



October 2023 Newsletter

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12TH ANNUAL HEALTH EQUITY SUMMIT

SOUTH ASIAN YOUTH PERSPECTIVE ON HEALTH EQUITY & INCLUSION

DATE & TIME
November 7, 2023
9:30 am - 4:00 pm

LOCATION
Centennial College Event Centre
937 Progress Ave.
Scarborough, ON
M1G 3T8

REGISTER

HOSTED BY: **CASSA** COUNCIL OF AGENCIES SERVING SOUTH ASIANS

IN PARTNERSHIP WITH: **CENTENNIAL COLLEGE** **United Way** Greater Toronto

12th Annual Health Equity Summit

Register for the Health Equity Summit [here](#)

CASSA's Membership!



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BECOME A MEMBER TODAY!

For more information contact qurat@cassa.on.ca or visit www.cassa.ca/membership



CASSA Project Updates



GENDER-BASED VIOLENCE RESEARCH IN THE GTA

Toxic Masculinity and Its Impact on Gender-Based Violence

The Toxic Masculinity Research Project is well on its way. We are happy to announce that the study has received ethics approval from the Community Research Ethics Office!

As we are ready to commence data collection, our study's six community partners will be contacted to arrange an online training session with the Project Manager to ensure that all ethical guidelines are followed in the next steps.

Subject matter experts are being contacted for interviews and nine experts have been confirmed so far.

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please send us your resume and short letter of interest at research@cassa.on.ca.

WE ARE LOOKING FOR VOLUNTEERS!

The Coalition of Racial Equity in Education is recruiting Muslim high school students and parents/guardians with children attending schools in York and Durham Region.

Join us in promoting equity and inclusivity for Muslim students and staff! Combat racism and Islamophobia to create a welcoming and just future together.

APPLY NOW: www.cassa.ca/apply-to-join-the-coalition-for-racial-equity-in-education-project/



The Coalition for Racial Equity in Education

The Coalition for Racial Equity in Education is currently inviting parents and youth volunteers from the YRDSB and DDSB regions to join their dedicated efforts. These volunteers will undergo comprehensive training regarding Islamophobia in schools.

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interested in contributing to this important project, we invite you to sign up [here](#). Should you have any questions or concerns, please don't hesitate to reach out to samaha@cassa.on.ca.

Policies that Perpetuate Systemic Racism

The project initiated its social media campaign on Law 21, including releasing an official letter on teacher shortage in Quebec and its' connection with Law 21. Over the past few months, we have conducted interviews of community leaders to understand the impact of the Zero Tolerance for Barbaric Cultural Practices Act. These interviews will be shared through our upcoming podcast. In the coming weeks, we will launch our social media campaign on Canada Child Benefit, followed by story animations, a podcast and blogposts. In the next coming weeks, we will initiate our social media campaign on Canada Child Benefit, followed by story animations, podcast and blogposts.

Opportunities

SEEKING HEALTHY PARTICIPANTS FOR RESEARCH ON AGING

Help us learn about risk and protective factors for dementia

- **Target population:** Individuals who identify as **East Asian, South Asian, or White**
- Compensation will be provided



TIME

- 5-year study
- Visit Sunnybrook every other year



WHAT IS INVOLVED?

- Memory tests
- Questionnaires
- Brain scan (MRI)
- Blood draw



ELIGIBILITY

- 55 - 85 years old
- No diagnosis of a cognitive disorder
- Can speak English

Contact our study team:



cbhlab@sunnybrook.ca



416-480-6100 ext. 85405

Version 1.0, April 27, 2023
 Principal Investigator: Dr. Jennifer Rabin
 This study has been approved by Sunnybrook's Research Ethics Board.
 Study title: Investigating Risk and Protective Factors for Dementia in a Multi-Ethnic Cohort



Seeking Healthy Participants For Research on Aging:

\$50 Honorarium

\$10 Food Voucher

FREE Parking!!

and/or healthcare services to the South Asian community in the GTA during COVID-19?

If so, we want to hear from you!



Our research team is inviting you to participate in a study to understand what services were available to multigenerational, South Asian family care partners amidst COVID-19. **Our goal is to identify SA women caregivers' social and healthcare needs during and following the pandemic and to understand how best to meet these needs in the future.**

What will you be asked to do?

Participate in one Zoom or telephone interview lasting approximately 60-90 minutes. You will receive a **\$50 e-gift card** as a token of appreciation.

For more information please contact:

Natalie Meisenburg meisenno@mcmaster.ca



This research study has been reviewed by the Hamilton Integrated Research Ethics Board under project #16075 (Version 1)



This research draws upon research supported by the Government of Canada's New Frontiers in Research Fund (NFRF)



COUNCIL OF
AGENCIES SERVING
SOUTH ASIANS

Council of Agencies Serving South Asians (CASSA)
705 Progress Avenue Unit 101, Toronto, ON M1H 2X1
Phone: (416) 932-1359
Email: cassa@cassa.on.ca Website: www.cassa.ca

Community Services Recovery Fund Announcement

CASSA supporting Canada's South Asian communities through a national expansion

The [Council of Agencies Serving South Asians \(CASSA\)](#) is excited to announce that we are receiving funding from the Government of Canada's Community Services Recovery Fund to support our national expansion.

CASSA's mandate is to facilitate the economic, social, political and cultural empowerment of South Asians. We are a resource for training, information, research, mobilization, coordination and leadership on social justice issues affecting South Asian communities. We create social change by building alliances and working collaboratively with those who share a vision of empowering all communities to participate in defining Canada's future.

The COVID-19 pandemic highlighted many inequities faced by South Asian communities in Canada. These inequities are further exacerbated by systemic racism and discrimination. CASSA is the only social justice advocacy organization representing the interest of over 120 South Asian-serving organizations in Canada. We play the role of advocate and support to build capacity and well-being of South Asians on a national scale. Our work has expanded fourfold over the last 3 years. The need is great for advocacy, research, and policy work. We're already working with partners and in communities across Canada.

This funding enables us to formally implement our National Expansion plan by establishing a National Head Office in Scarborough, Ontario and launching three chapters in British Columbia, Alberta and Quebec. This will allow CASSA to have a sustained presence on a national scale to better support and address the barriers faced by South Asian agencies and communities in provinces with the largest population of South Asians outside of Ontario.

"We are grateful for the resources from the Government of Canada's Community Services Recovery Fund to be able to meet the growing demand of our research and advocacy work across the country. We have seen a rapid increase in cases of discrimination, racism, and hatred towards South Asians in Canada over the last three years. We know we have our work cut out for us and this grant will build our capacity to expand our reach", said Samya Hasan, Executive Director of CASSA.

As the long-term recovery from the COVID-19 pandemic continues, we welcome the Government of Canada's push for a more inclusive model of economic growth that creates opportunities for everyone in Canada. The Community Services Recovery Fund is a \$400 million investment from the Government of Canada to support community service organizations, including charities, non-profits and Indigenous governing bodies, as they adapt and modernize their organizations.

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Now more than ever, community service organizations, including charities, non-profits and Indigenous governing bodies, play a key role in addressing complex social problems faced by many communities across Canada. The Community Services Recovery Fund responded to what community service organizations, including charities, non-profits and Indigenous governing bodies, needed and supports them as they adapt to the long-term.

Jenna Suds, Minister of Families, Children and Social Development, is in full support of this project: "I am continually impressed by the passion, dedication, and creativity of community service organizations, like the Council of Agencies Serving South Asians. And I am equally proud the Government of Canada has supported their important work through the Community Services Recovery Fund. By investing in these organizations and project's like this national expansion, we can help to create a more just and equitable society, where everyone has opportunities to succeed. I look forward to seeing the positive impact of this investment in communities across Canada in the years to come."

The Community Services Recovery Fund is being delivered through three National Funders - Canadian Red Cross, Community Foundations of Canada, and United Way Centraide Canada.

After the completion of this initial expansion, CASSA's 5-10 year goal is for further expansion into other provinces with sizable South Asian populations and the need for advocating for South Asian-serving agencies. As CASSA establishes a National Head Office, to convene, discuss synergies, strategize, and curate future partnerships between member agencies we continue to build a Canada free of all forms of discrimination, racism, and hate; in which all communities are free from marginalization and are fully empowered to participate in defining Canada's political, economic, social, and cultural future.

For comments, please contact:

Samya Hasan, Council of Agencies Serving South Asians

samya@cassa.on.ca | 416-932-1359

Funded by the
Government of Canada's
Community Services Recovery Fund

The logo for the Government of Canada, featuring the word "Canada" in a serif font with a small Canadian flag above the 'a'.

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We are creating a new tool that lets people see their cancer screening reminders and test results online. Do an interview to help us make it better!

You may be able to do an interview if you:

- Are 50 to 74 years old
- Have access to a laptop or computer with a microphone, speakers and an Internet connection
- Have an email address

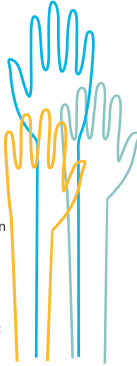
About the interview:

The interview will be by videoconference and take 1 hour. If you do not work for an Ontario public sector organization, you will get \$30 as a thank you.

If you are interested:

- Call us at **437-703-3286** Monday to Friday, 9 a.m. to 5 p.m.
- Or email us at csoperations@ontariohealth.ca

If you are sending us personal information by email, please be aware that electronic communication is not always secure and can be vulnerable to interception. Do not send us any information about your health or your health card (OHIP) number.



Nous créons actuellement un nouvel outil qui permet de consulter en ligne les rappels de dépistage du cancer et les résultats de tests. Participez à un entretien pour nous aider à l'améliorer!

Vous pouvez participer à un entretien si vous avez :

- Entre 50 et 74 ans
- Accès à un ordinateur portable ou à un ordinateur doté d'un microphone, de haut-parleurs et d'une connexion Internet
- Une adresse courriel

Au sujet de l'entretien :

L'entretien se déroulera par vidéoconférence et durera 1 heure. Si vous ne travaillez pas pour une organisation du secteur public de l'Ontario, vous recevrez 30 \$ en guise de remerciement.

Si cela vous intéresse :

- Appelez-nous au **437-703-3286** du lundi au vendredi, de 9 à 17 heures.
- Ou écrivez-nous à l'adresse csoperations@ontariohealth.ca

Si vous nous envoyez des renseignements personnels par courriel, sachez que les communications électroniques ne sont pas toujours sûres et peuvent être interceptées. Ne nous envoyez pas de renseignements sur votre état de santé ou votre numéro de carte Santé (RASO).



Ontario Health: Volunteers Needed

English: Ontario Health is creating a new tool that lets people see their cancer screening reminders and test results online. Would you like to try the tool and give feedback on how to make it better?

French: Santé Ontario crée un nouvel outil qui permet aux personnes de consulter en ligne les rappels de dépistage du cancer et les résultats de leurs tests. Aimerez-vous essayer l'outil et donner votre avis pour l'améliorer?



Supporting Nurses Back into Practice

SUPPORTING NURSES BACK INTO PRACTICE

Are you an Internationally Educated Nurse looking for Support in Ontario? CARE Centre can help!

Join us to learn how CARE Centre for Internationally Educated Nurses can help you gain, and retain employment in Ontario.

RESERVE YOUR SPOT TODAY

LEARN ABOUT...

- RNCCAP, CELBAN, REX-PN, CAS & NCLEX preparation
- One-on-one support
- Job shadowing, virtual mentoring, networking & professional development
- Employment strategy workshops, recruitment opportunities & employment referrals

AND MUCH MORE!!



ONLINE INFORMATION SESSION
Wednesday Oct. 25th 1pm EST



REGISTER TODAY!

Contact Us Today! (416) 226-2800
info@care4nurses.org
SERVING: Hamilton, London, Peel, St. Catharines, Toronto, Windsor & online service across Ontario

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.

Please join us online, Oct. 25th at 1pm for a free information session to learn about CARE Centre Membership. As a member, you receive one-on-support, access to workshops and access to

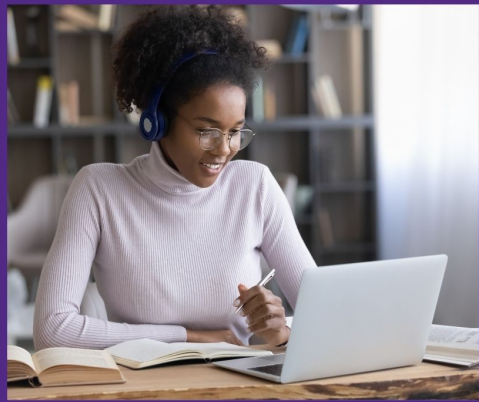
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<https://care4nurses.org/event/online-information-session/>

www.care4nurses.org/







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Via Zoom

Please email leah@epilepsytoronto.org for further information.

Presented By






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Session will cover:

- ✓ Myths and Misconceptions about Epilepsy
- ✓ Difference Types of Seizures
- ✓ Epilepsy Toronto's Services
- ✓ Treatment
- ✓ Seizure first aid
- ✓ Client stories

www.epilepsytoronto.org

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GALA

Please join us as we
celebrate 10 incredible
years of Laadliyan's impact
in the community

Thursday November 16th, 2023
7pm
Embassy Grand Convention Centre
8800 The Gore Rd.
Brampton ON

Laadliyan Gala

Join us on November 16th 2023 as we celebrate 10 years of Laadliyan's remarkable impact on our community and raise a toast to South Asian girls and women in leadership. Help us raise \$20,000 to take our Laadli to Laadli Mentorship Program to new heights by providing culturally responsive leadership and mentorship opportunities to more South Asian girls and women across Canada. To learn more or purchase tickets, please visit: <https://www.laadliyan.com/annualgala>

Summer Visits for Bangladeshi Senior Immigrants

Bangladeshi-Canadian Community Services (BCS) recently organized two outdoor visits to Eaton Centre and Scarborough Town Centre (STC) in September 2023. Twenty seniors participated in outdoor visits. Every year, BCS organizes outdoor activities for the seniors in the



summertime, where 100 seniors join the activities at different periods. The purpose of these outdoor activities is to address three domains: physical (walking through the marketplace), social (chat), and emotional domains (happy, reminiscing). Furthermore, it reduces social isolation, connects seniors, and makes a social network that helps them improve the quality of life of South Asian

Bangladeshi seniors. BCS also provides seniors with transportation fares to go to the shopping mall. In such activities, the seniors can explore their favorite stuff and items. Everyone loves



shopping and moving around the shopping center. The seniors consistently report that the prominent place, especially the shopping center, improves their mental health or well-being. The seniors thanked BCS for arranging the visit to the Eaton Centre and the Scarborough Town Centre

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United for Literacy
Litt ratie Ensemble
formerly Frontier College

MATH BASICS

Free Online Workshop
October 26 - November 30, 2023
Thursdays 1:30 - 4:30 PM

**Do you need to review topics to start
post-secondary, trades or for
everyday life**

Learn how to:

- Add, subtract, multiply, divide
- Use fractions, decimals, and percentages

Eligibility:

- 19+ years old
- Possess SIN Number



Contact Pooja for more details:
pverma@unitedforliteracy.ca
1-800-555-6523 ext. 1202

www.unitedforliteracy.ca

Canada   Ontario 

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WHAT IS GOODNESS GIFT?

Goodness Gift is a social enterprise established in 2018 to provide training and paid employment opportunities for individuals on the autism spectrum and related developmental conditions. We are a socially conscious gifting company, offering everything from curated baskets to individual items.



OUR MISSION

Beyond commerce, we celebrate diversity, elevate marginalized talents, and take a stand against the unemployment crisis that often shadows our gifted neurodiverse workforce. Together, we turn challenges into strengths, ensuring every unique individual stands tall.

Buy Today. Make a Difference.

With each purchase, you champion a cause and light a beacon for hope. Dive into our treasure trove:

GOODNESSGIFT.COM

Embrace the change.

GOODNESSGIFT@SAAAC.ORG
416 289 2394

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Serving Newcomers and Immigrants in York and Durham regions.



Markham North
 8400 Woodbine Ave.
 Suite 102-103
 (289) 846-3645

Richmond Hill
 9325 Yonge Street,
 Unit 31A
 (289) 842-3124

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

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

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



CASSA's Blogs/Podcasts

Blog Posts:

[Empowering South Asians: A Spotlight on ASAAP](#)

In a world that is increasingly recognizing the importance of inclusivity and diversity, organizations like the Alliance for South Asian AIDS Prevention (ASAAP) play a crucial role in ensuring that marginalized communities receive the support, resources, and advocacy they deserve. ASAAP, based in Toronto, Canada, is a dynamic organization dedicated to addressing the unique needs of South Asian LGBTQ+ individuals and communities.

[Promoting Diversity and Inclusion: CASSA's Intercultural Collaborative Project](#)

In a world that is becoming increasingly diverse, fostering intercultural collaboration and challenging racism and discrimination is vital for building stronger and more inclusive communities. The Council of Agencies Serving South Asians (CASSA) has taken a significant step in this direction with the successful implementation of its Intercultural Collaborative project in the Greater Toronto Area (GTA).

[Newcomers with agriculture expertise sought for immigration program](#)

The federal government is now accepting applications for permanent residency through its Express Entry program from foreign-trained workers who have expertise in agriculture and agri-food.

[Immigration program allowing Sudbury businesses to expand](#)

The skilled trade shortage is a national dilemma, one that was preventing Mike Demore from growing his business.

[The Conservative push to rebuild trust within Muslim communities](#)

When Pierre Poilievre pitches the Conservative party to Muslim Canadians, he talks about "faith, family and freedom."

[What's gained and lost in private-public partnerships between Ontario colleges](#)

Harpreet Singh and Simran Singh will soon obtain diplomas from a Northern College business program, and although the school's main campus is in Timmins, Ont., they have never visited the city and don't know anyone there.

[Solid NDP win cements Kinew as 1st First Nations premier in Manitoba history](#)

The NDP sailed to victory Tuesday night with a solid win that cements leader Wab Kinew as Manitoba's first First Nations premier and also nets the party enough seats to form a majority government.

[Black, Indigenous advocates reflect on historic elections in Canada](#)

Black and Indigenous advocates and leaders are reflecting on the impact two historic elections will have across Canada.

[What these international students wish they'd known before heading to college](#)

When Shreya Rawat stepped out of Toronto Pearson Airport in March of 2022, more than 27 hours after leaving her home in Delhi, India, she walked straight into a snowstorm. "I breathed in the fresh, cold air and the reality of my big move hit me," says Rawat, now 23.

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