



April 2023 Newsletter

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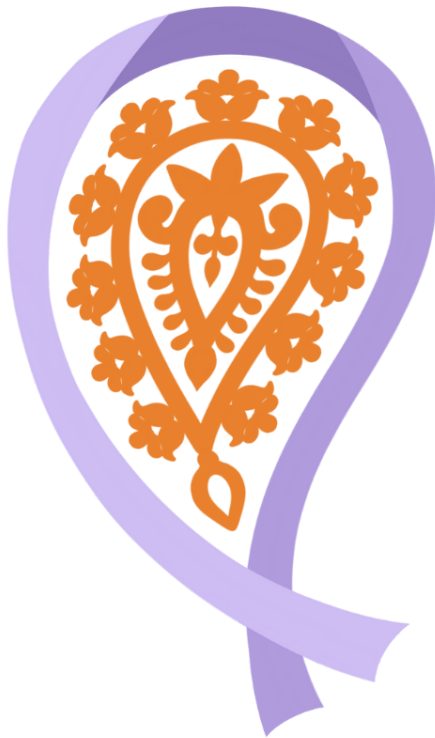
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CASSA Project Updates

Toxic Masculinity and Its Impact on Gender-Based Violence

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that increase community awareness on gendered mentalities and norms more broadly. If you are interested or have any questions, please contact Wardah Malik at wardah@cassa.on.ca



NATIONAL GENDER-BASED VIOLENCE RESEARCH

National GBV Research Project

The GBV research study is concluded. The resulting 80-page toolkit can be found on CASSA's website at www.cassa.ca/gbvstudy. Training workshops for service providers will continue into the month of April. The videos used in our training sessions can be found on CASSA's site as well. The team will also continue dissemination by distributing printed pamphlets and interviews with the media.

High Priority Communities Strategy for South Markham

Breast Cancer MYTHS vs. FACTS



Myth

"Wearing a bra can cause breast cancer"

Fact

A theory held that wearing a bra with an underwire could cause toxic substances to build up in breast tissue by restricting the flow of lymph fluid out of the breast. There is no solid evidence to support this claim, and a 2014 study found no association between bra-wearing and breast cancer.

Reference: BreastCancer.Org.

Myth

"Using deodorant or underarm antiperspirant can cause breast cancer"

Fact

A theory held that antiperspirants (especially those containing aluminum) could be absorbed into the lymph nodes through pores and tiny nicks from shaving and make their way into breast tissues. According to some studies, women who use aluminum underarm antiperspirants are more likely to have higher levels of aluminum in breast tissue; however, there is no evidence that antiperspirants cause breast cancer.

Reference: BreastCancer.Org.

Myth

"Carrying your phone in your bra can cause cancer"

Fact

It was the Dr. Oz Show in 2013 that warned women not to carry their phones in their bras that sparked such concerns. While there is no solid evidence to support this claim, cell phone manufacturers do advise you to keep your device away from your body as much as possible.

Reference: BreastCancer.Org.

Myth

"Men cannot get breast cancer"

Fact

While it is rare and only accounts for 1-2% of all breast cancer cases, the incidence rate among men is gradually increasing. Moreover, the lack of awareness and delayed diagnosis leads to a significant increase in mortality rate for men.

Reference: BreastCancerResearchFoundation

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Myth

"Breast cancer only occurs in older adults"



Fact

Breast cancer does not discriminate based on age. To better understand your risk of developing breast cancer at any age, know your family medical history (paternal and maternal), identify risk factors (race and ethnicity play a significant role), and speak with your doctor.

Reference: [Breast Cancer Research Foundation](#)

Cervical Cancer MYTHS vs. FACTS







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"Only promiscuous women get HPV and cervical cancer"







Any woman who has had sex, even with just one partner, could have been exposed to HPV as it is a very common virus. In fact, about eight out of 10 women will have had HPV at some point in time by the age of 50.

Reference: Mount Sinai Cancer Center

"I can't have a baby now as I have had cervical cancer"



While a patient may undergo a hysterectomy, radiation, and chemotherapy as part of treatment, there are many treatment options available that can cure a patient without hampering her prospects of giving birth.

Reference: Narayana Health

Myth

"I will only get cervical cancer if my mother had it"










Fact

Unlike breast and ovarian cancers, cervical cancer is not hereditary and does not get passed down in the family. It is caused by HPV and the best way to prevent it is by getting vaccinated and doing regular Pap and HPV tests.

Reference: Narayana Health

Myth

"I'm too old to be screened for cervical cancer"

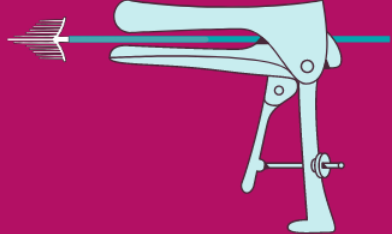




Fact

You can stop regular screening with Pap smear at the age of 69 if you have had 3 or more normal tests in the previous 10 years. However, it is best to ask your doctor or nurse practitioner to determine if you still need to be tested.

Reference: BC Provincial Health Services Authority

Myth

"I don't need to get screened because I don't have any symptoms"

Fact

A screening test can detect abnormal cell changes that may lead to cancer before any symptoms become present. When there are symptoms, a diagnostic test is done to find out the cause of the symptoms.

Reference: [Cytocare](#)

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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.

On April 19th, 2023 TDSB will debate and vote on passing an anti-Islamophobia strategy that came forward through Trustee Liban Hassan and Trustee Neethan Shan (Learn more about the motion here on page 23: <https://pub-tdsb.escrimemeetings.com/FileStream.ashx?DocumentId=15119>). As part of the strategy, all staff will be required to undergo anti-Islamophobia training, accountability measures will be implemented, and regular communication with the broader community will be conducted. Your support with this letter will allow us to demonstrate that there is a need for Board-wide anti-Islamophobia strategy in the education system in order to ensure the safety and well-being of Muslim students and educators. If you would like to sign this letter, please visit: cassa.ca/coalition-for-racial-equity-in-education/

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

#EradicateHate 2.0

The #EradicateHate 2.0 project is just completing phase 2 of the Toolkit Children and Youth Combating Online Hate and starting phase 3 next week!

The team has partnered with local youth vendors to help support the design of content needed for the toolkit and app development. From comic scripts to infographics and GIF's, the content has been completed, and are now finalizing our learning videos/animations created to help educate youth and children on combatting online hate in different scenarios.

We are also preparing for our soft launch of the Eradicate Hate 2.0 app where we will work and connect with local organizations and youth and children to help test out the app and change, adjust any of the content needed to assure the best use of the app.

We are so excited to be completing all content and excited to start working on the strategy plan to allow more youth and children to access the toolkit, app and content .

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 into four phases: research and analysis, public awareness campaign, media outreach, and legislative advocacy. Through these phases, the project aims to comprehensively raise awareness 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



Jua Ki Hai?

**Gambling Harm
Prevention in the
South Asian Punjabi
Community**



"We exist to ensure that gambling safeguards are in place, to promote the wellbeing of people and communities. We believe that gambling should never come at a human cost. We seek to influence positive change and advance responsible gambling and lead standards"

-Responsible Gambling Council

What is Gambling?

When you risk something of value on an event with an uncertain outcome.

Why Do People Gamble?

- 1 Some individuals may gamble because they need financial help.
- 2 Some people believe gambling will help them earn more money, quickly.
- 3 Some people may develop an addiction to gambling and find it difficult to stop despite the harm.
- 4 Not everyone will experience gambling harm. Some individuals gamble for fun or occasionally.



Types of Gambling

- Internet & Online Gaming Sites
- Lottery Tickets
- Horse races
- Slot Machines
- Proline & Point Spread
- Sports pool & Outcome of Sports
- Betting on cards or games

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ਜੁਆ ਕੀ ਹੈ।

ਜੁਆ ਖੇਡਣ ਵੇਲੇ ਨੁਕਸਾਨ ਨੂੰ ਘੱਟ ਕਰਨ ਦੇ ਤਰੀਕੇ ਸਿੱਖੋ।



ਸਾਡੇ ਕਮਿਊਨਟੀ ਵਿੱਚ ਮਾਨਸਿਕ ਸਿਹਤ ਅਤੇ ਨਸ਼ਿਆਂ ਬਾਰੇ ਬਹੁਤ ਸਾਰੀ ਗਲਤ ਜਾਣਕਾਰੀ ਹੈ। ਅਸੀਂ ਆਪਣੀ ਮਾਨਸਿਕ ਸਿਹਤ ਜਾਂ ਪਰਿਵਾਰਕ ਮਾਮਲਿਆਂ ਬਾਰੇ ਖੁੱਲ੍ਹੇ ਕੇ ਗੱਲ ਨਹੀਂ ਕਰਦੇ ਕਿਉਂਕਿ ਅਸੀਂ ਡਰਦੇ ਹਾਂ ਕਿ ਲੋਕ ਸਾਡੇ ਬਾਰੇ ਕੀ ਸੋਚਣਗੇ।

ਸਾਡੇ ਕਮਿਊਨਟੀ ਵਿੱਚ ਬਹੁਤ ਸਾਰੇ ਲੋਕ ਹਨ ਜਿਨ੍ਹਾਂ ਨੂੰ ਜੁਆ ਖੇਡਣ ਨਾਲ ਨੁਕਸਾਨ ਹੁੰਦਾ ਹੈ।

ਇਸ ਪ੍ਰੋਜੈਕਟ ਰਾਹੀਂ ਅਸੀਂ ਜੁਆ ਖੇਡਣ ਦੇ ਨੁਕਸਾਨ ਬਾਰੇ ਜਾਣਕਾਰੀ ਸਾਂਝੀ ਕਰਨੀ ਚਾਹੁੰਦੇ ਹਾਂ।

ਲੋਕ ਜੁਆ ਕਿਉਂ ਖੇਡਦੇ ਹਨ।

1. ਕੁਝ ਲੋਕ ਪੈਸੇ ਦੀ ਸਮੱਸਿਆ ਕਾਰਨ ਜੁਆ ਖੇਡਦੇ ਹਨ।
2. ਕਈ ਵਾਰ ਲੋਕ ਜ਼ਿਆਦਾ ਪੈਸਾ ਕਮਾਉਣ ਲਈ ਜੁਆ ਖੇਡਣ ਲਈ ਤਿਆਰ ਹੁੰਦੇ ਹਨ।
3. ਕੁਝ ਲੋਕ ਮੰਨਦੇ ਹਨ ਕਿ ਜੁਆ ਖੇਡਣਾ ਉਹਨਾਂ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਦਾ ਹੱਲ ਹੈ। ਹੋ ਸਕਦਾ ਹੈ ਕਿ ਉਹ ਜੁਆ ਖੇਡਣਾ ਬੰਦ ਕਰਨਾ ਚਾਹੁਣ ਪਰ ਇਹ ਨਹੀਂ ਜਾਣਦੇ ਕਿ ਕਿਵੇਂ ਰੋਕਣਾ ਹੈ।
4. ਹਰ ਕਿਸੇ ਨੂੰ ਜੁਆ ਖੇਡਣ ਨਾਲ ਨੁਕਸਾਨ ਨਹੀਂ ਹੋਵੇਗਾ। ਕੁਝ ਲੋਕ ਕਦੇ-ਕਦੇ ਜੁਆ ਖੇਡਦੇ ਹਨ ਜਾਂ ਮਜ਼ੇ ਲਈ ਜੁਆ ਖੇਡਦੇ ਹਨ।

ਜੁਆ ਖੇਡਣ ਦੇ ਵੱਖ-ਵੱਖ ਤਰੀਕੇ ਕੀ ਹਨ।

- ਇੰਟਰਨੈੱਟ ਜਾਂ ਆਨਲਾਈਨ
- ਲਾਟਰੀ ਖੇਡਣਾ
- ਘੋੜ ਦੌੜ 'ਤੇ ਸੱਟੇਬਾਜ਼ੀ
- ਸਲਾਟ ਮਸ਼ੀਨ
- ਪੁਲਾਈਨ ਗੇਮਜ਼
- ਖੇਡਾਂ 'ਤੇ ਸੱਟੇਬਾਜ਼ੀ
- ਕਾਰਡ ਗੇਮਾਂ 'ਤੇ ਸੱਟੇਬਾਜ਼ੀ ਜਾਂ ਪੈਸੇ ਲਈ ਕਿੰਗੋ ਖੇਡਣਾ

EXPLORE BARRIERS TO EMPLOYMENT IN INDIGENOUS, BLACK, AND RACIALIZED COMMUNITIES ACROSS ONTARIO



Survey (Punjabi) now live at: <https://tinyurl.com/bdyf3u35>
Survey closing date: May 1st, 2023



Colour of Poverty |  | Colour of Change

Colour of Poverty-Colour of Change: Survey (Punjabi)

As Colour of Poverty-Colour of Change strives to build community-based capacity to address the growing racialization of poverty and the resulting increased levels of social exclusion and marginalization of racialized communities across Ontario, we also recognize the role that data plays in our advocacy efforts. As such, we are pleased to announce the launch of our employee survey in Arabic. Our survey is currently also available in Chinese, French, Punjabi, Somali, and Spanish. Great care has been taken to ensure data confidentiality and security, and all survey results will be end-to-end encrypted. To qualify, respondents must identify as Indigenous, Black, or Racialized and must live in one of the regions indicated in our study: Durham Region, Hamilton, London, Ottawa, Peel Region, Quinte Region, Thunder Bay, Toronto, Windsor-Essex, and York Region. Please note that all of our surveys will be closing on May 1st, 2023, on International Workers' Day.

Please find the links for the surveys below, and don't hesitate to contact Namrata at namrata@ocasi.org for any questions or concerns regarding the survey



HEALTH SERVICE PROVIDERS NEEDED FOR DIABETES RESEARCH STUDY ON TAMIL OLDER ADULTS

We are looking for participants to take part in a study titled: An exploration of South Asian older adults' access to diabetes-related health care in the Greater Toronto Area.



This study has been reviewed for ethical compliance by the Queen's University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board.

The purpose of this study is to explore the experiences of older Tamil adults with diabetes accessing diabetes-related health care services in the GTA.

ELIGIBILITY CRITERIA

- You are a health service provider
- You have provided health services to the Tamil diaspora residing in the GTA over the age of 60 years with Type 2 Diabetes for over 1 year.
- You are able to participate in a 30-60 minute virtual or in-person interview.

For more information about this study, or to participate, please contact: Thanusha Kathiravel, School of Rehabilitation Therapy
Email: 20tk8@queensu.ca

Health Service Providers Needed for Diabetes Research Study on Tamil Older Adults

Attention Health Service Providers! Thanusha Kathiravel from Queen's University is conducting a research study on Tamil older adults with diabetes and is looking for participants. If you're a health service provider that has worked with Tamil older adults with Type 2 Diabetes, please consider joining this study. Let's work together to improve the health outcomes of Tamil older adults with diabetes. Contact Thanusha at 20tk8@queensu.ca for more details!

Health service providers include but are not limited to: Physicians, Specialists, Dentists, Social Workers, Nurses, Occupational Therapists, Speech Therapists, Physiotherapists, Optometrists, Naturopaths, Dieticians, Nutritionists, Health Promoters, Community Health Workers, Health

POSTER competition



Get the booster to boost your immunity & uphold social responsibility



Deadline: April 28, 2023
Prizes for Winners: First Place: \$100.00 gift card
Second Place: \$75.00 gift card
Third Place: \$50.00 gift card

Task: Make a Poster with a slogan and theme on booster shots, their importance, personal and social responsibilities

Instructions:

- Make a poster either digitally or by hand
- If you make it by hand and drop it at our office
- Your poster should be a clear representation of the topic
- Any information you put must be taken from valid resources
- Your poster should not have anything oppressive



<https://forms.gle/eLvRqq1IKSC7zork46>

Our campaign will convince people in our community that getting a booster dose against COVID is a personal responsibility that protects everyone and shows your social responsibility to protect the community & the country.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

“DigitALL: Innovation and technology for gender equality”

BCS observes International Women’s Day, 2023 and Dialogue with Policy Makers.

Story written and edited by: Tasnova Chowdhury and Urbi Khan, BCS

On the evening of March 15th, the Bangladeshi Canadian Community Service (BCS) celebrated International Women's Day with this year’s theme, following suit of UN Women, “DigitALL: Innovation and technology for gender equality” by holding a virtual community dialogue with policy makers.



Photo caption: BCS observes International Women’s Day, 2023

BCS has been providing crucial services to the communities in the East of Toronto for more than 20 years, and has worked towards creating empowerment and leadership among racialized women in the community through the campaign, “Fight Misogyny, Achieve Gender Equality” funded by Women and Gender Equality Canada. Over a 18-month period, BCS has worked and trained 30 Feminist Leadership fellows, from the community, through workshops and events which focused on feminist theories, gender based analysis, Anti-Oppression, community organizing, advocacy and writing stories for change.



For this year's International Women's Day, the feminist leaders shared their journey of fighting misogyny in their respective communities, and how it has impacted their lives. Topics included finding community during COVID-19 and overcoming social isolation; advocating for themselves and others through community engagement; developing leadership; combating and moving forward from gendered stereotypes and working against exclusion and reflecting on their individual experiences.

The feminist leaders also discussed what misogyny is and how it is deep rooted in every sphere of society. The guests in attendance were amazed, as well as emotional, hearing their inspirational stories.

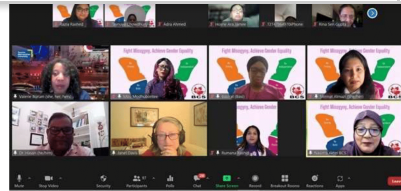


Photo caption: Dr. Nasima provided her opening remarks and stated how feminist leaders have contributed to raising public awareness on gender equality issues.

Dr. Nasima Akter, the Executive Director of BCS presented key information on barriers faced by women and their low representation in different arenas. The keynote speaker, Naheed Ahmed, a Program Specialist for UN Women, discussed the UN mandate to bring women into technology, reduce the effects of non-inclusion and promote equality. Dr. Valerie Borum, Director of the School of Social Work at Toronto Metropolitan University, delivered a speech on the intersection of Afrocentric feminist perspectives and technology.

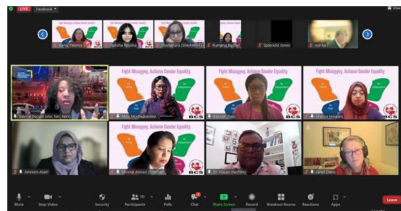


Photo caption: Dr. Valerie Borum, Director of the School of Social Work at Toronto Metropolitan University provided a speech and interacting with participants of the event.

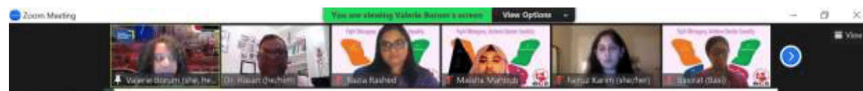
BCS invited a number of guests of honour and over 130 guests were in attendance. The major policy makers who joined were City Councillor Brad Bradford, MPP Doly Begum, TDSB Trustee Neethan Shan and who discussed scenarios regarding misogyny and women rights, role of men in fighting misogyny, creation of equitable opportunities towards gender parity and creating an enabling environment for inclusion at every level, removing gender based discrimination and discrepancies.



Photo caption: MPP Doly Begum and TDSB School Board Trustee Neethan Shan had engaging dialogue with feminist leaders and community members.

Other distinguished guests in attendance was FinTech Specialist Ayan Hagar, TDSB Trustee Malika Ghous, BCS Board of Director Janet Davis. They discussed women inclusion in the tech world, advances for femtech, prevalent barriers and risks and stressed on the fact that there is so much yet to be done. The esteemed guests answered to queries in the panel discussion, committed to outstretch their helping hands and expressed eagerness to connect to BCS for resolving issues

raised in the forum. Dr. Mahbub Hasan, a social worker and educator, expressed gratitude to the BCS feminist leaders, community partners, keynote speakers, policymakers, and participants for their valuable contributions in making this event a success. He also congratulated 30 Feminist Leaders for their 4,300 hours activism through fight misogyny and achieve gender equality campaign.



Achievements of BCS Feminist Leaders

BCS Leadership Program

Learning, Collaboration, Actions, Change

**4,300 HOURS/180 DAYS OF
LEARNING AND
VOLUNTEER COMMUNITY WORK
from Jan 2022 to March 2023**

**For Advancing Gender Equality
through Digital media, technology
and activism.**

Thank you!

GTA Northwest Health Services INC

GTA Northwest Community Health Services INC (ANNUAL GENERAL MEETING and DINNER will be held on Saturday, May 27th @ 6 PM at MEADOWVALE COMMUNITY CENTRE 6655- Glen Erin Drive Mississauga Ontario.

If you like more information please call 905-904-2363 or 647-707-9762. or

email GTANW4U@GMAIL.COM

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RECORD SUSPENSION PROGRAM

Having your record suspended is one step towards putting your criminal conviction and its stigma behind you.

More information:

recordsuspensions@efrytoronto.org

416-924-3708 ext 400

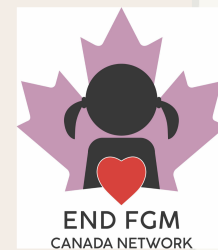
1-855-924-3708

FGM/C (Female Genital Mutilation/Cutting) Virtual Training

- What is FGM/C?
- How is it relevant to Canada and Canadians?

When: May 26,
2023 6-8pm ET
Where: Zoom

Register:
bit.ly/FGMCTraining



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

FGM/C Virtual Training

CCMW in partnership with End FGM Canada Network is hosting a virtual info/training session on FGM/C and what it means in the Canadian context. FGM/C is the acronym for **female genital mutilation/cutting** and is sadly practiced in Canada and the rest of the world.

FGM/C is a procedure performed on women or girls to alter or injure her genitalia for non-medical reasons. It causes severe health problems and is a violation of girls' and women's fundamental human rights. There are many names for this practice, including "female circumcision", "female genital cutting", "khatna", "sunat", "sunat perempuan", "qodiin", "fanadu", "bolokoli", "nyaaka", "tohara", and [many other terms](#) that are used in different local contexts and communities.

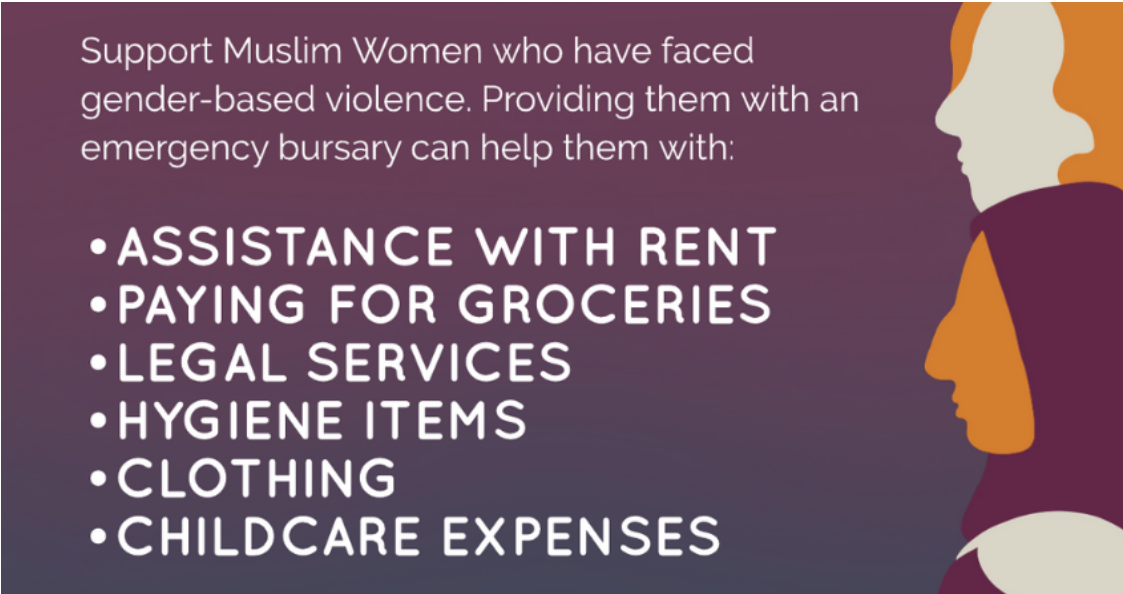
The [World Health Organization](#) defines Female Genital Mutilation as all procedures that involve the partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons. This is definitely an extreme form of violence against women and girls.

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info/experiences with us on May 26 from 6-8 pm EST. Please see attached flyer. Kindly register for the session using the link on the flyer, and promote the session actively on your social media channels and send it to your staff, volunteers, allies, partners and other networks.

End FGM Canada Network's Mission is:

To be the leading force in Canada to end all forms of Female Genital Mutilation/Cutting (FGM/C), working collaboratively with stakeholders to increase awareness, strengthen measures to protect girls at risk, and aid in the creation of systems of support for impacted women and girls.



Support Muslim Women who have faced gender-based violence. Providing them with an emergency bursary can help them with:

- ASSISTANCE WITH RENT
- PAYING FOR GROCERIES
- LEGAL SERVICES
- HYGIENE ITEMS
- CLOTHING
- CHILDCARE EXPENSES

Support Muslim women facing financial hardships this Ramadan:

This Ramadan, you can support Canadian Muslim women who are facing financial hardships due to gender-based violence in two ways:

1. Purchase Medjool Dates from Palestine CCMW has teamed up with CCMW chapters across Canada to sell fresh Medjool dates from Palestine. A portion of the proceeds from each jar will go to CCMW's Emergency Bursary Fund. https://buycottpalestine.com/pages/ccmw?mc_cid=2ad955b16b&mc_eid=UNIQID

2. Donate to CCMW Already have your dates for Ramadan? Donate to CCMW! CCMW aims to assist clients with unanticipated financial hardship incurred as a direct result of gender-based

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Donations are zakat eligible and donations over \$25 are eligible for a tax receipt.

<https://www.ccmw.com/genderbased-violence-bursaries>

CARE CENTRE FOR INTERNATIONALLY EDUCATED NURSES
Supporting Nurses Back into Practice

UPCOMING WORKSHOPS: APRIL 2023

APRIL 10	IENCAP/OSCE PREPARATION COURSE	SOLD OUT
APRIL 12	LINKEDIN TRAINING	
APRIL 13	COMMUNICATING WITH PATIENTS SENSITIVE TOPICS	
APRIL 19	COMMUNITY HEALTH NURSING ESSENTIALS	
APRIL 21	INFECTION CONTROL	
APRIL 26	PROFESSIONAL EMAIL WRITING	

www.care4nurses.org



Calling All Internationally Educated Nurses!

Are you pursuing registration with the College of Nurses of Ontario? CARE Centre for Internationally Educated Nurses (IENs) is a non-profit organization funded by the Ontario Government offering a variety of Professional Development workshops each month. Workshops focus on Nursing Skills, Effective Communication, and Career Development, helping IENs connect with employers and thrive in different healthcare sectors serving diverse clients and cultures.

Visit our website to find out more about becoming a STARS member and learn more about our programs and services. You'll get all the details on our upcoming workshops and courses at www.care4nurses.org

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YOUNG SOMALI LEADERS PROJECT



Calling all Youth Service Sector workers to a webinar exploring Somali-Canadian youth in the GTA. Including a presentation on youth focus groups' research findings and a panel comprised of Somali youth activists.

COME AND LEARN ABOUT:

- The experiences and needs of diverse Somali-Canadian youth ages 16-29 living in the GTA
- Culturally affirming service design and delivery
- Strategies for reducing isolation and increasing support for Somali-Canadian youth

**Thurs April 6th, 2023
1:00 pm - 3:00 pm**

Register at: bit.ly/42eyAec

For more info email: react@metrac.org

#ReActToThis | @ReActYouthProgram

INSPIRIT FOUNDATION  FONDATION INSPIRIT

 METRAC
ACTION ON VIOLENCE

ReAct 
Respect in Action A METRAC Program

Young Somali Leaders Project Presents: A Youth Service Sector Webinar

Webinar presenting focus group findings from diverse Somali-Canadian youth in the GTA about the ways that youth service providers can better support the current needs of Somali youth ages 16-29 in culturally relevant ways. This webinar includes a presentation on youth focus groups' research findings and a panel comprised of Somali youth activists.

This community engagement model is based on the best practices developed by the Respect in Action (ReAct) youth program of METRAC Action on Violence.

Join the conversation to learn more about:

- The experiences and needs of diverse Somali-Canadian youth ages 16-29 living in the GTA
- Culturally affirming service design and delivery

The webinar will provide a hands-on, practical guide to support community agencies, program developers, researchers, youth service providers, and school organizations to design and deliver programs that are inclusive and affirming to Somali-Canadian youth.

Knowledge learned may assist in grant applications and increase program participation.

This 2-hour webinar is offered on: Thursday, April 6th, 2023 from 1-3 pm

To learn more about the ReAct Youth Program visit us at <https://metrac.org/react> or on Instagram at @ReActYouthProgram

Register for the webinar [here](#)

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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Eid Bazaar & Market 2023

\$5 Henna! 

Jewellery! 

Clothes! 

April 19th, 3:00pm - 8:00pm
Daniels Spectrum
585 Dundas St E

COME SHOP & SUPPORT LOCAL VENDORS!



Eid Bazaar & Market 2023:

Please join us on April 19th for the Eid Bazaar & Market! Happening at Daniels Spectrum (585 Dundas St E) from 3:00 pm - 8:00 pm

There will be jewelry, clothing, henna, and more! Come down and shop, and support local vendors!

For more info please contact Sureya at sureya@tcld.org

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Are you or a loved one struggling with ADDICTIONS?

Recovery is Possible

Vasantham Presents:

Three Addiction Recovery Programs

- **Cost:** Free!
- **Group 1:** Tamil Addictions Group - Ages 18+
- **Group 2:** South Asian Addictions Group - Ages 25+
- **Group 3:** South Asian Youth Addiction Group - Ages 18-24
- **Where:** The Hub Mid-Scarborough 2660 Eglinton Ave East
- **How to register:** Call Vasantham Wellness Centre at **416-847-4172**

 Funded by SUAP- HEALTH CANADA



Are you or a loved one struggling with ADDICTIONS?

Recovery is Possible

Vasantham Presents:

Tamil Addiction Recovery Program

போதையில் இருந்து விடுபட இலவச வகுப்புகள் தமிழில்

- **Cost:** Free!
- **When:** Every Saturday 10:00 AM to 12:00 PM
- **Where:** The Hub Mid-Scarborough 2660 Eglinton Ave East
- **How to register:** Call Vasantham Wellness Centre at தொடர்புகளுக்கு அழைக்கவும் - வசந்தம் **416-847-4172**
- **Who can participate:** People 18+ who are facing addiction challenges

 Funded by the SUAP/ HEALTH CANADA



**BEREAVEMENT
SUPPORT MAILING
PROGRAM**



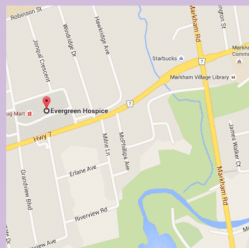
EVERGREEN'S BEREAVEMENT SUPPORT MAILING PROGRAM

Evergreen's Bereavement Support Mailing Program contains educational bereavement information mailed or emailed once a month for a year.

It consists of a series of monthly mailings that provide information on areas of grief such as: coping mechanisms, general information about the grief journey, physical and emotional responses to grief, discussing the myths around grief and dealing with expectations, adapting to your changing circumstances, relationships and dealing with special occasions.

Available languages: English, Traditional Chinese and Tamil

For more information and to sign up for the mailing please contact 416-499-2185 or info@evgcares.org.



Evergreen Hospice
201-5762 Highway 7 East
Markham, ON L3P 1A8
TEL: 416 499-2185
FAX: 905 472-4128
info@evgcares.org
www.evgcares.org

Registered Charitable Number:
12802 6143 RR 0001

Evergreen is a non-profit organization that provides support to people of all ages in Markham, Stouffville & Thornhill living with a life-threatening illness, caregiving or grief. Our client services are provided free of charge.



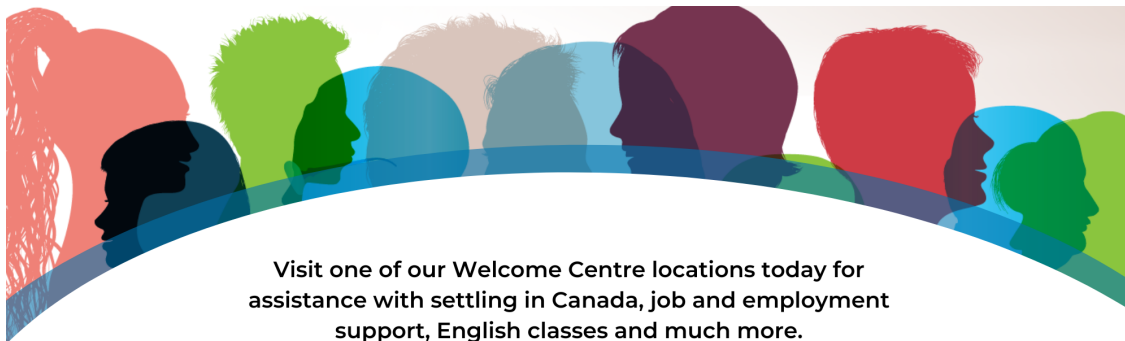


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Visit one of our Welcome Centre locations today for assistance with settling in Canada, job and employment support, English classes and much more.

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Vaughan
9100 Jane Street,
Building H,
Units 56-67
(416) 238-1033

Markham South
7220 Kennedy Road
Unit 8
(905) 479-7926

Newmarket
16655 Yonge Street,
Unit 26
(289) 841-3032



Ajax
458 Fairall Street,
Unit 5
(289) 482-1037

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1400 Bayly Street,
Unit 16b
(905) 420-3008

1-877-761-1155 | www.welcomecentre.ca


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Promote 211 in your Community!

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Need help finding community supports? 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.

FAMILY FUN!

Walk, Run, Bike

LET'S MOVE WILLOWDALE

COMMUNITY MOVE-A-THON & BBQ

\$25/PERSON*
\$60/FAMILY INCLUDES LUNCH FOR 2 ADULTS/2 KIDS*

BBQ ONLY: \$10 PER PERSON*

*EARLY BIRD PRICING ENDS APR 29

SUPPORT OUR FOOD PROGRAM

4KM WALK/RUN - 8KM RIDE
MEET NEIGHBOURS
LIVE MUSIC & DANCE
DELICIOUS BBQ
FREE MILK TEA

SAT. MAY 6, 2023 • HENDON PARK
11AM MOVE-A-THON • 12PM BBQ

REGISTER TODAY! neighbourlink.org/letsmove



Blog Posts:

[The Hate-Crime Reporting Project:](#)

CASSA's Hate Crime Reporting Project is funded by the Safe & Vital Community Grant. Through the project, CASSA sought to assess the perceptions, understandings, and experiences of four communities – Toronto, Ottawa, York, and Peel.

[TTC Hate Crime Incidents:](#)

The number of hate attacks on the Toronto Transit Commission (TTC) has increased at an alarming rate since the end of 2022. In December 2022, there were 145 incidents, 45% more than in November 2022.

In the News

[Repatriation of Canadian women and children detained in Syrian camps underway, says lawyer](#)

Multiple Canadian women and their children are on their way back to Canada after spending years held in camps for ISIS suspects and their families in northeastern Syria, according to their lawyer.

[First Nations chiefs to debate Trudeau government's draft UNDRIP action plan](#)

As the Trudeau Liberals approach eight years in power, David Lametti acknowledges much is riding on his government's upcoming plan to implement the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) in Canada.

[One year later: Sunday Open House at the Kyiv Home Project](#)

"The project itself has turned out way better than what we ever envisioned," said Gary Taveirne.

[Trudeau says orderly immigration system is needed, after deaths of eight migrants](#)

Prime Minister Justin Trudeau is reiterating the importance of an orderly immigration system as police investigate the deaths of eight migrants, including two toddlers, in the Mohawk territory of Akwesasne last week.

[Egyptian asylum-seekers decry 'Islamophobia' by Canada's border agency](#)

Attia Elserfy was expecting a second lease on life when he escaped Egypt with his family, landing in Vancouver in October 2018.

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The head of Amnesty International Canada is accusing Air Canada of racism and discrimination after she was denied boarding a flight to Mexico.

[Cabinet minister hopes immigration pilot program can continue beyond next year](#)

Canada's minister of Immigration, Refugees and Citizenship says he wants the Rural and Northern Immigration Pilot program to continue beyond its pilot period.

[Toronto family set to be deported from Canada on Wednesday begs for clarity](#)

The Tamayo family says they don't know where they went wrong while applying for asylum status, and with their deportation scheduled for Wednesday, they fear they may never find out.



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