<https://secure.collage.co/jobs/cassa/22340>

**Social and Racial equity Planning Coordinator:**

<https://secure.collage.co/jobs/cassa/22342>

**Health Equity Coordinator:**

<https://secure.collage.co/jobs/cassa/22343>

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## South Asian Heritage Month

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**panel event** where we celebrate six South Asian heroes who have been actively making a difference during the COVID-19 pandemic and will engage in discussion on challenges and successes over the past year with respect to COVID-19 and South Asian Heritage. Presenting our COVID-19 Heroes:

*Doly Begum, Dr. Naheed Dosani, Fairuz Karim, Dr. Samir Sinha, Sukhmeet Singh Sachal and Dr. Supriya Sharma.*

To register for SAHM 2021, click [here](#).



**CASSA**

**2021 SOUTH ASIAN HERITAGE MONTH**  
**CELEBRATING COVID-19 HEROES**

Register: [sahm2021.eventbrite.com](https://sahm2021.eventbrite.com)



**DOLY BEGUM**  
MPP for Scarborough Southwest



**DR. NAHEED DOSANI**  
Palliative Care Physician & Health Justice Activist



**DR. SAMIR SINHA**  
Director of Geriatrics at Sinai Health & UHN



**FAIRUZ KARIM**  
Student Advocate, Founder of HamOnt Washroom Campaign



**SUKHMEET SINGH SACHAL**  
Student Advocate & Founder of Sikh Health Foundation



**DR. SUPRIYA SHARMA**  
Chief Medical Advisor

PANEL DISCUSSION: MAY 12 2021, 4PM-6PM EDT

# Messages from Members



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## 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)

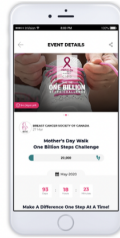
You can get your steps anywhere and anytime that's right for you. Join us every day in May to walk, step, dance – however you want to move!

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



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.

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!

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

### **Ramadan Campaign in support of Nisa Homes - Canadian Council of Muslim Women (CCMW)**

CCMW announces a community fundraising campaign this Ramadan in support of Nisa Homes, the largest group of transitional homes for Immigrant, Refugee and Muslim women. **Poverty, homelessness, domestic assaults and cases of violence against women have increased significantly since the start of the pandemic.** Nisa Homes provides women experiencing domestic violence, poverty or homelessness with a safe space and services to help them heal and start afresh.

## Let's Keep Our Sisters Safe This Ramadan

Domestic violence rates have **tripled** since the spread of covid-19. Help CCMW raise funds to provide shelter & a new beginning for women & children fleeing domestic violence, homelessness and forced resettlement.

Give today by making a tax deductible **Zakat** or **Sadaqah** donation to Nisa Homes.  
[launchgood.com/keepoursistersafe](https://launchgood.com/keepoursistersafe) (Tax receipts to be provided)

Canadian Council of Muslim Women (CCMW)  
Le conseil canadien des femmes musulmanes (CCFM)

NISA HOMES

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Sheltered <b>806</b> Women and Children	<b>6,122</b> Calls for Help	<b>3,375</b> Remote Clients
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- Nisa Homes



Canadian Council of Muslim Women (CCMW)  
Le conseil canadien des femmes musulmanes (CCFM)

NISA HOMES

and **100%** of all money raised will go directly to Nisa Homes centres across Canada. Nisa Home currently has seven homes across Canada with plans to open more homes in Montreal, Halifax and Winnipeg.

CCMW calls on the public to make tax deductible donations, Zakat or Sadaqah in support of the fundraiser. **DONATE NOW.**

Please donate generously today and let's all heal together this Ramadan. Find out more about Nisa Homes [here](#)

**Together Towards Recovery Conference - In This Together Campaign**

The In This Together campaign will be hosting the Together Towards Recovery Conference (Youth Mental Health Recovery beyond COVID) on **May 20 and May 21st at 5 p.m. EST!** This will be a space where youth will share their perspectives about their mental health challenges! We will have a networking event with many organizations! [Register here.](#)

In this Together

**Together Towards Recovery**

Youth Mental Health Recovery beyond COVID conference

Youth Panels  
Research Presentation  
Keynotes by Special Guests

**Join us** on May 20 - 21, 2021  
5:00 PM EST

Kids Help Phone   The New Normal   YWCA   YOUTH GRAVITY

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**committed to 2SLGBTQ+ inclusion!** - [Moyo Health & Community Services](#)

Calling all service providers committed to 2SLGBTQ+ inclusion!

- Do you provide services to 2SLGBTQ+ communities? Are you interested in developing and providing these services?
- Do you identify as a member/members of 2SLGBTQ+ communities?

If you answered yes to any of these questions, you are invited to join Peel's 2SLGBTQ+ Service Provision Network! Developed by Moyo Health & Community Services and in partnership with East Mississauga CHC and Associated Youth Services of Peel, this network is aimed at:

- 1) building the capacity of service providers across Peel to better serve diverse 2SLGBTQ+ communities
- 2) providing a safer space for service providers to have a dialogue about barriers to 2SLGBTQ+ inclusion in their respective fields/organizations
- 3) engaging in collective resources and knowledge mobilization
- 4) communicating the activities of the 2SLGBTQ+ collaborative to service providers
- 5) building up a network of 2SLGBTQ+ champions in Peel Region

Our next meeting takes place **Thursday, May 6th from 10am-12pm**. This event will be facilitated by a Registered Psychotherapist (Qualifying) and professional member of the Canadian Art Therapy Association.

For details/to register, go to: [2slgbtqpeelspn.eventbrite.ca](https://2slgbtqpeelspn.eventbrite.ca)

# Opportunities

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youthinpolicing@drps.ca | 905-579-1520 ext. 4386 | 605 Rosstand Road East, Whitby, Ontario L1N 0B8

### Youth in Policing – Job Posting

The Youth in Policing Initiative runs in partnership with the Ministry of Children, Community and Social Services. Over the course of the program students will engage in positive productive activities in a safe and healthy environment.

This is a **paid** student position running for 8 weeks, 28-35 hours/week, Mondays to Thursdays. The initial start date will be on July 5, 2021 and end on August 26, 2021. The 2021 Summer Initiative will be entirely online, with the possibility of in-person days depending on COVID-19 guidelines issued by the Government of Ontario.

The goal of the Youth in Policing Initiative is to inspire young people to look at the many different aspects of policing and to empower students to become ambassadors of change in the community of Durham.

To qualify for the Youth in Policing Initiative Student position, applicants must:

- Be between the ages of 15-18
- Reside in the Regional Municipality of Durham
- Be currently enrolled in secondary school
- Be returning to secondary school in September of 2021
- Legally eligible to work in Canada

As part of the selection process for this position, all applicants will be assessed through a resume review, interview, and background check. Applications close at 4:00pm on May 20, 2021. Applicants selected for an interview will be contacted no later than May 27, 2021. All interviews will take place on May 29/30, 2021.

*If you require accommodation at any time during the recruitment process, please email [youthinpolicing@drps.ca](mailto:youthinpolicing@drps.ca). Appropriate assistance will be provided pursuant to the Service's Accessibility directive.*

To learn more about Youth in Policing and apply, visit our web-page: <http://www.drps.ca/yip>

## Regional Police

This is a **paid** student position running for **8 weeks, 28-35 hours/week, Mondays to Thursdays.**

The initial start date will be on **July 5, 2021** and end on **August 26, 2021**. The 2021 Summer Initiative will be entirely **online**, with the possibility of in-person days depending on COVID-19 guidelines issued by the Government of Ontario. *Applications are due May 20, 2021.*

### To qualify for the Youth in Policing Initiative Student position, applicants must:

- Be between the ages of 15-18
- Reside in the Regional Municipality of Durham
- Be currently enrolled in secondary school
- Be returning to secondary school in September of 2021
- Legally eligible to work in Canada

To learn more about Youth in Policing and apply, visit our web-page:

<http://www.drps.ca/yip>

## Volunteer Opportunity: Youth Advisory Committee - Durham Regional Police

**Want to be involved in the community you live in?** Durham Regional Police Service (DRPS) is seeking applications for Youth Advisory Committee (YAC) Members. The committee will be comprised of thirteen youth volunteer members from within the Durham Region.

The YAC will run bi-monthly meetings, starting on **June 3rd, 2021**. The YAC meetings will be entirely online, with the possibility of in-person meetings depending on COVID-19 guidelines issued by the Government of Ontario.

### To qualify for the Youth Advisory Committee volunteer position, applicants must:

Be between the ages of 16-24

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No criminal convictions where a pardon has not been granted

Legally eligible to work in Canada

Prior volunteer experience

To learn more: <https://recruitdrps.durham.ca/>



### In This Together - Survey

The purpose of this survey is to understand how the global COVID-19 pandemic impacted the mental health and wellbeing of marginalized youth (15-29) in Canada, and if that created further inequalities when accessing effective mental health services.

The ultimate goal of this survey is to help inform the design and delivery of equitable and culturally-responsive mental health services.

(Approximate time of Completing this Survey: 30 - 40 minutes)

### [In This Together Survey - ABRAR Trauma and Mental Health Services](#)

The purpose of this survey is to understand how the global COVID-19 pandemic impacted the mental health and wellbeing of marginalized youth (15-29) in Canada, and if that created further inequalities when accessing effective mental health services. Survey available [here](#).

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)

### [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

# Important News

## Ontario opens up vaccinations for all individuals 18+ in hotspot areas

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.](#)

## 'Fight racism in all forms': How you can help Asian communities right now

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.

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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.](#)

### 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. [Click here to view their compiled list.](#)



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