



December 2023 Newsletter

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#ERADICATEHATE x Support Sessions

CASSA's mission is to empower communities through information, research, and collaboration on social justice issues like trauma, violence, Islamophobia, and antisemitism. We're currently addressing the Middle East crisis and its impact on Canadian communities, particularly online.

We're concerned about the rise in hate speech and hate crimes targeting various communities in Canada during this crisis. Children and youth, especially from Jewish and Muslim backgrounds, are being exposed to hate and racism on social media, affecting their mental health. Parents, teachers, and community leaders struggle to protect them.

CASSA, in partnership with the Anti-Hate Community Leaders' Group and the Canadian Association of Jews and Muslims is offering support sessions as safe spaces to stories and teach youth how to combat online hate using the Eradicate Hate App.

Join us to create a safer online environment and support one another.

Register now: <https://forms.gle/dtjdG15qX8dcn6Ky6>

December 13, 2023 at 5:00 PM (EST):
Witnessing or Facing Islamophobia and Hate Online

December 15, 2023 at 2:00 PM (EST):
Witnessing or Facing Antisemitism and Hate Online



COUNCIL OF
AGENCIES SERVING
SOUTH ASIANS



ANTI-HATE
COMMUNITY
LEADERS' GROUP



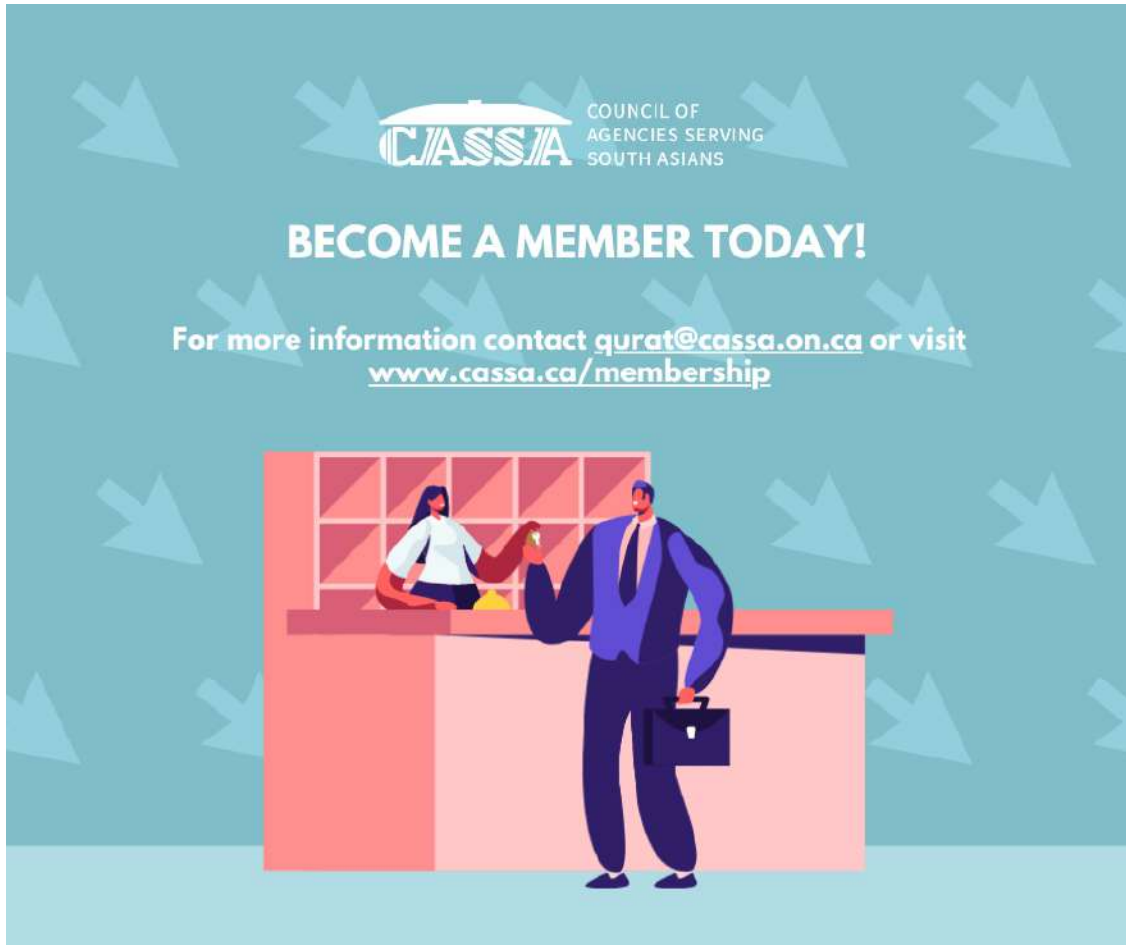
#EradicateHate x Support Sessions

We have taken the last few weeks to examine how we can support those who are suffering and have decided that we will focus on supporting youth who are particularly vulnerable right now.

The [Council of Agencies Serving South Asians \(CASSA\)](#), in partnership with the [Anti-Hate Community Leaders' Group](#), and the [Canadian Association of Jews and Muslims \(CAJM\)](#) are putting together support sessions for youth. I am attaching the details of the sessions which will

sessions. Anyone interested can register [here](#) to attend. We will be applying strict rules of engagement to ensure the youth feel safe to share their thoughts.

CASSA's Membership!



CASSA Project Updates

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The 12th Annual Health Equity Summit

The 12th Annual Health Equity Summit hosted by CASSA took place on Tuesday, November 7, 2023, from 9:30 AM to 4:00 PM at the Centennial College Progress Campus Event Centre. The Summit, themed "South Asian Youth Perspective on Health Equity & Inclusion," saw an impressive turnout of 90 attendees. This year, the Summit was held in partnership with Centennial College and United Way Greater Toronto.

The Summit featured a lineup of eight esteemed experts, each contributing their valuable insights and expertise. Amrit Parhat took the stage as the keynote speaker, addressing the theme of 'Youth as Catalysts for Change: Amplifying South Asian Voices in Health Equity.' During the breakout sessions, Summayah Poonah guided participants through the transformative journey of 'Breaking Stigma and Building Resilience: Advancing Health Equity for Youth with Mental Health and Disabilities.' Meanwhile, the dynamic duo of Dr. Shivajan Sivapalan and Sejal Ketyal led a session titled 'Inclusion without Borders: Advancing Health Equity for International Students.' Dr. Naomi Thulien delved into a critical session titled 'Beyond the Streets: Advancing Health Equity for Youth Experiencing Homelessness'. The plenary session, 'Cultivating Youth Leadership: Empowering South Asian Youth for Health Equity Advocacy,' featured an impressive lineup of speakers including Almeera Khalid, Eraj Waqar, Fairuz Karim, and Manvir Bhangu.

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will be uploaded soon, so stay tuned!



CASSA's Annual General Meeting

The Council of Agencies Serving South Asians (CASSA) recently held its Annual General Meeting (AGM) on November 28, 2023, at their office located at 705 Progress Ave, Toronto. The meeting presided over by Bharat Saini, Chair of the CASSA Board of Directors, highlighted the organization's significant achievements and plans for the expansion. The program started at 5.30 with the welcome dinner and tours to attendees through the 5000+ sq.ft CASSA facility. Mayor Olivia Chow connected with the meeting through a video conference to acknowledge CASSA for creating Safe Spaces for South Asian Communities. CASSA's 2023 AGM showcased a year of growth, resilience, and impactful advocacy. The organization's commitment to social justice, community engagement, and innovation positions CASSA as a vital force for positive change within the South Asian community and beyond. As they move forward, CASSA's members, partners, and leaders are poised to continue making a lasting impact on the issues that matter most.



GENDER-BASED VIOLENCE RESEARCH IN THE GTA

Toxic Masculinity and Its Impact on Gender-Based Violence

The Toxic Masculinity Project is in its data collection phase as the team works to support its community partners where needed for both surveys and focus groups. The team is also working on its literature review. Subject matter expert interviews will be concluding this month.

Finally, if there is anyone who is interested in volunteering for the community study starting in January as we conclude data collection and move into data analysis work, please reach out to research@cassa.on.ca. If you have expertise in using quantitative and qualitative data analyses programs, data entry or worked with databases, have done research analysis of any sort, are an exceptional writer or researcher, we want to hear from you. Please provide us with a resume at your earliest convenience. Happy holidays!

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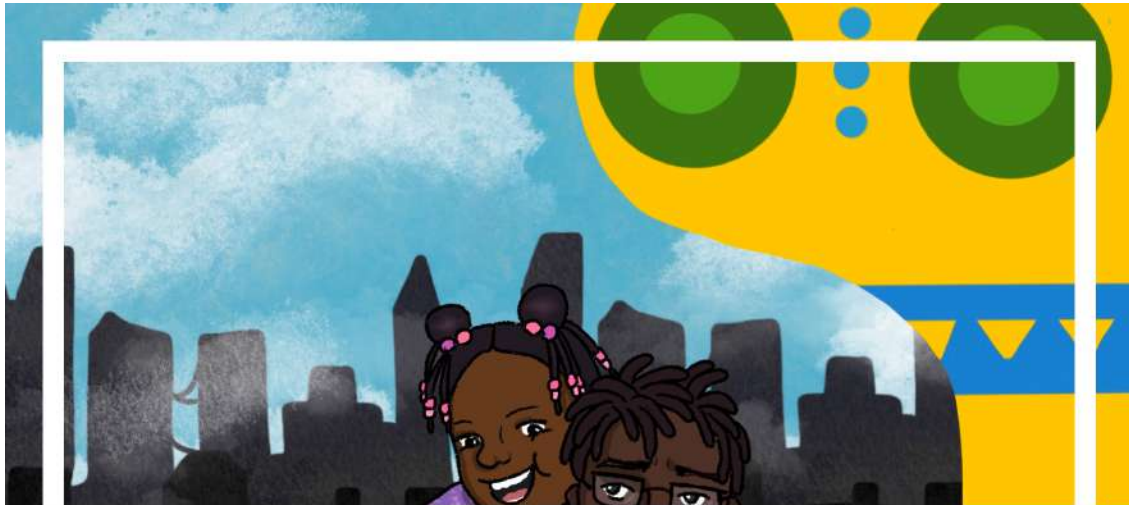
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interested in contributing to this important project, we invite you to sign up [here](#). Should you have any questions or concerns, please don't hesitate to reach out to samaha@cassa.on.ca.

Policies that Perpetuate Systemic Racism

The project Policies that Perpetuate Systemic Racism is concluding creation of animations based on real-life stories of individuals impacted by these policies. Stay tuned to our social media pages and website to hear stories from people like Joseph, Talia, Emma, and Rifaa, and see the direct impact of these policies on their lives, starting this month.



When Joseph was just 10, he, his mother, and two siblings fled Ghana, escaping the shadows of gender-based persecution due to his mother's marginalized status in the country. They arrived in Canada filled with hope, seeking asylum and a fresh start.



Four years on, the hope has dimmed. War in Ghana has claimed their assets, and their asylum status remains uncertain. Joseph's mother, burdened by her limited English, unfamiliarity with western education, and no formal status in Canada, faces challenges in securing a stable job. In her determination, she manages two part-time roles, constantly battling obstacles in housing, employment, and accessing healthcare.



Canada Child Benefit *Joseph's Story*



Canada Child Benefit *Joseph's Story*

Basketball is Joseph's passion. Despite lacking equipment and formal coaching because of financial constraints, he's earned a spot on his school's team and spends his afternoons after school practicing. He even shares his skills with his younger sister. But when he was chosen for a provincial tournament, the participation fees were too steep, making it impossible for him to join.



At the age of 14, Joseph is now considering an after-school job, potentially sacrificing the hours he devotes to basketball and his position on the school team. With the Canada Child Benefit, Joseph could have pursued both his education and his basketball aspirations. Instead, he's caught in a system that does not extend equal opportunities to children without status, perpetuating cycles of poverty and racism.



Canada Child Benefit *Joseph's Story*



Canada Child Benefit *Joseph's Story*

All children within Canada's borders deserve equal opportunities to access their full potential.

The Canada Child Benefit contingency on immigration status must be removed to insure this.



Disclaimer: This story is based on real events. Identifying information has been altered to protect the privacy of the individuals involved.



CASSA's Blogs/Podcasts

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Blog Posts:

[Discover an exciting collection of CASSA's blog posts from 2023!](#)

Opportunities

Did your organization provide social and/or healthcare services to the South Asian community in the GTA during COVID-19?

If so, we want to hear from you!



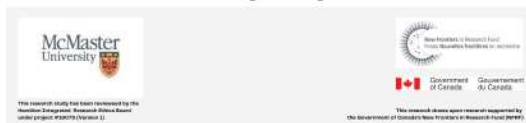
Our research team is inviting you to participate in a study to understand what services were available to multigenerational, South Asian family care partners amidst COVID-19. Our goal is to identify SA women caregivers' social and healthcare needs during and following the pandemic and to understand how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



Are you a South Asian woman caregiver living in a multigenerational home in the Greater Toronto Area and caring for a family member with a chronic condition? (e.g., memory loss, diabetes, COPD)

If so, we would like to understand how COVID-19 impacted you and your family



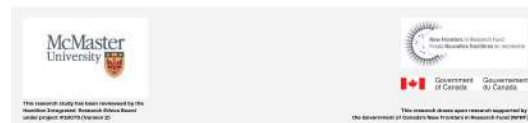
Dr. Pamela Baxter of McMaster University's, School of Nursing, is inviting you to participate in a research study to understand multigenerational, South Asian family caregiving amidst COVID-19

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



New Frontiers in Research Fund (NFRF) – Social Sciences and Humanities Research Council (SSHRC)

Study Title: Understanding how to promote post-pandemic recovery in South Asian women care partners of older adults living in multigenerational households: A mixed methods approach to identifying needs and gaps in social and health services

Research Team: Dr. Pamela Baxter, Dr. Monica Parry, Dr. Marie Savundranayagam, Dr. Anthea Innes, Dr.

Georgina Willetts, Ms. Fariha Chowdhury, Dr. Mohammad Hussain, Dr. Shan Mohammed, Ms.

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Councils Ontario

(FCO), McMaster Institute for Research on Aging (MIRA), South Asian Women's Centre (SAWC) and South

Asian Women and Immigrants' Services (SAWIS).

Research Location: McMaster University

Study Purpose and Rationale

In collaboration with our South Asian community collaborators, our international, interdisciplinary team will

use an innovative approach to identify and respond to the needs of unpaid South Asian women care partners of

an older adult living with a chronic condition (e.g., diabetes, dementia) and living in multigenerational

homes in the Greater Toronto Area (GTA). Our goal is to promote post-pandemic recovery and prepare for

future public health emergencies by understanding and responding to the high-priority caregiving needs of

unpaid South Asian care partners, thereby promoting care partners well-being and retaining this highly valuable

group.

Inclusion Criteria: Co-residing in a multigenerational family (two or more generations) and caring for an older

adult (> 65 years) who requires assistance with at least two activities of daily living (e.g., bathing, toileting,

dressing) and one or more instrumental activities of daily living (e.g., banking, grocery shopping); English

speaking; at least 15 years of age (the youngest caregiver age used by Statistics Canada).

Exclusion Criteria: Currently receiving formal/paid caregiving supports (e.g., nursing services, personal support

workers); no access to phone or internet.

Study Stages

Key informant interviews (Stage 1/Year 1): Approximately 15-20 key informant (community leader) semi-

structured telephone or Zoom interviews (approximately 60-90 minutes each) will be conducted with those

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identify South Asian women care partners' social and healthcare needs during and following the pandemic and

to understand how best to meet these needs in the future.

South Asian Women interviews (Stage 2/Year 1-2): We estimate conducting 60 interviews, telephone or Zoom

lasting (approximately 60-90 minutes each) with South Asian women care partners of older adults with a

chronic condition. The purpose of the interviews will be to engage South Asian women to understand their

caregiving experiences and needs during and post pandemic and what they need to recover from the pandemic

and prepare for future public health emergencies as a care partner. We will also ask participants what

recommendations they would make for communicating findings to the South Asian community.

Care Partner survey (Stage 3/Year 2): We will develop and distribute a cross-sectional online survey to South

Asian women care partners across the Greater Toronto Area.

Face-to-face consensus meeting (Stage 4/Year 2): We will invite 15-20 community partners to join the

investigative team and the Advisory Committee at a one-day consensus meeting facilitated by the research team. A video-conference option using Zoom will be made available for participants

unable to attend in person

due to physical health, distance and/or time restrictions. This meeting will involve: 1) an overview of the

findings from the qualitative and quantitative stages; 2) small group discussions related to findings, sharing of

ideas/thoughts/perspectives; 3) large group discussion to clarify thoughts/ideas shared in small groups; 4) voting

and ranking research priorities based on identified South Asian women care partner needs; 6) large group

discussion regarding moving forward.

Co-create intervention (Stage 5/Year 2): Following this meeting, we will engage the Advisory Committee in

three, 3-hour virtual meetings (over a 2-month period) to develop at least one high impact intervention study,

identify measures of effectiveness and impact, and establish an implementation and evaluation prototype.

DID YOU EXPERIENCE LOSS DURING THE COVID-19 PANDEMIC?

We want to examine how experiences and unconventional conceptualizations of loss (eg. loss of employment, isolation, immobility created by lockdowns, discrimination, etc) resulting from the pandemic are shaped by race, ethnicity, gender, age, health, and religion/faith/spirituality.



WHO CAN PARTICIPATE?

If you are 18 years or older, and self-identify as a **South Asian** individual, and live in the **Greater Toronto and Hamilton Area**.

WHAT YOU WILL DO

Participate in an in-person or virtual interview, approximately 1 and 30 mins long. You will be rewarded **\$50 dollars cash** in appreciation of your time.

Investigators:

Dr. Chandrima Chakraborty & Dr. Ingrid Waldron

If you are interested in participating, contact our Research Assistant, Tasnia at ***tnoshin@mcmaster.ca***



This study has been reviewed by and received ethics clearance from the McMaster Research Ethics Board.

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Epilepsy & Seizure First Aid **Public Education Workshop**

Via Zoom

Please email leah@epilepsytoronto.org
for further information.

Presented By



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See the Person

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

GOODNESS

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.



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 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
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 1400 Bayly Street,
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EMPLOYMENT OPPORTUNITY

EXECUTIVE DIRECTOR

Bangladesh Centre and Community Services (BCCS) is a not-for-profit, and registered charitable organization based in Toronto, Ontario. It was established in 2010, with the purpose of serving the South Asian, other Visible Minority and marginalized communities in order to integrate them into the mainstream Canadian society and way of life. BCCS aims to empower these disadvantaged communities through comprehensive orientation, advancement of knowledge, enhancement skills and community-led actions.

Reporting to the President, Board of Director of BCCS, and working closely with the other Board and staff members, the Executive Director will provide comprehensive leadership, develop innovative ideas and organize activities toward achieving the goal of BCCS. S/he will ensure that the philanthropic and socio-cultural programs of BCCS remain active all over the year, through continuation of existing programs, and/or introduction of new programs, generating necessary funds for such programs from the government or other sources, and keeping track of all activities. S/he will also ensure that most efficient and best practices are developed and followed to implement these programs. S/he will effectively steward resources to align them with priorities, create processes that are inclusive, develop systems and processes for evaluating outcomes and delegate effectively to ensure that the organization is performing at its full potential.

The Executive Director will also work towards improving the visibility and credibility of BCCS by keeping active liaison with other relevant organizations, and representing BCCS in diverse public forums, meetings and seminars.

RESPONSIBILITIES

- Human Resources
- General day-to-day operation Client services
- Governmental funding requirements
- Marketing of the programs services
- Fundraising activities

SPECIFIC DUTIES

- Coordinate program proposal development and initiate funding opportunities with governmental and other funding organizations.
- Develop and manage strong relationships between BCCS and others such organizations, funders and community groups.

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- Work with community groups to incorporate their support for the benefit of programs and activities.
- Develop, implement, manage and monitor Program activities and prepare end project reports.
- Act as a fiscal agent for the program maintain program budget, oversee bank accounts, accounts payable and receivable, and bookkeeping, handle cash when appropriate, and maintain financial records.
- Direct and supervise staff with regard to hiring, training, motivation, discipline, termination and career development.
- Management. This involves orienting a team toward high productivity; communicating performance expectations; facilitating the implementation of change; delegating responsibility to team members; recruiting and assigning team members for optimum effectiveness; and providing feedback
- Remain vigilant on availability of funds from governmental and other sources for funding program activities.
- Represent the organization at public forums, to the media and advocate.

QUALIFICATIONS

- University degree or equivalent (e.g., BSW, MSW or degree in related fields) and a minimum of five years' experience in a Social Service and development sector
- A demonstrated track record of success and progressively responsible people leadership roles in a large complex, diverse environment that is related to community services is essential.
- Experience in developing and administering community service programs. Has a deep understanding of the social service factor.
- Skilled in the development and management of budgets.
- Demonstrated ability to work constructively with community organizations and government.
- Demonstrated ability to work independently and to be effective at both leading and participating in a collaborative team setting.
- Strong knowledge and experience of the community and social service sector is ideal.
- Management experience in a community sector is an asset
- Experience in writing successful funding proposals is an asset.
- Superior communication skills and abilities; skilled at developing and maintaining relationships with stakeholders including government and community partners. Demonstrates political acuity in managing issues and relationships.
- Collaborative and able to influence: able to form partnerships with colleagues, government and social service agencies; continually looks for effective ways to influence and seek buy-in; actively seeks and acts on ideas/concerns.
- Bengali language is an asset

Qualified candidates are invited to submit their resumes and cover letters, BCCScanada@hotmail.com by December 10, 2023

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GROW WITH US!

Apply to Current Opportunities:

findhelp.ca/about-us/join-our-team/

Grow With Findhelp | 211!

As the [Toronto Community Crisis Service](#) becomes a city wide initiative in 2024, we are continuing to expand our diverse team; we are currently hiring for management, technology and service navigation opportunities.

If you are interested in joining a purpose and values driven organization, that puts People First, [check out our opportunities!](#) Please share widely and continue to check back for opportunities as they become available.

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Youth Issue Awareness and Leadership Program

at 2660 Eglinton Ave E, Scarborough, Ontario, M1K 2S3

South Asian Youth ages 15+ come together to have a fun learning experience by bringing awareness of different issues affecting youth and build prevention and leadership strategies for yourself or those around you.



Food and Beverages will be available for all 6 sessions!

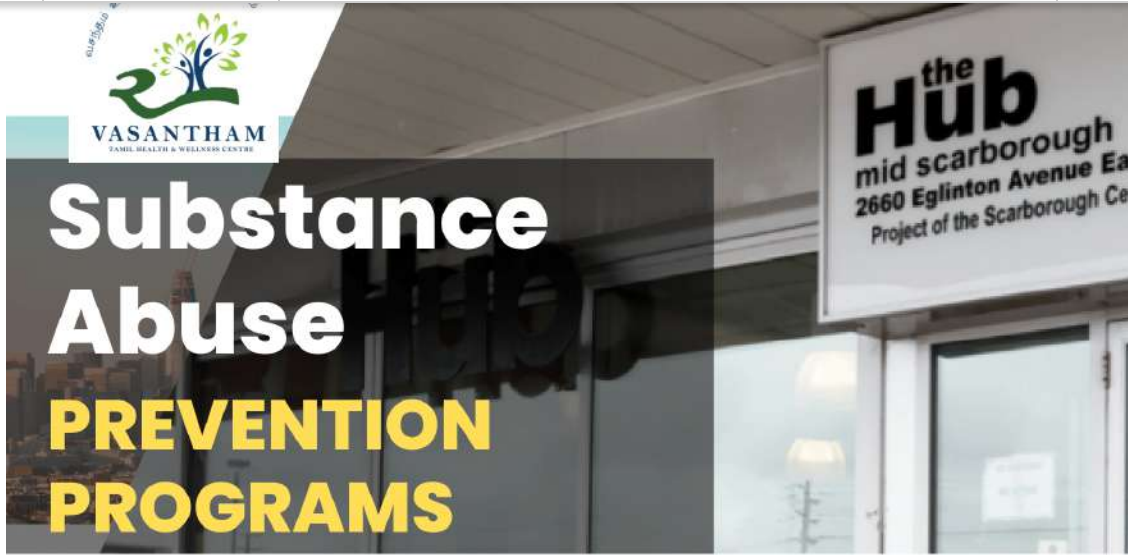
High school volunteer hours and leadership certificate provided!

For registration, contact Vasantham at (416)-847-4172 OR info@vasantham.ca

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SERVICES FOR
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ISSUES**



PROGRAMS OFFERED

- Tamil & South Asian (English) Alcohol Addiction Groups - Ages 16+
- Individual and family counselling

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வசந்தம் இலவச
ஆலோசனை
சேவைகளை
வழங்குகிறது



WE ARE LOCATED AT

2660 - Eglinton Ave E, Suite L08
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M1K 2S3



TO JOIN OR FOR MORE INFORMATION

Call 416-847-4172 or Email
info@vasantham.ca



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BLACK PANTS

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VASANTHAM TAMIL HEALTH & WELLNESS CENTER

ABOUT VASANTHAM

Vasantham endeavors to empower the Tamil Community to maintain and promote health and well being through a holistic and person-centered framework.

SERVICES AVAILABLE

Seniors

- Weekly Program
- Elder abuse, research, and services
- Information and referral
- Computer Literacy

Addiction

- Health Canada Program – Group and Individual counselling 16+ South Asians (Tamil/ English)
- Scarborough Addiction Program
 - Case Management
 - Group
 - Psychotherapy

Mental Health

- Mental Health and Gambling
 - Program for Youth
 - Gambling Program (individual/ family)
 - Community Education

CONTACT US

☎ (416)-847-4172 ✉ info@vasantham.ca 📍 2660 Eglinton Ave E Scarborough, Ontario M1K 2S3

Skills for Employment - Branding Yourself and Getting Hired (East)

Monday, December 18 · 2 - 3:30pm EST

This is a FREE event funded by the government

This workshop will be held online. More details will be emailed to participants closer to the start date.

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- Discover essential job search techniques, the do's and don'ts of applying for work online, and how to get your application noticed.
- Learn how to build a professional network and utilize the internet to jumpstart your career.
- BRAND YOURSELF - the art of self marketing.

Learn more and GetTickets [Here](#)

Skills for Employment - Resume and Cover Letters (EAST)

Tuesday, December 19 · 2 - 3:30pm EST

This is a FREE event funded by the government

This workshop will be held online. More details will be emailed to participants closer to the start date.

Get Your Resume Noticed:

- Writing effective cover letters & utilizing keywords.
- Make an impact with an excellent, one-of-a-kind cover letter, and discover how to stand out from the resume pile.

Learn more and get tickets [here](#)

Skills for Employment - Interview with Confidence (EAST)

Wednesday, December 20 · 2 - 3:30pm EST

This is a FREE event funded by the government

This workshop will be held online. More details will be emailed to participants closer to the start date.

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- Make the right impression and showcase your skills with this valuable employment lab.
- Learn how to answer common interview questions effectively.
- Building confidence, assertiveness, and trust in your own experience, to help prepare you for a successful interview.

Labs are held weekly at the East and West - Skills for Change locations.

Learn more and get tickets [here](#)

Job openings (<https://skillsforchange.org/careers>)

- [Manager, Pre-Apprenticeship and Skilled Trades](#)
 - [Supervisor, Grants Administration](#)
 - [Manager, Research and Program Design](#)
 - [Program Marketing Assistant](#)
 - [Senior Manager, Finance and Accounting](#)
 - [Manager, Fundraising](#)
 - [Program Marketing Specialist](#)
 - [Accounting Instructor - QuickBooks \(Online\)](#)
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GOODNESS GIFT PRESENTS

HOLIDAY MARKET

HOLIDAY GIFTS
CAKES AND DESSERTS
FOOD VENDORS
HOT CHOCOLATE
PHOTOBOOTH
PERFORMANCES

SATURDAY : DECEMBER 16 : 11AM - 3PM

705 PROGRESS AVE UNIT 63. SCARBOROUGH. M1H 2X1

FRONTLINE YOUTH CENTRE FOOD DRIVE

DONATE BY
19TH
DEC. 2023
LED BY THE YOUTH



**Donate food to feed the hungry this holiday.
Spread love to those in your community.**

DONATORS

Drop-off non-perishable foods at
Frontline Community Centre.

COMMUNITY MEMBERS

Help yourselves on Dec. 20th, 2023.
Low-income residents only.

Scan QR code or visit " www.tinyurl.com/fccfooddrive "
See if you qualify online.

FIRST COME, FIRST SERVED

 [frontlinecommunitycentre](https://www.instagram.com/frontlinecommunitycentre)
www.fcccanada.org

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We're hosting a

Senior's HOLIDAY CELEBRATION

Enjoy our festivities, games, prizes & foods of different cultures.
Bring family & friends.

THURSDAY, DEC. 21, 2023  **11AM-2PM**

 **FRONTLINE COMMUNITY CENTRE**

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In the News

[Indigenous physician Janet Tootoosis is decolonizing health care though academia](#)

Among Cree people, it's said that a community functions like a living organism. Each component is vital, working in tandem to make it operate as nature intended.

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Mike Morency says as the end of the year draws near, Matthew House is facing a \$75,000 shortfall in revenue.

[If you don't think systemic racism exists in policing, this documentary will change your mind](#)

Black Life: Untold Stories is an epic eight-part documentary series that reframes the rich and complex histories of Black people in Canada over 400 years. Watch now on CBC Gem. Each episode is directed by a different director who shares their experience in a series of video essays.

[NBCC program cancellations disrupt plans of international students](#)

At their home in a South American country, a married couple had just finished sending out invitation cards to friends and family.

[Asylum seekers in London impacting shortage of winter shelter beds](#)

Many Londoners will have to survive this winter in tent encampments. The dire situation is being exacerbated by the arrival of asylum seekers and newcomers to Canada who are occupying more and more beds inside shelters operated by Mission Services

[They came to Quebec for a job. Now these migrant workers can't afford groceries](#)

When Geno García Radilla first arrived in Canada, he never imagined he'd be relying on a food bank. But after two years of working in the hospitality industry, García Radilla is now among several temporary foreign workers requiring food assistance in Quebec's central Charlevoix region.

[Montreal refugee struggles every day apart from family, with no reunion in sight](#)

Mohamed Nafeel has been waiting 4 years for his wife and children to join him Mohamed Nafeel has been waiting for years to be reunited with his family since fleeing Sri Lanka in 2019.

[Welcoming news: County unveils plan for embracing immigration](#)

The new plan was shared during an event at Georgian College's Barrie campus and featured a presentation by Sunil Johal, professor of public policy and society at the University of Toronto. There were also performances by the Heluo Wushu Academy and the Simcoe Arts and Culture Academy.

[Gender-Based Violence Is An Epidemic. So Why Aren't We Calling It That?](#)

Carol Culleton, Anastasia Kuzyk and Nathalie Warmerdam were murdered by a former partner in a single day in Renfrew County in 2015. Earlier this year, following an inquest into the murders, the Eastern Ontario community declared intimate partner violence an epidemic. Since then, more than 70 Canadian municipalities have followed suit. But what does this mean—and how might

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