



COUNCIL OF AGENCIES SERVING SOUTH ASIANS

The Council of Agencies Serving South Asians'

September 2021 Newsletter

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Project Updates

[Health Equity Summit 2021 -](#)

[Mahdiba Chowdhury, Health Equity Coordinator](#)

[2021 Health Equity Summit - COVID-19 Response: Road to Recovery](#)

[REGISTER HERE](#)

CASSA is pleased to announce that registration is now open for the 10th Annual Health Equity Summit. The Summit will be held virtually through Zoom on **Wednesday, September 22** and **Thursday, September 23, 2021**, at **10am – 2pm**.

Currently, we have the following speakers:

- Dr. Vinita Dubey, Toronto Public Health
- Sana Imran, Canadian Mental Health Association (CMHA)
- Angela Robertson, Parkdale West Community Health Centre
- Corey Bernard, Ontario Health
- Dr. Amit Arya, Kensington Health
- Dr. Amrit Sehdev, South Asian COVID Taskforce
- Dr. Naheed Dosani, St Michael's Hospital at Unity Health Toronto
- Amrita Mishra, Indo-Canadian Women's Association
- Samiya Abdi, Public Health Ontario
- Sume Ndumbe-Eyoh, Black Health Education Collaborative

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- Nousin Hussain, Public Health Agency of Canada
- Maneet Chahal, SOCH Mental Health
- Stephen Petersen, Strategic Analytics at Ontario Health
- Jayneel Limbachia, COVID-19 Made Simple
- Sujane Kandasamy, McMaster University

Please register [here](#).



We would also like to extend the opportunity for your organization to contribute or sponsor CASSA's Health Equity Summit. The contributions will help provide a high quality and accessible event for all attendees.

If you are interested in sponsoring or have questions, please contact Mahdiba Chowdhury (mahdiba@cassa.on.ca).

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. 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](#).

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

South Asian Vaccine Engagement Collaborative -

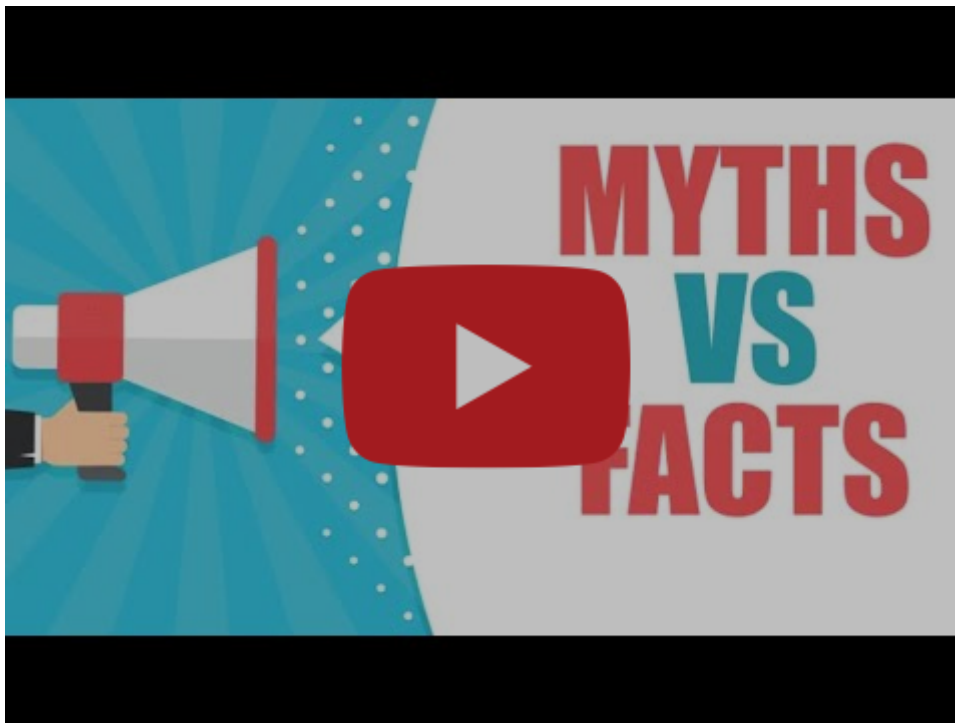
Wardah Malik, Vaccine Engagement Coordinator

The fourth wave of COVID-19 in Toronto has demanded an even stronger and more defined outreach strategy. While recognizing the difficulty of creating this strategy, the South Asian Vaccine Engagement Collaborative remains committed to providing up-to-date resources for our communities. Firstly, we have a back-to-school video series that targets youth and encourages them to get vaccinated. Later on in September, we will be releasing shorter videos that talk

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placement students that will tackle vaccine aftercare and support through storytelling – this is to build a much needed sense of community. Lastly, in September we will also host the last session of our “Having the Conversation” series which looks at underexplored topics of vaccine engagement. For final topics and dates please visit <http://cassa.on.ca/vaccine/> or email wardah@cassa.on.ca

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 wardah@cassa.on.ca.



Click here to view the full playlist of vaccine education videos available in 4 different languages: English, Punjabi, Tamil, and Urdu.

[Vaccine Myths vs Facts](#)

[Vaccine Education Series](#)

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**HATE CRIME REPORTING:
COMMUNITY FORUM**

Hosted by the Hate Crime Reporting Team

This project is funded by the Ontario Ministry of the Solicitor General and made possible by the Safer and Vital Communities Grant.

When: Sept 27th, Oct 25th, Nov 22nd, Dec 6th 2021 @ 7pm

An opportunity to share experience and discuss recommendations to address hate in your community

Who Can Join: Peel, Ottawa, Toronto and York Community Members

How: Zoom
Registration details will be provided soon

JOIN FOR A CHANCE TO WIN A \$100 GIFT CARD

FOR MORE INFORMATION CONTACT: LAKHDEEP SINGH DHALIWAL - HATE CRIME REPORTING PROJECT COORDINATOR AT LAKHDEEP@CASSA.ON.CA

[Reporting Project Coordinator](#)

The Hate Crime Reporting project team is busy developing a community survey set for release on August 16th, 2021. This survey is completely anonymous and aims to capture community voice as it relates to hate crime reporting in Ottawa, Toronto, Peel, and York region.

What is a hate crime? Where do hate crimes occur? When do hate crimes happen? Why do some report hate crimes while others do not? How should a hate crime be reported?

Quantitative survey data gathering along with 4 virtual community forums will provide answers to these questions directly from community members in order to discuss, digest, and demystify the reporting system. This data will then be translated into recommendations and ultimately actioned into training for police services of Peel, York, Ottawa, and Toronto.

Virtual Community Forum Link (September, October, November, December)

- <https://us02web.zoom.us/j/86897332601>

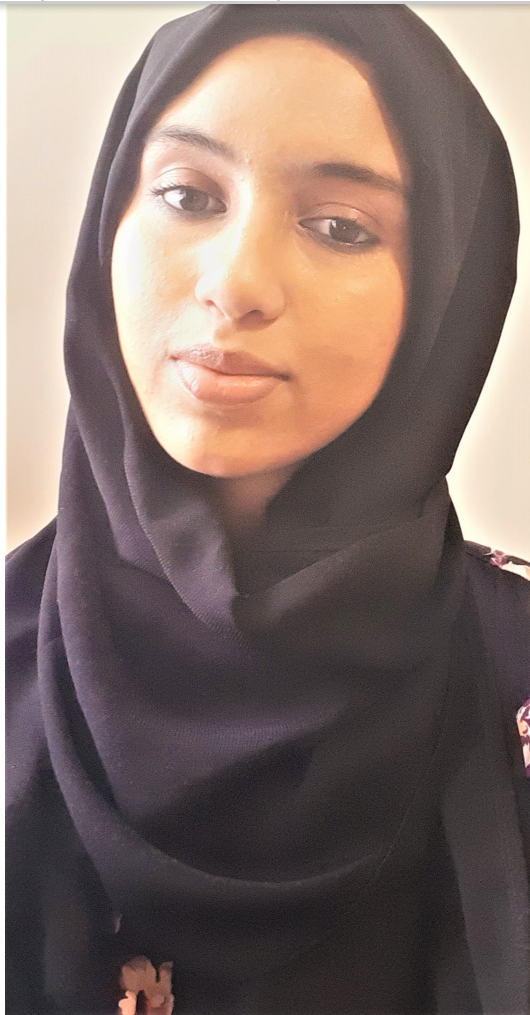
lakhdeep@cassa.on.ca

New Staff

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As a political activist and community organizer, Dinoba has worked extensively in the field of gender equity at the intersection of race. She earned a Bachelor of Arts degree in Political Science from University of Toronto and a Master of Public Policy and Global Affairs from the University of British Columbia. Dinoba's passion for addressing gender and racial inequity influenced her work at the United Nations Children's Fund at the Regional Office of South Asia in Nepal. Most recently, she has co-published a policy report on the Rome Statute's understanding of conflict-related sexual violence.

dinoba@cassa.on.ca

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Team Member

Nimra is a second-year student at Centennial College pursuing a social service work diploma. She is passionate about working with people and analyzing social issues and finding solutions for them. She has volunteered at organizations that allowed her to work with a diverse group of people from the South Asian community as well as work with her community's youth. She will be doing her internship at CASSA as part of the Vaccine Engagement Team and will assist with the efforts being made by CASSA to expand the 2021 outreach campaign in the South Asian communities of Toronto. nimra@cassa.on.ca

Save the Date: Annual General Meeting



SAVE THE DATE

**CASSA'S ANNUAL
GENERAL MEETING**

OCT. 20, 2021 | 5-7 PM 

RSVP by email: abiagom@cassa.on.ca

CASSA's Annual General Meeting is taking place virtually this year on **October 20, 2021** from **5-7 pm**.

To RSVP, please email abiagom@cassa.on.ca.

Messages from Members



South Asian Cardiovascular Risk Assessment Clinic

Live and virtual visits available



South Asian Risk Assessment Clinic - SANSAR

The South Asian Cardiovascular Risk Assessment Clinic went on hiatus at the beginning of the pandemic. SANSAR is pleased to announce that the clinic has been completely overhauled to be offered as a virtual or live clinic, based on patient preference. The new clinic will open to patients as of September this year, and patients from across Ontario are now eligible for virtual consultations upon referral by a physician.

Learn more [here](#).



Pin your Pink this October - Breast Cancer Society of Canada

October is International Breast Cancer Awareness month and the [Breast Cancer Society of Canada](#) is asking businesses to lend a hand and support life-saving breast cancer research by displaying a Pin Your Pink donation box with pink ribbons. The free Pin Your Pink kit comes with this adorable box, 250 ribbons and a 4" X 6" window cling. Ribbons can be purchased with cash or by simply scanning the QR code.

[Order your Pin Your Pink kit before August 31 at DressForTheCause.ca](#) The Breast Cancer Society of Canada | bcsc.ca | 1-800-567-8767

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Therapy for Black, Indigenous, and People of Colour (BIPOC)

A digital platform to find culturally responsive mental health & wellness professionals in Canada

- June 2021 -

A little more about Althea Therapy

Althea Therapy was created by Hamilton-raised mental-health advocate, Micheline Khan, to close the gap for Black, Indigenous, and People of Color (BIPOC) in accessing therapists who share the same cultural background. The app launched in April of this year (2021) and provides BIPOC individuals with a space to search for and connect with BIPOC mental health and wellness professionals in their area. Additionally, the app is a resource hub with information, education, and engagement on mental health and wellness topics, shared through the app, on the Althea Therapy website, and through the Althea Therapy weekly newsletter. I've attached a document that provides more information on Althea Therapy.

Learn more [here](#).

[Annual General Meeting - Skills for Change](#)

Skills for Change has supported the integration and well-being of immigrants and refugees in Canada. Our AGM is an opportunity for you to hear more about Skills for Change and our accomplishments over the past year. Due to the COVID-19 pandemic, we are hosting our AGM virtually. Link for the virtual event will be sent to you prior to the event.

Sign up [here](#).

Opportunities

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**ARE YOU
A SOUTH ASIAN
PERSON BETWEEN THE
AGES OF 18-30?**

Do you want to help amplify accurate COVID-19 information within your family and friend networks?

We will provide all the materials needed and you will also receive a giftcard for participating in the SAYVAC Research program!

YOU WILL BE REQUIRED TO COMPLETE A SHORT PRE & POST SURVEY AND ATTEND A WEBINAR ON SEPT 1 FROM 7-8PM EST.

APPLY BY EMAILING VACCINE.AMBASSADORS@GMAIL.COM BY AUG 31 AT 11:59PM TO BE PART OF THE SAYVAC RESEARCH STUDY!

COVID Community South Asia

THIS STUDY HAS BEEN REVIEWED BY THE HAMILTON INTEGRATED RESEARCH ETHICS BOARD UNDER PROJECT #13323

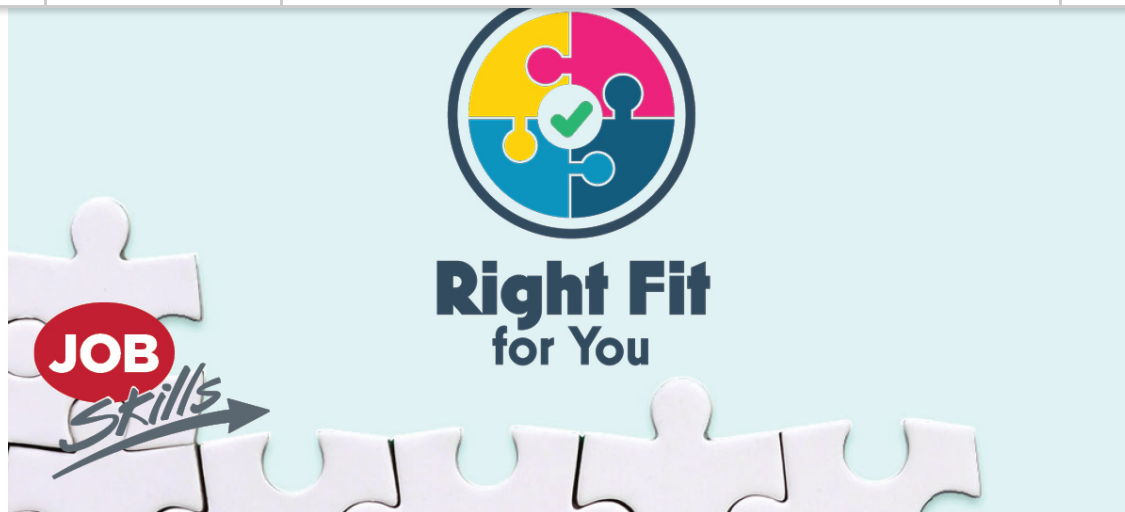
and PCHS**Project description:**

This study is trying to improve COVID-19 vaccine confidence among South Asians to make sure we are all protected and safe as during the 4th wave. For participating, you will receive a **\$50 gift card**.

Here is how you can participate:

- Self-identify as South Asian and aged 18-30 years living in the Greater Toronto and Hamilton Area (GTHA)
- Attend a 1 hour webinar/training session on September 1, 2021 at 7pm.
- Fill out our short 5 min. survey prior to attending the webinar/training session AND after the end of the program.
- Share the video and information learned during the session with your family, friends, and others in your social networks widely. Remember, your contact information will help us stay in touch with you and provide study related information, but your name and personal details will NOT be shared anywhere in the public.
- Once you have completed the program and all surveys, you will be sent a token of appreciation from us in the form of a **\$50 gift card**.

If you are interested, please contact us at vaccine.ambassadors@gmail.com or archchun.ariyarajah@mail.utoronto.ca. More details about the study and the team can be found on the PHRI website and in the attached poster.

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[Right Fit for You - Job Skills](#)

The Right Fit for You program is a **twenty-week program** targeted to support York Region and Peel Region youth with disabilities in overcoming barriers to employment.

The Right Fit for You program is available at no cost and offers the following:

- A customized 20-week learning environment using online and small group sessions.
- A dedicated social worker/facilitator team to improve your ability to meet life and employment goals.
- Skills training, mentoring, work experience placements, referrals and follow-up support.

Find out more or register at:

[Click here to learn more or register now.](#)

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About Cardiovascular Risk After Hypertensive Pregnancy

Overview: Many women experience Hypertensive Disorders of Pregnancy (HDP), referring to several conditions featuring high blood pressure during pregnancy. A pre-formed list of questions, or Question-Prompt Tool, may help women talk to their clinicians about the potential impact of HDP on their health, such as heart disease risk and prevention. The purpose of this study is to co-develop and test a Question Prompt Tool for HDP among diverse women.

Eligibility: Ethno-culturally diverse women who are conversant in English, Canadian residents, aged 18+, and have experienced high blood pressure during pregnancy, recently or many years ago.

Procedure: This study involves a one-time, 20-minute interview scheduled at your convenience, using a toll-free telephone number.

Results: The information you provide will help us develop and test a Question Prompt Tool. In the future, this tool could help other women discuss the impact of HDP on their health, with their clinicians.

To participate or for more information contact Jessica Ramlakhan
jessica.ramlakhan@uhnresearch.ca

You will receive a \$50.00 gift card for your participation

University Health Network

Researchers at University Health Network and University of Calgary are recruiting ethno-culturally diverse **women who had high blood pressure during pregnancy, recently or many years ago**. The study involves a one-time **20-minute phone call** to discuss how a pre-formed list of questions might help women talk to their doctor about high blood pressure in pregnancy and heart health. Women will receive a **\$50 e-gift card**. Please contact jessica.ramlakhan@uhnresearch.ca to ask questions or express interest.

Volunteers Needed - Ontario Cervical Screening Program

Ontario Health (Cancer Care Ontario) is looking for volunteers to help improve their new cervical cancer messages. **Do an interview and get a \$30 gift card as a thank you**. Find out more here: <https://www.cancercareontario.ca/en/get-checked-cancer/volunteers-needed-cervical-messages>.

Volunteers Needed

The **Ontario Cervical Screening Program** is doing interviews to find out how to make new cervical cancer messages better.

You may be able to do an interview if you

- Are 25 to 75 years old
- Are a woman, trans man or non-binary person
- Speak English

About the interview

The interview will take 1 hour and 15 minutes. You can choose to be interviewed by phone or by videoconference. Do an interview and get a \$30 President's Choice gift card as a thank you.

If you are interested

- Call us at **1-866-662-9233** toll free
- Email us at cancerinfo@ontariohealth.ca
Do not send us any information about your health or your health card (OHIP) number



Visit [cancercareontario.ca/cervicalinterviews](https://www.cancercareontario.ca/cervicalinterviews) to learn more



Ontario Health
Cancer Care Ontario



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Word Excel PowerPoint

AUGUST 2021 ONLINE COMPUTER WORKSHOPS

Applying to Jobs Online
Thursday, August 12 from 10am-11:30am

Intro to Word
Monday, August 16 from 10am-11:30am

Intro to Excel 1
Tuesday, August 17 from 10am-11:30am

Intro to Excel 2
Friday, August 27 from 10am-11:30am

Intro to Excel 3
Monday, August 30 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.



CODING

Interested in learning computer programming with HTML and CSS? Then these **ONLINE** workshops are for you!

WHAT WILL YOU NEED?

- A laptop/computer with stable internet
- Ability to download **ZOOM** and workshop files

Intro to Coding

Thursday, August 5 2021
10am-12:00pm

AND

Advanced Coding

Tuesday, August 24, 2021
9am-11:00am

[Register here](#)



Online Computer and Coding Workshops - Times Change Women's Employment Services

Learn how to use current software applications OR gain computer programming skills through our online workshops led by our computer instructor.

To register for any of these computer workshops please email: booking.timeschange@gmail.com

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

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.

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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

Important News

COVID-19 booster shots likely not needed for most Canadians, experts say

With other countries moving ahead with their booster programs, Canada may soon have the evidence it needs to determine who might need a booster shot, but the experts agree that it will most likely only be people with poor immune responses who will be able to get a third dose. Deciding whether a third dose is potentially beneficial for the general population is more complicated than looking at breakthrough cases and antibodies. [Read more and learn about how antibodies and variants are involved](#)

New documentary aims to give hope to LGBTQ South Asians who are hesitant to come out

Emergence: Out of the Shadows illustrates the distinct coming-out experiences of three South Asian characters from Metro Vancouver, including Sangha, who is also the film's producer. Coming out in a South Asian family is weighted with worries of being disowned, of parents fearing their children won't be accepted in the community and missing out on marriage and grandchildren, and of social stigmas and discrimination gay people often face across the world, Sangha said. [Read more here.](#)

Study of COVID-19 vaccine effectiveness on South Asian community

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vaccination clinics being held in South Asian 'hot spots' such as Brampton, and the rest of the GTA, and follow them forward in time to collect contextual information including their living and work conditions, clinical and health care access information," said Anand. "This study will allow us to understand where there is hesitancy, use the science to demonstrate the safety and efficacy of Health Canada approved COVID-19 vaccines, and lead to more people within the South Asian community making the choice to accept this life-saving vaccine"

To read more, click [here](#).

South Asian Canadian creators making mark off-screen — as crucial as being in front of the camera

South Asian creators, like other people of colour in the film and television industries, need to have the same opportunities to succeed and fail that are afforded to white people, Niazi said. She pointed to the "glass cliff" theory, which states that during a high-stakes crisis, people of colour and women are favoured for promotions, setting them up for failure from the beginning. [Click here to read more.](#)



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