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COUNCIL OF AGENCIES SERVING SOUTH ASIANS

The Council of Agencies Serving South Asians'
January 2022 Newsletter

Table of Contents

Happy New Year!

CASSA's Project Updates

- South Asian Vaccine Engagement Collaborative
- Hate Crime Reporting Project
- Anti-Hate & Equity Education Project
- Gender-based Violence Project

Messages from Members

- Urge the federal government to make the definition of homelessness inclusive
- Digital Anti-Racism Education Workshop (Ottawa)
- First Generation: A Canadian Immigrant Podcast
- Geometry Basics Course
- Career Planning Workshop

Opportunities

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- [Job Posting: Family Physician](#)
- [Job Posting: Clinical Receptionist](#)
- [Job Posting: Health Navigator](#)
- [Self-Care 101 Workshops](#)
- [Epilepsy Education Workshops](#)

Important News

- [Ontario's top doctor stresses COVID vaccines for children 5-11](#)
- [Internationally educated nurses to be deployed to Ontario hospitals and long-term care homes](#)
- [Where do all the masks go? One Quebec company says it shouldn't be the garbage](#)
- [COVID-19: Omicron peak could be soon, some estimates show](#)

Happy New Year!



Wishing you a happy and healthy upcoming year! May the year 2022 bless you with love, peace, and empowerment.

South Asian Vaccine Engagement Collaborative -

Wardah Malik, Vaccine Engagement Coordinator

For the new year, CASSA is wrapping up our work on children's vaccine resources and developing new content for booster shots. We have a series of [infographics](#) to be released later this month and two podcast episodes scheduled for the week of January 17th. This new material highlights CASSA's commitment to educating our communities and making information available for all. The pandemic is in a new phase and CASSA is renewing its engagement by launching the community involvement project. The project incorporates real stories into an illustrated campaign. The theme for this month is "Overcoming Hate" and details the difficulties of outreach work during the pandemic. If you have a story to share or want to contribute to the campaign please reach out to either Wardah (wardah@cassa.on.ca) and/or Nimra (nimra@cassa.on.ca) at CASSA.

Hate Crime Reporting -

Lakhdeep Dhaliwal, Hate Crime Reporting Project Coordinator

The new year begins with police service contact meetings as we begin to analyze the data from survey and community forums. The police meetings serve two main purposes, one is to establish understanding of project status and police service policy around hate crime in 2022. The other reason is to best position the data and subsequent recommendations for police services in line with project goals. All meetings will culminate with sharing the data set and will collaborate with police services for actional next steps (i.e. training, policy brief, event, etc.) January is a time to huddle up and reflect on the journey while analyzing and making sense of the data collected.

lakhdeep@cassa.on.ca

Equity in Education Project -

Eman Zahid, Muslim Community Outreach Project Coordinator

1. The Equity in Education project has completed recruiting for Volunteer Cohort 2, and have been onboarding our new volunteers. Volunteers have the following trainings coming up:

- **Introduction to Advocacy:** a workshop designed to familiarize student & parent volunteers with the Ontario school board systems, governance structures, and bureaucratic methods of making change in the education system.
- **Anti-Islamophobia 1-on-1 Workshop:** a workshop done by CCMW's Dare To Be Aware program, to educate students on how Islamophobia presents itself in Canadian society.

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- Leadership & Action Planning Workshop: Harmony Movement's action-planning workshop is designed to develop advocacy and leadership skills, while teaching students how to form concrete action plans to establish change in the community.

2. The Equity in Education project is still looking to **recruit Muslim parents of students** to take part in **volunteer training**! If you are a Muslim parent of a student interested in making change in the Ontario education system, please register [here](#).

3. The Peel District School Board is currently working on an Anti-Islamophobia strategy to implement board-wide, including mandatory Islamophobia training, parent & community involvement, and enhanced accountability frameworks. CASSA is working with Peel Parent Involvement Committee and the Peel Board, as well as various community organizations, to comprise a comprehensive strategy that will make the education system more inclusive for Muslim students and parents.

eman@cassa.on.ca

Anti-Hate Initiatives - Maryam Faisal, *Project Manager*

According to [the National Survey on Online Hate Speech and Racism in Canada](#), 1 in 5 Canadians have experienced some form of online hate. In collaboration with the Anti-Hate Community Leaders' Group, the Council of Agencies Serving South Asians ([CASSA](#)) has launched a social media campaign, #EradicateHate, to raise awareness around the pervasive issue of online hate. Over twelve weeks, the campaign will cover a range of topics from statistics related to online hate and debunking common myths to reflection activities and shareable illustrations. Towards the end of the campaign, a comprehensive toolkit, amongst other content, will be released to equip both community organizations and victims of online hate with digital literacy tools to combat online hate. Please share this important campaign with your networks and other organizations! To share, repost, and retweet, you can find the posts on [Facebook](#), [Instagram](#), [Twitter](#), [LinkedIn](#). All material will be available for public use in English and French after the social media campaign is over.

Please find recent posts attached here (@cassaonline):

Friday (3rd Dec): [Facebook](#), [Instagram](#), [Twitter](#), [LinkedIn](#)

Sunday (5th Dec): [Instagram Reel](#)

Monday (6th Dec): [Facebook](#), [Instagram](#), [Twitter](#), [LinkedIn](#)

Wednesday (8th Dec): [Facebook](#), [Instagram](#), [Twitter](#), [LinkedIn](#)

Thursday (9th Dec): [Facebook](#), [Instagram](#), [Twitter](#), [LinkedIn](#)

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Are you a South Asian woman?
Have you faced any violence in your home or outside the home?
We want to hear from you for our
RESEARCH STUDY!
You could help change lives!
To participate in a focus group and receive a \$50 gift card, please contact Dinoba Kirupa at dinoba@cassa.on.ca

Project Coordinator

The gender-based violence research project has moved onto phase two this month. We are in the process of cleaning three data sets in order to conduct data analysis. We will start with preliminary findings to begin with and then move into in-depth analysis before the project wraps up by the end of March.

The team is also currently working on secondary research in order to substantiate or complement our own findings. More information on the project may be found here: <http://cassa.on.ca/gbvstudy/>

For more information, contact

dinoba@cassa.on.ca

Messages from Members



TAKE ACTION!

Canada needs
an **INCLUSIVE**
definition of homelessness



[Urge the federal government to make the definition of homelessness inclusive - CERA](#)

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do not consider their specific needs and circumstances.

While Canada has committed to the right to housing, it has not adopted the broad definition of homelessness that has recently been recognized by the United Nations. The government has instead relied on a narrow definition of “chronic homelessness” when implementing programs that address homelessness under its National Housing Strategy (NHS). **This narrow definition excludes hidden homelessness which is the most common way women and gender-diverse people experience homelessness.**

The Centre for Equality Rights in Accommodation (CERA) has recently launched a petition calling on the federal government to change its definition of homeless to include the experiences of women and gender-diverse people.

[Add your name to this important initiative here.](#)



The CCMW Ottawa Chapter in partnership with the Community Adult Justice Network, bring you.....

Digital Anti-Racism Education Workshops!

Join our free, virtual Anti-Islamophobia 101 & Countering Cyberhate 101 Workshops.

Workshop Topics Include:

January 26th

- What is Islamophobia?
- Gendered Islamophobia
- Intersectional Identities

February 9th

- What is Cyberhate?
- CounterSpeech & Counter Narratives

Participants attending both sessions to receive a certification in Digital Anti-Racism Education!

Registration required

<https://bit.ly/DARExCAJN>

For more information visit www.daretobeaware.ca

#DELETE RACISM

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

COMMUNITY ADULT JUSTICE NETWORK

Digital Anti-Racism Education

Workshop - CCMW Ottawa Chapter

As part of the project, CCMW's Digital Anti-Racism Education (D.A.R.E.2), CCMW Durham Chapter is hosting a FREE workshop on **December 4th (1-3 PM EST)** on the following topics:

What is Islamophobia?

Gendered Islamophobia

What is Cyberhate?

CounterSpeech & Counter Narratives

Register here: bit.ly/DARExCAJN



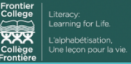
[First Generation: A Canadian Immigrant Podcast - Canadian Immigrant](#)

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Developments. Our goal is to equip our community of newcomers and immigrants with change to inspiration, information and resources to help you thrive in your new home.

Tune in and hear from a wide range of immigrants – entrepreneurs, refugees, young Canadians, artistes, Top 25 Canadian Immigrant Award winners, and everyone in between as they share the story of their unique journeys.

Missed any of our episodes, start listening today! And don't miss an episode by subscribing on [Apple](#), [Spotify](#), or wherever you listen to your podcasts.



**Learn/Review
Geometry BASICS**

Build skills in logic, problem-solving; foundations for science, technology, math.

At home: centre a picture on a wall; buy the right number cans of paint; buy the right size curtains; plot a garden

Perimeter of square, rectangle, triangle
Circumference of circle
Area of square, rectangle, triangle
Area of circle

ONLINE
Thursdays, January 27- March 3, 2022
1:30-4:30 p.m.

6 weeks

START HERE

Adults 19+

SIN required

Or contact:
pverma@frontiercollege.ca
647-258-8976

Geometry Basics Course - Frontier College

Join us to build skills in logic, problem-solving, foundations for science, technology and math. For Adults 19+, a 6-week basic geometry course.

Geometry Basics Online Classes start on **January 27- March 03, 2022.**

Interested candidates: [CLICK HERE](#)

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Career Planning Workshop

2022, New Year, New Career!

Ring in the new year with *one of two* of our transformative online career-planning workshops for women. Dream big, make sound career choices, and transform your career goals!

What to expect

- Free comprehensive, interactive career-planning workshop for women!
- 3-hour sessions each week for 9 weeks
- Identify skills, interests, and values through self-assessment activities
- Explore and research possible occupations in a virtual-group setting
- Exposure to higher-paying, in-demand careers
- Research and understand the changing labour market
- Learn how to make a sound career decision
- Develop an action plan based on attainable goals

START DATES

1) Fridays Jan 21 2022 - Mar 18
1:30PM-4:30 PM

2) Thursdays, Jan 27 - Mar 24
1:30 PM - 4:30 PM

REGISTER HERE
for this innovative program at Times Change!

Ontario  

Join us for our 9-week Career Planning Workshop for women and start 2022 with clarity on your new journey. Get exposure to higher-paying, in-demand careers, research possible occupations, and develop a clear tangible action plan! Register now for our upcoming sessions:

Friday, January 21 2022- March 18 2022
from 1:30PM - 4:30 PM

Thursday, January 27 2022- March 24 from
1:30 PM - 4:30 PM

Register here!

<https://www.timeschange.org/career-planning-workshop1.html>

Opportunities

Your Voice Matters

Seeking Feedback on
the Health Care Navigation Service



What is the Health Care Navigation Service?

The Ministry of Health is committed to providing all Ontarians with access to health information and advice to meet their individual needs. This includes assessing eligibility for certain health care services and helping people to get connected to local health services and other supports available across the province to guide them through their health care journey.

The Health Care Navigation Service will make it possible for people in Ontario to connect to health and social services through the internet or through a telephone service. This service is envisioned to be the "front door" to accessing health information and related health care services.

We need your help to do this work!

We are looking for 20-25 Ontarians of diverse backgrounds, experiences, and ages to join a new advisory group to help guide this work. You will be asked to test and review new websites, applications, and share your opinions and experiences. Your feedback will help us to develop a product that meets the needs, wants and expectations of people across Ontario.

Our aim is to use your feedback and insights to:

- Inform our design and development work
- ensure we are implementing the right solutions that meet the needs of Ontarians
- Identify and fix potential problems early on to minimize any rework and keep costs down

What do we need from you?

Participation: Approximately two hours per month (less in some months) starting in January 2022. A minimum six-month commitment is required. We know that not everyone can participate during normal business working hours and we will work with the group to find suitable meeting times. Individuals who are selected to participate will be compensated for their time spent in feedback sessions at a rate of one dollar per minute.



Seeking Participants for Feedback on Healthcare Navigation Service - Ontario Health

We are looking for **20-25 Ontarians** of diverse backgrounds, experiences, and ages to join a new advisory group to help guide this work. You will be asked to test and review new websites, applications, and share your opinions and experiences. Your feedback will help us to develop a product that meets the needs, wants and expectations of people across Ontario.

All sessions will be held virtually through video conference. Please note, we will record all sessions so that we don't miss any of your valuable feedback.

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Location: All sessions will be held *virtually* through video conference. Please note, we will record all sessions so that we don't miss any of your valuable feedback.

To participate you will need:

- a) a computer and Internet connection
- b) a way to communicate with us either through your computer microphone or a telephone
- c) an email-address

If you are interested in participating, please apply today by completing this survey: <https://www.surveymonkey.com/r/P8DJN18> It will take about 3 minutes to complete.

To help ensure our health services meet the diverse needs and priorities of all Ontarians, selection will be made to ensure a diverse representation and to include people who may be underserved by our current system. We particularly welcome people to participate who may identify as:

- Members of Indigenous communities
- Individuals from northern, remote communities
- Francophones
- English as a second language
- Immigrant or refugee who has been in Canada for a short time, usually less than 3 or 5 years
- 2SLGBTQIA+ community
- Ethnic and/or culture group
- Lower income household
- Person with a disability or accessibility challenge

Please apply by January 11, 2022

For more information, please contact: navontario@sehc.com

Selected participants will be required to sign a conflict of interest and confidentiality agreement prior to participating in feedback sessions.



Women's Health in Women's Hands
Community Health Centre
2 Carlton Street, Suite 500
Toronto, Ontario M5B 1J3

T: (416) 593-7655
F: (416) 593-5867

Website Address: www.whiwh.com

The Mandate of Women's Health in Women's Hands (WHIWH) Community Health Centre is to provide primary healthcare to racialized women from the African, Black, Caribbean, Latin American and South Asian communities in Toronto and surrounding municipalities. We are committed to working from an inclusive feminist, pro-choice, anti-racist, anti-oppression, and multilingual participatory framework in addressing the issue of access to healthcare for our mandated priority populations encompassing age, gender, gender identity, race, class, violence, sexual orientation, religion, culture, language, disability, immigration status and socio-economic circumstances.

The Centre offers the following opportunity for a professional, motivated and dynamic individual to join the team.

CHIROPODIST
Part-time position
3 Days per week
1 year Maternity Leave Contract

KEY RESPONSIBILITIES

- Perform assessment, diagnosis, treatment, health education/counselling and other clinical foot care activities according to the College of Chiropractors of Ontario.
- Ensure chiropody areas, resources, materials and equipment is maintained.
- Contribute to chart documentation, participate in chart reviews and case conferences and make referrals.
- Participate in the development, implementation, monitoring and evaluation of treatment, education, counselling and health promotion programs and services for clients of the Centre.

QUALIFICATION:

- Degree from a recognized school of chiropody.
- Current registration with the College of Chiropractors of Ontario without limitations.
- Three to five years' chiropody experience in a Community Health or Hospital setting.
- Experience in program development, implementation, monitoring and evaluation, an asset.
- Proficiency in the use of computers and various software applications.
- In addition to English, knowledge of a language spoken within one of the four priority communities, an asset.

REPORTING:

This position reports to the Director, Primary Health Care Services

Participation: Approximately **two hours per month** (less in some months) starting in January 2022. A minimum six-month commitment is required. We know that not everyone can participate during normal business working hours and we will work with the group to find suitable meeting times. Individuals who are selected to participate will be compensated for their time spent in feedback sessions at a rate of one dollar per minute.

If you are interested in participating, please apply by completing this 3-minute survey: <https://www.surveymonkey.com/r/P8DJN18>

Job Posting: Chiropodist - Women's Health in Women's Hands

Part-time position: 3 Days per week, 1 year Maternity Leave Contract

KEY RESPONSIBILITIES

- Perform assessment, diagnosis, treatment, health education/counselling and clinical foot care activities according to the College of Chiropractors of Ontario.
- Ensure chiropody areas, materials and equipment is maintained.
- Contribute to chart documentation, participate in chart reviews and case conferences and make referrals.
- Participate in development, implementation, monitoring & evaluation of treatment, education, counselling & health promotion programs and services for clients

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The Centre offers the following opportunity for a professional, motivated and dynamic individual to join the team.

Family Physician 1 day per week

KEY RESPONSIBILITIES

1. Provide comprehensive primary care.
2. Perform assessment, diagnosis, treatment, health education/counselling, and other medical functions as required according to the College of Physicians and Surgeons of Ontario standards of practice.
3. Participate in the Centre's on-call service as directed.
4. Contribute to the development, implementation, monitoring, and evaluation of medical protocols and directives.
5. Contribute to chart documentation, participate in chart reviews and case conferences, and make referrals.
6. Participate in the development, implementation, monitoring and evaluation of treatment, education, counselling and health promotion programs and services for individuals, groups and the community.
7. Perform other duties as assigned.

QUALIFICATIONS

1. Medical degree from a recognized university.
2. CCFP Certification or equivalent practical experiences, an asset.
3. License to practice from the College of Physicians and Surgeons of Ontario.
4. Additional training and/or experience in an area relevant to the Centre's services, an asset.
5. Three to five year's primary care experience; preferably in a community health setting.
6. Knowledge of women's health issues.
7. Other languages are an asset.
8. Knowledge of PS Suites is an asset.

Job Posting: Family Physician - Women's Health in Women's Hands

Part-time: 1-day per week

KEY RESPONSIBILITIES 1. Provide comprehensive primary care. 2. Perform assessment, diagnosis, treatment, health education/counselling, and other medical functions as required according to the College of Physicians and Surgeons of Ontario standards of practice. 3. Participate in the Centre's on-call service as directed. 4. Contribute to the development, implementation, monitoring, and evaluation of medical protocols and directives. (CIMS); process interpretation/translation requests; close intake client records in CIMS, etc
Apply by **Jan 26** - full job description [here](#).

Job Posting: Clinical Receptionist - Women's Health in Women's Hands

FULL -TIME: You will share your reception/administration skills and expertise to ensure that the Centre's administrative systems and infrastructure effectively support the Centre's mission and vision. Your key areas of responsibility include reception management, office, and facility support. All WHIWH staff must abide by the Guidance for Primary Health Care settings for Covid-19 and Public Health Guidelines for Covid-19. These guidelines include and are not limited to point of entry screening requirements, wearing a surgical mask during your onsite work hours and performing hand hygiene.
Apply by **Jan 26** - full job description [here](#).



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The Centre offers the following opportunity for a professional, motivated and dynamic individual to join the team.

CLINICAL RECEPTIONIST FULL -TIME

The Clinical Receptionist shall work within the mandate of Women's Health in Women's Hands Community Health Center. You will share your reception/administration skills and expertise to ensure that the Centre's administrative systems and infrastructure effectively support the Centre's mission and vision. Your key areas of responsibility include reception management, office, and facility support. All WHIWH staff must abide by the Guidance for Primary Health Care settings for Covid-19 and Public Health Guidelines for Covid-19. These guidelines include and are not limited to point of entry screening requirements, wearing a surgical mask during your onsite work hours and performing hand hygiene.

KEY RESPONSIBILITIES:

1. Greet patients and visitors of the Centre; direct all clients and visitors to the appropriate location and services; be courteous, polite and helpful to the public and clients when representing Women's Health in Women's Hands;
2. Provide efficient and professional telephone services, transfer calls according to established protocols using judgment to determine activities requiring priority attention;
3. Co-manage all aspects of the Clinical reception desk including assisting clients.
4. As part of the administrative team you will need to do some shifts as a door screener;

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F: (416) 593-5867
Website Address: www.whiwh.com

Women's Health in Women's Hands

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The Centre offers the following opportunity for a professional, motivated and dynamic individual to join the team.

HEALTH NAVIGATOR 0.7 FTE

KEY RESPONSIBILITIES:

- Promote the self- management of health and prevention of chronic disease
- Diligently addressing access to care and equity issues, while connecting clients to ongoing primary health care and other wrap around supports
- Leading and conducting data collection and analysis to track increases in overall health outcomes – conducting pre and post evaluation activities
- Working collaboratively with WHIWH staff, and community agencies to develop and support health promotion initiatives and special projects
- Actively contributing to supporting and initiating organizational advocacy efforts
- Supporting the development and distribution of health promotion and communications resources/materials
- Developing and maintaining ongoing outreach and engagement with WHIWH's stakeholders using multimodal strategies
- Representing WHIWH on external networks as deemed applicable
- Leading our organizational social media presence
- Facilitation of groups and conducting workshops to various audiences
- Supervising community ambassadors completing health promotion related duties

KEY RESPONSIBILITIES:

- Promote the self- management of health and prevention of chronic disease
- Diligently addressing access to care and equity issues, while connecting clients to ongoing primary health care and other wrap around supports
- Leading and conducting data collection and analysis to track increases in overall health outcomes – conducting pre and post evaluation activities

Apply by **Jan 26** - full job description [here](#).

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SELF-CARE 101

Take a break with TESOC and join us for a workshop on identifying stress, learning healthier coping mechanisms and ways to take care of yourself! This workshop is for community members.




Topics Covered:

- Understanding Stress
- "Tools and Strategies to Manage Stress"
- Meditation & Visualizing
- Mindfulness & Breathing (Pranayama)
- Progressive Muscular Relaxation (PMR)

Date: Thursday, January 20th 2022
Time: 10:00 a.m. - 12:00 p.m.
Location: VIA Zoom
Contact Info: 416-757-6043

Register in advance for this meeting:
<https://us02web.zoom.us/join/12YdOitrTotGNL4qT5PAIfy58wrZUIYAsXF>



Join TESOC for a FREE Self-Care 101

Workshop on **Thursday, January 20th, 2022**

@ **10:00 AM to 12:00 PM** via Zoom! As part of TESOC's Mental Health and Wellness Program, we invite you to our virtual "Self-Care 101" workshop.

The following topics will be covered:


1. Understanding Stress
2. "Tools and Strategies to Manage Stress"
3. Meditation & Visualizing
4. Mindfulness & Breathing (Pranayama)
5. Progressive Muscular Relaxation (PMR)


Register at:

<https://us02web.zoom.us/join/12YdOitrTotGNL4qT5PAIfy58wrZUIYAsXF>

Also, check out our other programs and services at: <https://linktr.ee/TESOCMS>

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.

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

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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

Ontario's top doctor stresses COVID vaccines for children 5 to 11 are safe, effective

Ontario's top doctor is stressing that COVID-19 vaccines for children aged five to 11 are safe and effective against the virus.

"I want to be clear that the pediatric Pfizer vaccine for children five to 11 is safe, effective, and provides strong protection against COVID-19 and variants," Moore's statement said. Speaking at a Toronto vaccine clinic, he encouraged parents to quickly send back consent forms for in-school vaccination clinics so Ontario can quickly get more kids protected against the virus.

[Read more](#)

Internationally educated nurses to be deployed to Ontario hospitals and long-term care homes

Ontario will be relying on internationally educated nurses to help fill staff shortages in hospitals and other health care settings. Health Minister Christine Elliott made the announcement at a press briefing on health capacity Tuesday afternoon.

According to Elliott, international nurses who have applied to practice in Ontario will have the opportunity to meet their application requirements by working in health-care settings "under the supervision of a regulated health-care provider". Matching with health-care providers is expected to begin later this week, with onboarding new staff in the weeks ahead. [Read more here.](#)

Where do all the masks go? One Quebec company says it shouldn't be the garbage

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landfill by recycling them. For Eric Ethier, Go Zero Recycle president, it doesn't make sense for the masks to be thrown out when they are "100 per cent recyclable." "We have a capacity of (recycling) 50 million masks per day, so there is no limit," he said. *"Does it make sense in 2021 that you buy a disposable product without thinking, 'how am I going to dispose of it once I will be done with it? Doesn't make sense."*

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

COVID-19: Omicron peak could be soon, some estimates show

Furness noted that modelling data in December showed that the peak of this wave was expected to hit mid-January. With this in mind, Furness said Canada is likely close to reaching the peak of the Omicron wave. However, he said it is important to remember that models are just estimates. "[Models] can only reflect the limited understanding you have in the first place to sort of protect what might be the case," he said. "I'm guessing that we're probably just about to peak in most places in Canada in the next week, two weeks, maybe a little bit longer than that."

[Click here to read more.](#)



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