



March 2023 Newsletter

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CASSA Project Updates

Toxic Masculinity and Its Impact on Gender-Based Violence

CASSA's project on Toxic Masculinity is currently at the ethics review stage and is set to begin focus groups later this year. For the month of March, the team is focused on releasing outreach

Hate Crime Reporting Project

The Hate Crime Reporting Project would like to announce the publication of its report and community awareness campaign! The report details the project's overview, methodology, findings, and recommendations to police services and can be found [here](#). Campaign materials were translated in 5 languages which include infographics, social media posts, and videos, describing key definitions related to hate-motivated crimes and incidents, steps to take when reporting to police, and key resources to reach out to if you experience a hate-motivated crime or incident. These resources are publicly available at <https://tinyurl.com/HCRPcontent>. We encourage community organisations and community members to read our full report and share these key resources to improve our community's understanding of hate activity and prevent hate-related crimes/incidents.



**NATIONAL
GENDER-BASED
VIOLENCE
RESEARCH**

National GBV Research Project

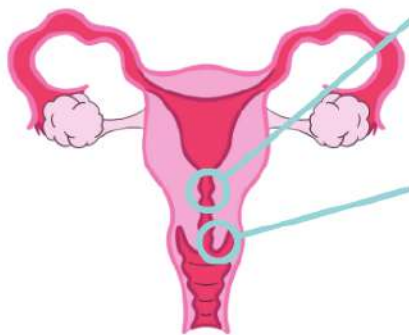
The GBV project is wrapping up this month. Based on the data that has been completed and analyzed, the GBV team has put together an 80-page toolkit for service providers. It can be found on cassa.on.ca/gbvstudy. Additionally, the team is in the midst of offering workshops on GBV training and legal knowledge for service providers throughout Canada. If you are an organization or frontline worker, you are welcome to join. To receive a registration form, please

High Priority Communities Strategy for South Markham

Learn about cervical cancer, its incidence and death rate, and screening prevention. Help us spread the word about this treatable illness (translations are available in Bangla, Tamil, Urdu, and Punjabi)

What is cervical cancer?

Cervical cancer is a disease in which cervical cells grow uncontrollably. It is most commonly caused by the Human papillomavirus (HPV), a sexually transmitted viral infection, and it can form in either the:



Endocervix

The inner part of the cervix that forms a canal that connects the vagina to the uterus. It is covered with column-shaped glandular cells that make mucus.

Ectocervix

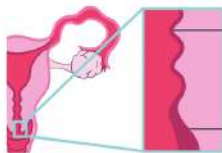
The outer part of the cervix that opens into the vagina. It is covered with thin, flat cells called squamous cells.

Reference: [Centers for Disease Control and Prevention](#)



Types of cervical cancer

Cervical cancers are named after the type of cell where the cancer started.



Adenocarcinoma

Develops in the glandular cells in the endocervix.

Squamous cell carcinoma

Approximately 90% of cervical cancer cases are squamous cell carcinomas and develop from cells in the ectocervix.

Reference: National Cancer Institute.

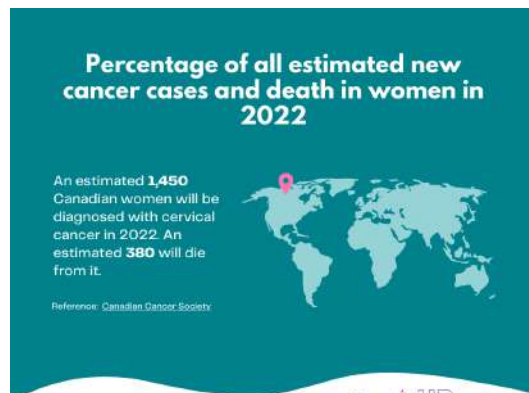


Percentage of all estimated new cancer cases and death in women in 2022

An estimated 1,450 Canadian women will be diagnosed with cervical cancer in 2022. An estimated 380 will die from it.



Reference: Canadian Cancer Society



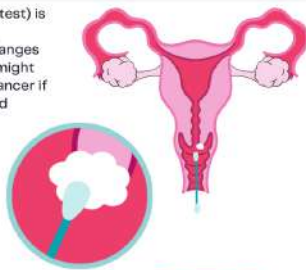
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Pap smear (or Pap test) is used to detect precancers, cell changes on the cervix that might become cervical cancer if they are not treated appropriately.

Reference: [Centers for Disease Control and Prevention](#)



Currently, the Ontario Cervical Screening Program recommends a pap smear every 3 years to anyone:



With a cervix (women, transmasculine, and nonbinary people).



Who is sexually active.



Anyone who is at least 21 years of age

Make an appointment with your doctor or nurse practitioner. If you do not have a doctor or nurse practitioner, you can register for Health Care Connect.

Reference: [Cancer Care Ontario](#)



How to prepare for a Pap smear?

To prepare for a pap smear and ensure that the test results are accurate, the following should be avoided for 2 days before the test:



Intercourse



Douching



Using vaginal medicines or spermicidal foam.

If you had sex before the test, go to the appointment as planned and let the doctor know. You may take the test while having your period.

Reference: [Centers for Disease Control and Prevention](#)



What to expect during a Pap smear?

1. You will be asked to undress and put on a hospital gown in a private changing area.
2. You will be asked to lie on your back with your feet up in stirrups.

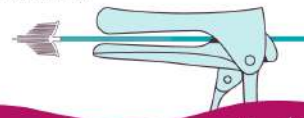
Reference: [Cancer Care Society](#)



What to expect during a Pap smear?

3. The doctor or nurse will insert a plastic or metal instrument, called a speculum, into the vagina to keep it open.
4. The doctor or nurse will gently use a small stick, spatula, and/or brush to collect a few cells and mucus from the cervix and surrounding area.
5. You will then return to the private changing area to get dressed.
6. The entire appointment takes no longer than 20 minutes!

Reference: [Cancer Care Society](#)



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You may experience cramping or mild bleeding from the vagina after a Pap smear.

If you are experiencing severe cramps or heavy bleeding, contact your doctor to determine if there is another underlying cause, such as an infection or pregnancy. It is advisable to avoid sex and the use of a tampon in the first few days following a pap smear.

Reference: Healthline



What to expect after a Pap smear?

A Pap test result may be described as normal (negative) or abnormal.

If your test results are abnormal, your doctor or nurse practitioner may recommend more test, procedures, and follow-up care or treatment.

Reference: Healthline



The Coalition for Racial Equity in Education

The Coalition for Racial Equity in Education project has recruited parents and youth volunteers from the YRDSB & DDSB region. We are currently in the stages of training the volunteers and listening to the experiences that they face regarding Islamophobia within the school. We are also working closely with parents and youth from TDSB.

If you have any questions or concerns, please contact samaha@cassa.on.ca.

#EradicateHate 2.0

We are excited to share with you that we are in the content creation phase of the #EradicateHate 2.0 Toolkit; Children and Youth Combating Online Hate.

We are working with animators, app developers, creatives, and artists to create the results of the consultation and secondary research to transform content into visuals. Through the development of the online hate toolkit, app, key messages in infographics, and short animations, we will be providing further information, activities, quizzes, and resources for children, youth, parents, teachers, and schools to combat Online Hate.

Stay tuned for more details!

Policies that Perpetuate Systemic Racism

This community advocacy and engagement project looks closely at 3 Canadian policies: Bill 21, formerly titled "Barbaric Cultural Practices Act", and Canada Child Benefit. The project is divided

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regarding the negative impacts of these policies and bring change from the perspective of the general public and political representatives. The project is currently concluding its first phase (secondary research and analysis). The project is starting primary research in collaboration with the Anti-Hate Leader Group. This includes survey creation and dissemination and collection of lived experiences of impacted populations.

Stay tuned for more details!

Opportunities

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Cordially invites you to celebrate

International Women's Day and 39th Anniversary

Theme 2023: #EmbracingEquity

Emcee - Adrienne Lamb (CBC)

Keynote Speaker

Sheila Greckol

Former Justice Court of Appeal Alberta

There will be a Celebration of Life for the late Dr Zohra Husaini, a long-time member of ICWA.

Friday, March 24th, 5:30PM –9.00PM (MT)

Venue: Woodvale Community Facility at Millwoods Golf Course

Banquet Ticket: \$60

Register on [Eventbrite Here](#) or call 780-490-0477 for more information





Sign up to help another Caregiver today

Become an OCO Peer Mentor

Mentoring is a method of passing on lived experiences to support another caregiver in an empowering and meaningful way. Anyone who has been a caregiver will know that the caregiving role presents many challenges. These challenges will be different for every caregiver and from time to time support will be needed.

Sign up to become an OCO Peer Mentor and help other caregivers as they navigate their journey, today.

Why Are Caregivers Looking for Support from a Peer Mentor?

A Peer Mentor has a wealth of experience and knowledge which can help another caregiver with the challenges of their caregiving situation. Caregivers share a common identity and can create a bond through sharing their experiences.

An OCO trained peer mentor will:

- 'Just be there' / Listen
- Provide encouragement, support and acceptance
- Acknowledge a caregiver's strengths
- Share lived experience and give real life examples
- Discuss a caregiver's wellbeing
- Celebrate any goals the caregiver achieves
- Be someone for a caregiver to bounce ideas off of

We ask all interested candidates to commit to participating in the program for a minimum of one year. We ask for a time commitment of 1-2 hours a week. As part of our screening, Peer Mentors are required to complete a reference check and a Criminal Records Check.

For more information contact
peersupport@ontariocaregiver.ca



We're here to help. 🏡

Register today

180 Dundas Street West, Suite 1425, Toronto, ON M5G 1Z8

T 416-362-2273 E info@ontariocaregiver.ca 24/7 Helpline 1-833-416-2273



ontariocaregiver.ca

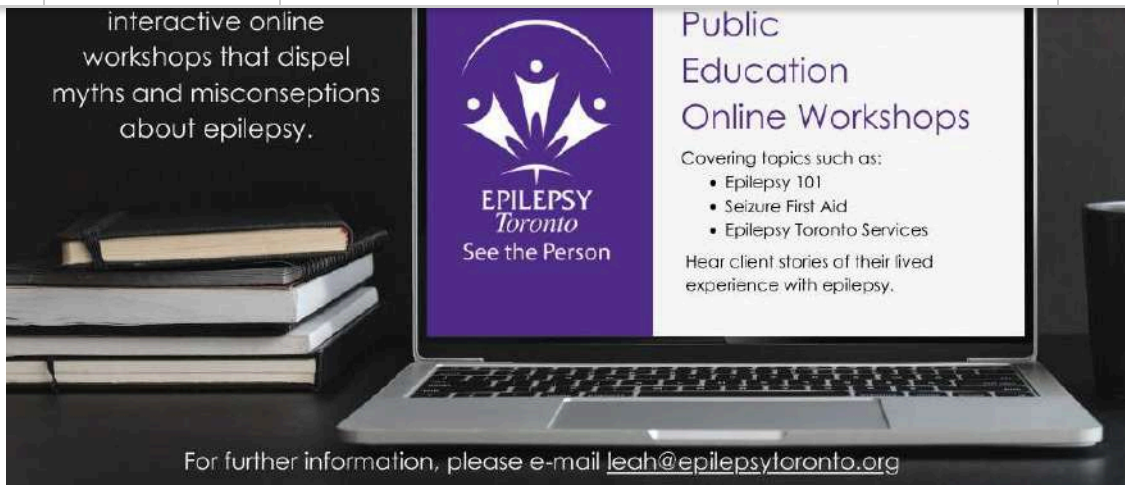
Funded by:



The views expressed are the views of the Ontario Caregiver Organization and do not necessarily reflect those of the Province.

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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

Breast Cancer Canada



WALK-A-THON to Mother's Day

[LEARN MORE](#)

Breast Cancer Canada

Are you starting to think about spring? The sunshine and warmer temperatures will soon be here to stay. For many of us, spring translates to more time outdoors.

Mother's Day is a momentous time of year for Breast Cancer Canada as we rally behind **raising funds for breast cancer research**.

You can help us by joining our [Virtual Walk-a-Thon](#). It's super simple. Set up a team or walk on your own. Get people to pledge or sponsor your movement. Dollars for distance, time, or reps.

mothersdaywalk.ca

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ADVANCING GENDER INCLUSIVE GROWTH

MODERATED BY OUR VERY OWN

WITH PANELISTS

SURRANNA SANDY
CEO OF SKILLS FOR CHANGE

PAULA CALDERON
CEO OF CALGARY IMMIGRANT WOMEN'S ASSOCIATION

SAADIA MUZAFFAR
FOUNDER OF TECHGIRLS CANADA
CO-FOUNDER OF TECH RESET CANADA

NIDHI KHANNA
VICE PRESIDENT, PROGRAM OPERATIONS AT SKILLS FOR CHANGE

MARCH 14 2023 | 11:00AM TO 12:00PM EST

Skills for Change: Advancing Gender Inclusive Growth: Women in Economy

Every second Tuesday of the month, we host Spotlight Series. A virtual conversation between cross-sectoral leaders on social justice issues of the day. This month we will explore **"Advancing Gender Inclusive Growth: Women in Economy"**

Surranna Sandy (our CEO) will be moderating the discussion with fellow industry leaders such as **Paula Calderon** (CEO at [Calgary Immigrant Women's Association](#)), **Saadia Muzaffar** (Founder of [TechGirls Canada](#) and Co-Founder of [TechReset](#)) and **Nidhi Khanna** (Vice President, Program Operations at [Skills for Change](#))

This is a free event hosted on Zoom. If you would like to attend or share with others, please redirect them to: <https://SpotlightSeriesMarch14.eventbrite.ca>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	27	28 ARAMARK HIRING EVENT (Rogers Centre) Concessions Jobs (2pm-6pm) In-Person	1	2 Interview Prep 101 (10am-12pm) In-Person	3	4
5	6	7 Resume Writing 101 Workshop (10am-12pm) In-Person	8	9 Griffith Foods Info session and HIRING EVENT (10am-3pm) In-Person	10	11
12	13	14 SCOTIABANK HIRING EVENT (10am-5pm) In-Person	15 Better Jobs Ontario Info Session (10am-12pm) In-Person	16 Reading Between the Lines of a Job Posting (10am-12pm) In-Person	17	18
19	20	21 LinkedIn 101 Workshop (10am-12pm) In-Person	22	23 Labour Market Trends (10am-12pm) In-Person Information Session/ Signet Jeweler (1pm-2pm) In-Person	24	25
26	27	28 Resume Writing 101 Workshop (10am-12pm) In-Person	29	30	31 Interview Prep 101 (10am-12pm) In-Person	

Newcomer Women's Services Toronto Workshops

- Interview Prep 101:** Learn the key strategies to help you ace your interviews.
- Newcomer Women's Employment Ontario Info Session:** During this information session, we will provide job seekers and employers with an overview of all the employment programs and services that we offer at Newcomer Women's Services Toronto.
- LinkedIn 101:** Learn how to create a profile that builds your network and lands you a job in five easy steps.
- Resume Writing 101:** Learn how to create a resume that will get you noticed.
- Job Search 101:** Learn the top 5 ways to kickstart your job hunt.
- Personal Finance 101:** Learn the 6 steps to financial independence.
- Labour Market Trends & Employer Expectations:** Labour Market trends are changing rapidly. Learn about current job market trends and its impact on potential job opportunities, wages, skills enhancement and career planning.

Hiring Events and Information Sessions this Month

- March 9th - Griffith Foods:** Join us for our in-person hiring event with Griffith Foods, a leading company in specializing product development. Get interviewed on the spot!
- March 14th - Scotiabank:** Join us for our BIG hiring event with Scotiabank for their Global Operations Team, to get interviewed virtually for the following positions:
 Customer Care Advisor
 Inbound Fraud Advisor
 Fraud Detection Analysts
 Service Officer
 Fulfillment Officer
 Ecosystem Community Lead
- March 23rd - Signet Jewelers:** Information session on the company, open vacancies and how to apply. Also, come learn about their apprenticeship program to become a jeweler to join their company.

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CAREER PLANNING WORKSHOP



Are you looking for a new career path but unsure of your options? Join our workshop and pave your way towards your new career based on your action plan you create!

WHAT TO EXPECT:

- Interactive online career-planning workshop for women
- 3-hour virtual sessions each week for 9 weeks
- Gain clarity on what matters to you: Values, interests, skills
- Research exciting new careers you might have not considered

REGISTER NOW IF YOU:

- Are unemployed or working less than 20 hours a week
- Are not registered at another Employment Ontario agency
- Are not a full time student
- Are a resident of GTA
- Have a valid SIN

START DATE: April 6, 2023 to June 1, 2023 (9 weeks)
every Thursday from 1:30pm - 4:30pm

TO REGISTER programsupport@timeschange.org
416-927-1900



Times Change Women's Employment Service: Career Planning Workshop:

We spend so much time at our jobs, it's important to find a job that meshes with our values, skills, and interests. Join our Career Planning Workshop and let your career goals flourish into what suits your needs!

Sign up [here](#)

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**HEARTS AND MINDS
MATTER**

A FREE MENTAL HEALTH INFORMATION SESSION

**A SPECIAL GUEST BY DR. JACKIE ELDRIDGE
FROM "HEARTS AND MINDS MATTER"**



JOIN US FOR A MENTAL HEALTH
SESSION ON MARCH 15, 2023

**12 PM - 1 PM
VIA ZOOM**

REGISTER:

Eligibility: PR Card Holders & Convention Refugees

jwan@ldatd.on.ca

647-531-1680





WILLOWDALE COMMUNITY LEGAL SERVICES

A FREE INFORMATION SESSION

WEDNESDAY, MARCH 22, 2023
12:00 P.M. - 1:00 P.M. VIA ZOOM



REGISTER BELOW:

ELIGIBILITY: PR CARD HOLDERS & CONVENTION REFUGEES
JWAN@LDATD.ON.CA
 647-531-1680

Funded by:

Financé par :

Findhelp Information Services: Promote 211 in your Community!

211 is a free and confidential information and referral service that connects people to critical social and community support.

You can help raise awareness about the 211 services by downloading the 211 Digital Toolkit via WeTransfer: <https://we.tl/t-Ne7fMsKqAM>. Toolkit includes key messaging and graphics for social media and newsletters, information about embedding the 211 widgets on websites, scheduling 211 presentations, ordering materials, and more!

Need help finding community support? Call/text 2-1-1 or visit 211Central.ca to search for services. 211 is available 24/7, 365 days a year, with interpretation in over 150 languages.

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SAFSS
Settlement Assistance &
Family Support Services

1200 Markham Road, Suite 214, Toronto, Ontario M1H 3C3
Tel: 416-431-4847 Fax: 416-431-7283 Website: www.safss.org Email: reception@safss.org

Crisis Counsellor

Employer:

[Settlement Assistance and Family Support Services \(SAFSS\)](#)

Job city:

Scarborough

Job region:

Greater Toronto Area

Location:

1200 Markham Rd, Suite 214
Toronto, Ontario
M1H 3C3

Application Deadline: March 31, 2023

Job terms: full-time

Background:

Settlement Assistance and Family Support Services is a trusted not-for-profit social services agency that has been serving and advocating for newcomers, refugees and victims of all types of violence since 1989. The need to address Violence against Women was the seed of the organization's establishment. However, while the organization was initially founded to support women and children who were victims of domestic violence, it has since evolved and expanded its services to support other identified needs. Our trained staff provide a range of services to a diverse, multi-cultural and multi-lingual community in a responsible and professional manner in a safe non-judgmental and confidential environment that fosters trust, respect and collaboration.

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Responsibilities:

- Direct service to newcomers experiencing crisis related to settlement
- Direct services to clients experiencing domestic violence, Gender based Violence, sexual orientation and its impact on Mental wellness impeding settlement in Canada
- Engaging in supportive counselling through education and information sharing
- Contributing to SAFSS staff activities, including but not limited to team building, training and outreach
- Advocacy regarding client care
- Navigating interdisciplinary support systems
- Availability for some evenings as needed

Qualifications:

- Bachelor of social work (BSW) required or Master of Social Work (MSW) preferred
- Ability to think creatively
- Understanding of mental health and health sector in Ontario
- Understanding of Gender Based Violence
- Flexibility and open mindedness
- Ability to work effectively in a diverse environment.
- Knowledge about the settlement sector with a view of the larger landscape of settlement in Canada.
- Experience working with diverse populations including but not limited to newcomers, language minorities, racial minorities, marginalized communities, LGBTQ, disabled and those without status.
- Bilingual English/other language (additional preferred)
- Computer proficiency in using Microsoft Office Suite.
- Willingness to work from a feminist /anti-oppressive perspective

Reports to: Executive Director (ED)

This is a full-time unionized position, based on a 35-hour week schedule from Monday to Friday.

How to apply:

Submit your resume & cover letter to: recruitment@safss.org

In the cover letter, please include your understanding the relationship between mental health and immigration as well as your understanding of mental health recovery.

Settlement Assistance & Family Support Services is an equal opportunity employer and committed to an inclusive, equitable and accessible workplace. Accommodations are available on request for candidates taking part in all aspects of the selection process. To request accommodation, please contact the HR department at SAFSS.

Only applicants who will be interviewed are contacted.

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ACADEMIC UPGRADING

DIGITAL TECHNOLOGY FOUNDATIONS



YOU'LL LEARN HOW TO USE:

- Web browsers
- Zoom Video Conferencing
- Microsoft Word, Excel & Powerpoint
- Social Media
- Loom Online Video Editing
- Cyber Security
- Web Search Engines

CLASSES BEGIN MARCH 21ST

Classes run 10:00am - 1:00pm on Tuesdays, with a 4-day in-person orientation, and in-person support hours by appointment



APPLY NOW:
bit.ly/3Pwdt0S



APPLICATIONS DUE MARCH 13TH

FOR MORE INFO:
(647) 493 - 2462
INFO@TCCLD.ORG
TCCLD.ORG/PROGRAMS/ACADEMIC-UPGRADING

ACADEMIC UPGRADING PROGRAM - DIGITAL TECHNOLOGY FOUNDATIONS

If you are interested in finally learning how to properly use Web Browsers, Zoom Video Conferencing, Microsoft Word, Excel & Powerpoint, Social Media, Loom Online Video Editing, Cyber Security, and Web Search Engines, enroll in this course from Academic Upgrading!

To apply please click [here](#)

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Classes begin March 21st and run 10:00 am - 1:00 pm on Tuesdays.

Applications are due March 13th

For more info please contact: info@tcclld.org / 647 - 493 - 2462



ACADEMIC UPGRADING PROGRAM

FREE CLASSES!

ONLINE START DATE: MARCH 21ST
Classes Run 10:00am - 1:00pm, Tuesday - Thursday

Free laptop loans available!

- Improve your**
- Reading
 - Writing
 - Numeracy
 - Digital Skills
 - Problem Solving
 - Communication
 - Collaboration
 - Adaptability
 - Creativity & Innovation

- Perfect for**
- Preparing for your GED or transitioning to post-secondary
 - Developing skills for employability opportunities
 - Engaging with your community

FOR MORE INFO:
 (647) 493 - 2462
INFO@TCCLD.ORG
TCCLD.ORG/PROGRAMS/ACADEMIC-UPGRADING

APPLY NOW: 
bit.ly/3Pwdt0S

APPLICATIONS DUE MARCH 13TH

ACADEMIC UPGRADING PROGRAM

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Academic Upgrading Program!

Participants learn in small class sizes with fellow students who are preparing to pursue one of five goal paths: post-secondary, secondary school credit, apprenticeship, employment, or independence.

Student laptop loans are available.

To apply please visit <https://www.tccltd.org/programs/academic-upgrading/>

Classes start on March 21st and run from 10:00 am - 1:00 pm Tuesday to Thursday.

Applications are due March 13th.

For more info please contact: info@tccltd.org / 647 - 493 - 2462

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Skills Program

We are offering **FREE** courses to enter the hospitality industries and to launch your entrepreneurial business!

Two streams available:

- Workplace & Manufacturing Safety
- Food Entrepreneurship

Program runs March 15th - April 5th

Apply here: www.tcclld.org/fpe



For more info please contact Hajia:
hajia.abubakar@tcclld.org | 647 - 494 - 0230



Food Processing Essential Skills Program

CL&D's Food Processing Essential Skills Program is offering FREE courses to provide participants with current training for obtaining employment in the hospitality industry.

Two streams available:

Workplace & Manufacturing Safety – participants will learn the required knowledge for obtaining employment, with a focus on food industry fundamentals.

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Both streams offer the option to complete the Food Handlers Certification for free!

Classes run from March 15th - April 5th.

To apply: <https://www.tcld.org/fpe>

For more info, please contact Hajia: hajia.abubakar@tcld.org | 647 – 494 – 0230



JOB Skills

**GEORGINA
JOB FAIR**

April 5th, 2023

10am - 2pm



Sharon Temple
18974 Leslie St



Register here

**BRAMPTON
JOB FAIR**

April 13th, 2023

10am - 2pm



**Loafer's Lake
Recreation Centre**
30 Loafer's Lake Lane



Register here

For more information email: info@jobskills.org or call 1-866-592-6278

CASSA's Blogs/Podcasts

Blog Posts:

[Bill-M62](#)

In a non-binding proposal on February 1st, the Canadian parliament unanimously approved the relocation of 10,000 Uyghur Muslim and other Turkic Muslim refugees from China's Xinjiang region to Canada.

magnitude of 7.8. The earthquake was the largest ever to hit Turkey and it affected its neighboring countries.

In the News

[In city built by Mennonites, growing Muslim community connects, finds support through weekly prayers](#)

When Fezan Hasham kneels on a prayer mat in the gym of a local seniors' centre and closes his eyes, the newcomer to Canada feels at peace.

[Debbie Langston: Her battle against racism started as personal, now it's professional](#)

Langston decided to go back to school to become a child and youth community worker — and says that decision led her to where she is today.

[Closing celebration for Black History Month on Parliament Hill](#)

Draped in vibrant red and gold, Bertillia Christian is dressed up in one of her finest outfits for a night out on Parliament Hill.

[Thousands have arrived in Canada from Turkey, Syria since deadly earthquakes](#)

Canada is prioritizing visas for victims of the devastating earthquakes that hit Turkey and Syria last month, as hundreds of thousands have been made homeless.

[Asylum seekers face hurdles, discrimination as they compete for housing in Montreal](#)

Pedro Fonseca, a 43-year-old asylum seeker from Colombia, says if he doesn't start receiving social assistance from the Quebec government soon, he'll likely become homeless.

[Why this International Women's Day isn't a simple celebration](#)

More than ever, this International Women's Day isn't a simple celebration for me. I find myself contemplating roadblocks in the bumpy journey toward gender equality and justice.

[A month after Turkiye quake, survivors need shelter, sanitation](#)

One month after a powerful quake devastated parts of Turkiye and Syria, hundreds of thousands of people still need adequate shelter and sanitation.

[Survey suggests some Alberta doctors have anti-Indigenous biases](#)

Two University of Calgary researchers weren't surprised when their survey of Alberta doctors showed biases against Indigenous patients, but they were shocked by some of the comments.

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[Will the gender pay gap ever close? Most Canadian women say yes, but 20% say no](#)

Most working women in Canada say they are not paid enough as gender wage gaps continue, and 20 per cent say they don't believe those gaps will ever close, according to a new report.



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