



July 2025 Newsletter

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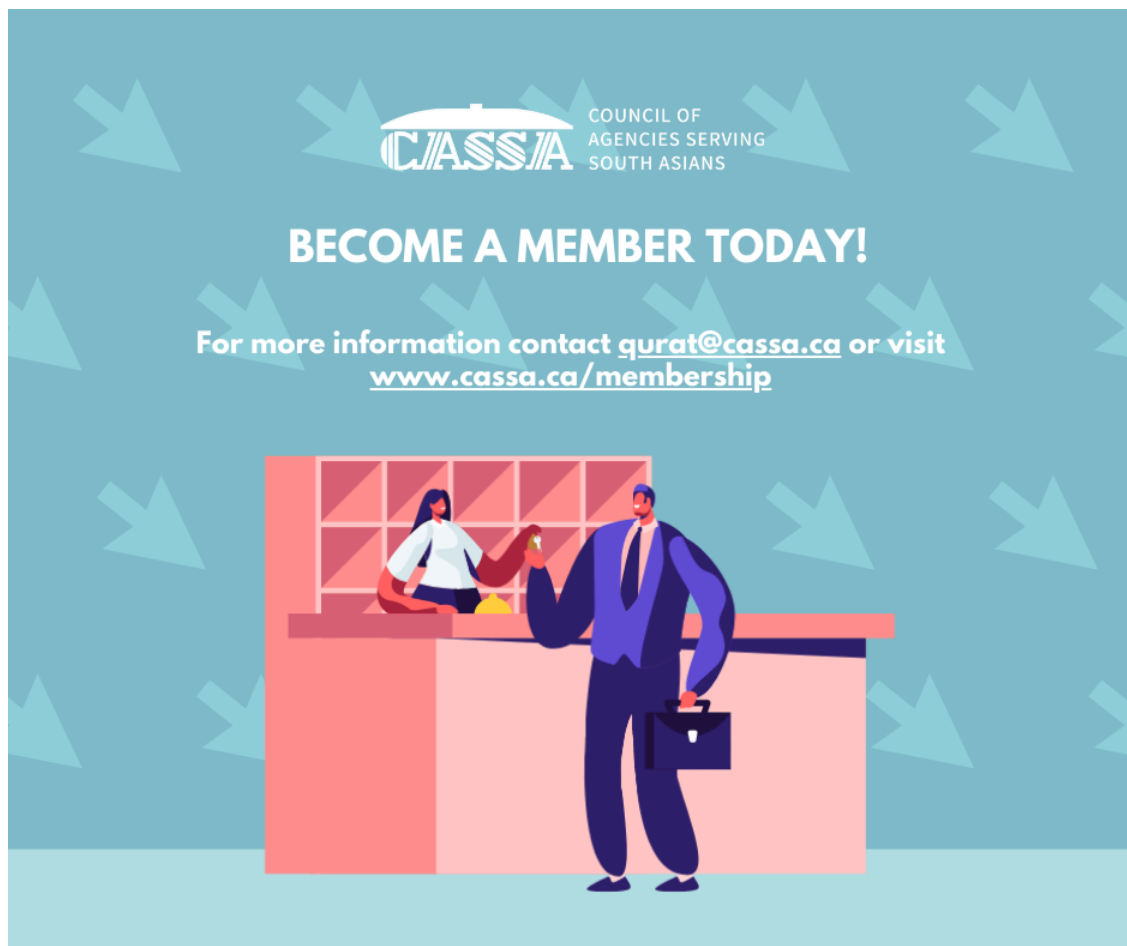
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In The News:

- Canada-U.S. citizen in custody in deadly St. Lawrence River Human smuggling case
- Canadian mother detained in the U.S. as Trump-voting husband feels 'totally blindsided'
- Palestinian students say visa delays have stranded them despite admission to Canadian schools
- Employment training program at The Food Bank of Waterloo Region 'Empowering Newcomers'
- Trump Immigration Crackdown Sends More Asylum Seekers North

CASSA's Membership!



The graphic features a teal background with several light blue arrows pointing towards the center. At the top center is the CASSA logo, which consists of a white umbrella icon above the word 'CASSA' in a bold, sans-serif font. To the right of the logo, the text 'COUNCIL OF AGENCIES SERVING SOUTH ASIANS' is written in a smaller, white, sans-serif font. Below the logo, the text 'BECOME A MEMBER TODAY!' is written in a large, bold, white, sans-serif font. Underneath this, the text 'For more information contact qurat@cassa.ca or visit www.cassa.ca/membership' is written in a white, sans-serif font. At the bottom of the graphic is an illustration of a woman with long dark hair, wearing a white shirt and blue pants, standing behind a red counter. A man in a blue suit and tie, holding a black briefcase, is standing in front of the counter, looking at the woman. The counter has a red top and a white base. The background of the illustration is a light blue wall with a grid of windows.

CASSA COUNCIL OF AGENCIES SERVING SOUTH ASIANS

BECOME A MEMBER TODAY!

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

CASSA Project Updates

South Asian International Students Research Project

The South Asian International Students Research Project is actively seeking participants for the ongoing study. This research aims to delve into the experiences and challenges faced by South Asian international students in Ontario. The project has interviewed about 20 participants so far.

Participant Eligibility:

- South Asian international students
- 16 years or older
- Currently enrolled in a post-secondary educational institution in Ontario

So far, we have successfully conducted interviews with 22 students from a diverse range of institutions. We are now looking to recruit at least 10 more participants by July 2025.

Community Partners & Institutional Staff Interviews: In addition to student interviews, we are also engaging with community partners and institutional staff who work closely with international students. These interviews will provide diverse perspectives on the challenges faced by South Asian international students and help inform our research.

Data Analysis and Report: Starting from July 2025, the collected data will be transcribed and analyzed according to the theoretical framework of "education of other." A comprehensive report will then be prepared based on these findings.

For more information or to participate, please contact us at tanzinatahereen@cassa.ca.

The Data for Equity 3.0

In partnership with the Council of Agencies Serving South Asians (CASSA), LogicalOutcomes and Services & Housing In the Province (SHIP), Findhelp I 211 returns with a sector wide learning opportunity on the topic of social demographic data collection.

Did you know that there are communities that experience more barriers to accessing services than others, and that they also experience significant barriers to accessing culturally appropriate

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Data equity is about making choices with data that prioritize the people and communities that we are trying to prioritize in our services and programs. Through a series of capacity building workshops and community of practice sessions, participants will enhance their understanding of social demographic data collection implementation and how it can support equity outcomes across and beyond your organization.

Participants are encouraged to join in discussions, activities, exercises and a virtual knowledge hub that will expand their networks and build their skills.

Register now using the links below for next two sessions of the series. Open to all social service providers in Durham, Peel, Toronto and York Region. If you missed the first three workshops, you can view them on the Data for Change Knowledge Hub Website- dataforchange.ca

Workshop #4: Survey Design for Everyone: Collecting and Managing Participant Data

Presented by: LogicalOutcomes

Learning Goals:

- Design equitable surveys that minimize risk of harm and burden of data collection
- Implement ethical data collection practices that respect participant rights
- Establish secure data management systems that protect participant privacy and give people control over their information

Date & Time: Thursday, July 17, 2025 from 1:30 p.m. - 3:00 p.m. EDT

Location: Virtually via Zoom

Registration: Click [here](#) to register

Deadline to Register: Tuesday, July 15, 2025

Workshop #5: Community of Practice: "From Collection to Care: Practicing Data Equity in Every Step"

Presented by: Council of Agencies Serving South Asians

Learning Goals:

- Learn how to use the different tools to collect and apply equity-informed data

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- An opportunity to share your best practices and challenges with social service providers in Durham, Peel, Toronto and York Region.

Date & Time: Thursday, July 31, 2025 from 1:30 p.m. - 3:00 p.m. EDT

Location: Virtually via Zoom

Registration: Click [here](#) to register

Deadline to Register: Tuesday, July 29, 2025

Meet the Team



Nicole Abruscato

Nicole Abruscato is a registered Social Worker with the Ontario College of Social Workers and Social Service Workers (OCSWSSW) since 2009, a Community Resource Specialist (CRS) with Inform USA/Canada, and holds various certificates in psychosocial rehabilitation, mental health, addictions, trauma informed practice and leadership. She has also completed the Micro-Credential in Information & Referral Coaching and Supervision with Inform USA. Nicole has been with Services and Housing in the Province (SHIP) for over 16 years in various positions from student, Intake and Assessment Community Mental Health Counsellor, Supervisor and in early 2022 Manager of the Central Intake & Access Team. Nicole provides wrap-around clinical leadership and navigation support in our community that is person-centered and through an intersecting lens of creativity, advocacy, innovation, inclusivity, hope and compassion.

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Shereen Rampersad (She/Her; Immigrant Settler)

Shereen Rampersad is the Equity, Diversity and Inclusion Manager at Services and Housing In the Province (SHIP). She has worked with SHIP for over 18 years in many areas of the organization but as the EDI Manager since May 2022. She is also a Board Member of the Regional Diversity Roundtable board of directors. Shereen is a social worker who has spent her career working with diverse populations within the mental health, addictions and supporting housing field. Shereen is a community leader and staunch advocate for enhanced access and services within the community that meet the needs of the people whom she serves.



Sophie Llewelyn

Sophie Llewelyn is Director of Evaluation and Research at LogicalOutcomes. She has led evaluations and evaluation systems builds at LogicalOutcomes since 2020. Sophie's work is grounded in an orientation towards mixed methods and participatory research designs, a strong interest in data equity and a passion for storytelling through user-centred data visualization. She has deep experience with evaluation coaching and capacity building, having supported dozens of non-profits to capture their impact and improve their services through effective evaluation.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Medha Aurora**

Medha is a mixed-methods researcher and evaluator with extensive experiences conducting research with non-profits. Her training in economics, psychology, and education has equipped her with proficient quantitative and qualitative research skills. Medha is passionate about initiatives in holistic youth development and community well-being. At LogicalOutcomes, her roles include research, project management, and co-designing generative AI tools to help nonprofits improve their services and run effective evaluations.

**Qurat Al Ain - Executive Assistant & Membership Coordinator**

Qurat Al Ain has been working with the Council of Agencies Serving South Asians since 2022. She is the Executive Assistant and Membership Coordinator at CASSA. She has done her Diploma in Accounting and Business, Certification in Audit and Taxation (UK) (ACCA). Qurat creates and coordinates engagement activities for staff; maintains membership documents and databases; researches and secures new memberships where possible; answers membership inquiries; supports the HR Generalist and Executive Director with recruitment, hiring, and team-building activities. She also liaises with external stakeholders and is the Administrative Assistant at the Toronto Non-profit Network (TNN).

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Ridah Asghar - Director of Development

Ridah Asghar joined CASSA in June 2022 as Director of Development. She brings extensive experience in fundraising strategy, donor engagement, event planning, and grant writing from her work with various non-profit organizations. Ridah is committed to advancing CASSA's mission by leading capacity building efforts that support the organization's work in building diverse and inclusive communities across Canada.



We're Live! Join Us For The Soft Launch Of The Data for Change Website!

Data for Change is excited to share something we've been building with you in mind.

Today marks the soft launch of dataforchange.ca— a new digital platform built for the community, by the community to help us make data-informed decisions that lead to real, lasting social impact.

This site is designed to be a shared resource hub and connection point for everyone in the community social services sector working on the collection of Social Identity Data Collection.

We truly appreciate everyone's patience as we've built this space together.

Here's what you'll find:

- **Video recordings and downloadable resources from past capacity building workshops**

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- **Practical tools to support equity and systems change**

Sign Up sheet to stay connected on all things Data for Change

Please visit and share widely with your networks: dataforchange.ca

We're still in soft launch mode, and we'd love your feedback as we continue to grow and improve the platform.

CONTACT

If you have any questions, please email dataforchange@findhelp.ca.

South Asian Social Justice Network Project - Alberta

South Asian Social Justice Network: Monthly Meetings Begin!

We are excited to announce the launch of our 2nd monthly meeting on July 2025 for the South Asian Social Justice Network Project across Alberta, with representation from Lethbridge, Airdrie, Edmonton, Calgary, and surrounding areas. We are building a strong, united voice to advocate for South Asian communities.

Our Focus:

The network is committed to identifying community needs, collecting critical data, and developing actionable recommendations to ensure South Asians across Alberta are supported, represented, and empowered.

We're proud to share that 13 organizations have already joined this effort. Together, we've discussed the key recommendations for

- The Ministry of Multiculturalism
- The Ministry of Immigration
- The Ministry of Anti-Racism
- The Ministry of Social Justice

Our Mission:

Empowering South Asian communities in Canada through advocacy, inclusion, and culturally rooted support.

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celebrated in all aspects of public and private life.

Key Areas of Focus:

- Combating Racism in Alberta Schools and Workplaces
- Tackling Barriers to Representation in Politics, Media, and Leadership
- Addressing Intersectionality: Navigating Race, Gender, and Religion in the Diaspora

We are committed to identifying barriers and amplifying the voices of our communities at all levels. Stay tuned for more updates, community engagement opportunities, and exciting progress from the South Asian Social Justice Network-Alberta .

Together, we rise. Together, we make change.

Opportunities



CCMW: I Belong, You Belong

The Canadian Council of Muslim Women (CCMW) is excited to launch registrations to the I Belong, You Belong ASPIRE National Employment Conference, taking place in Toronto at the Novotel North York on November 6 & 7, 2025, are now open!

Early bird registration is now open until September 8, 2025

[Click here to book your ticket](#) (in-person or online)

Keynote Speakers Include:

- Dr.Wendy Cukier - Founder & Academic Director, Diversity Institute
- Dr.Ruby Latif - Director of DEI-B ,Brant Community Healthcare System
- Dr.Golnaz Golnaraghi - Award-winning social impact entrepreneur
- Dr.Zainab Abdrurrahman - President, Ontario Medical Association
- Rhonda McEwen - President & Vice-Chancellor, Victoria University in U of T
- Muneeza Sheikh - Leading employment and human rights lawyer

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The I Belong, You Belong ASPIRE Conference, hosted by CCMW in partnership with the Diversity Institute, is part of [Project ASPIRE](#) - Addressing Systemic Problems & Inequities in Resolving Employment, funded by WAGE Canada.

Using an Anti-Oppressive and DEI framework, the conference will bring together researchers, community leaders, employers, policymakers, and advocates to explore solutions to employment challenges faced by Muslim and racialized women in Canada.

CCMW will be launching our ASPIRE Toolkits and Workshop Modules for employers and employees, alongside interactive workshops, panels, and plenary sessions. A Muslim Women's Bazaar and networking event will also take place.

Key Dates:

- Meet & Greet: Wednesday, November 5 (evening)
- Conference Days: Thursday & Friday, November 6–7
- Networking Event & Bazaar: Thursday evening, November 6

If you are interested in sponsoring or speaking at the event, please don't hesitate to reach out to us at conference@ccmw.com.

We can't wait to see you in November!

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Epilepsy & Seizure First Aid

Public Education Workshops

Offered in-person, over Zoom, teleconference and hybrid.

Please email leah@epilepsytoronto.org for further information.

Presented By



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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SOUTH ASIAN CULTURAL,
HEALTH ASSOCIATION
FOR YOUTH & SENIORS

SACHAYS invites you all to

Annual Picnic *in the* the Park



Fri, July
18

10\$ / Per Person

**Thomson
Memorial Park -
Area D**

**from
11:00 am
to 3:00 pm**

Reserve your spot/s by etransfer to :
picnic@sachays.com

1005 Brimley Road, Scarborough, Ontario, M1P 3E9

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Sun, 13th July
10:30 -11:30 am
on ZOOM

I Wish I Knew This Before

A Continuum of Care

A discussion on Senior Care Continuum with Mahesh Nileshwar

REGISTER IN ADVANCE FOR THIS DISCUSSION USING LINK BELOW OR QR CODE :
[HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/BWLbVS2YrJmEMLHN8VW-BQ](https://us02web.zoom.us/join/BWLbVS2YrJmEMLHN8VW-BQ)

EMAIL : INFO@SACHAYS.COM



FREE & OPEN
TO THE COMMUNITY

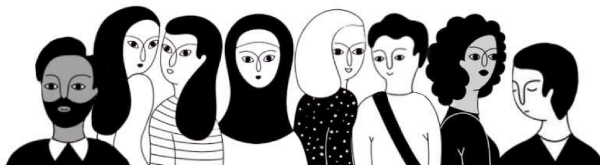
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Were you Involved with Child Welfare as a Racialized Youth?

Voicing Resistance invites TORONTO YOUTH
to share your story through art and conversation



WHO CAN PARTICIPATE?

You are eligible to participate if you:

- Are a racialized youth between the ages of 18 and 30
- Were born outside of Canada OR lived with family who were not Canadian citizens when CAS was involved
- Can you speak conversational English
- All genders welcome!

WHAT WILL YOU DO?

JOIN A CREATIVE WORKSHOP with a trained artist to imagine a fearless future

- **WHEN** : July 13, 2025
- **WHERE**: Downtown Toronto (near St. George TTC)
- Free food & gift for your time

SHARE YOUR STORY IN A ONE-ON-ONE INTERVIEW

- In person, or over zoom, from **June to August, 2025**

YOUR PRIVACY MATTERS

- You don't need to share your name OR immigration status.
- Participation is completely voluntary.
- Your information will be kept private and secure.

Interested?

To learn more,
contact

**bordingpractices@
utoronto.ca**

Scan me!



Laadliyan's Annual General Meeting 2025

July 17, 2025

Riverstone Community Centre

Doors open at 6:30pm

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At this year's AGM, we'll reflect on the impact we've made together across Canada, from meaningful programming and powerful partnerships to the countless Laadlis we've connected and empowered. You'll also get to meet our team, hear updates, and learn how you can stay involved.

Whether you're a community partner, volunteer, donor, or someone who's just found us, we'd love to have you there. We look forward to seeing you there and celebrating our amazing community!

RSVP [here](#)

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Cardiovascular Disease in South Asians

A North American Perspective

www.sansar.org

ENHANCE YOUR KNOWLEDGE ON SOUTH ASIAN HEALTH!

SANSAR is a registered charity whose mission is to reduce cardiovascular disease in South Asians. With the aid of a distinguished team of Canadian and American experts, SANSAR developed a cutting-edge slide deck on this important topic. Scan the QR code or visit www.sansar.org to access your slide deck today, and to learn more about SANSAR's programs.

SCAN HERE**LEARN MORE****www.sansar.org**

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SACC Learning Objective

Identify, evaluate, and treat South Asian patients with and at risk for cardiovascular disease.

SACC Agenda

Session 1 Co-Chairs: Milan Gupta/Alka Kanaya

Time	Talk
7:00 PM	Opening Comments
7:05 PM	Cardiometabolic risk in South Asian women
7:23 PM	SANSAR/Burgundy Young Investigator Award
7:33 PM	What are the mechanisms underlying the South Asian CV epidemic?
7:51 PM	Risk assessment/coronary calcium in the apparently healthy South Asian
8:09 PM	Specific lipid considerations and future directions
8:27 PM	Discussion
9:00 PM	Closing

Session 2 Co-Chairs: Milan Gupta/Alka Kanaya

7:00 PM	Opening Comments
7:05 PM	The Brown Heart - Real stories of survival and loss related to the menace of heart disease in South Asians
7:20 PM	Yoga and stress management
7:38 PM	Diabetes in South Asians
7:56 PM	Chronic kidney disease/ heart failure in South Asians
8:14 PM	Obesity: Current and new directions in South Asians
8:32 PM	Discussion
9:00 PM	Closing



Registration Today!

Visit: www.ccrnmd.com

For inquiries regarding this program, please contact info@ccrnmmd.com.

FALL
2025

8th Annual South Asian Cardiovascular Conference



October 22 & 29, 2025
7:00 - 9:00 pm EDT

VIRTUAL

Co-Chairs



**Milan
Gupta**

MD, FRCP(C), FCCS, CPC(HC)
Assistant Professor,
Department of Medicine,
University of Toronto
Medical Director,
Collaborative CME and Research Network
Brampton, ON



**Alka
Kanaya**

MD, FAHA
Professor of Medicine,
Epidemiology & Biostatistics,
University of California San Francisco
Principal Investigator,
MASALA Study
San Francisco, CA

SANSAR

This program is hosted by SANSAR
www.sansar.org

CCRN
Collaborative CME and Research Network

This program was developed by the Collaborative CME and Research Network and has received an unrestricted educational grant from Amgen.

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11th Annual



**The Young
Investigator Award**

Grant Application Guidelines 2025

About SANSAR

SANSAR is a charitable organization whose mission is to promote the health of South Asians through community awareness, education and research.

Individuals of South Asian origin (from India, Bangladesh, Sri Lanka, Nepal and Pakistan) face a higher burden of heart disease and diabetes compared to other ethnic groups:

- South Asians have twice the risk for developing coronary artery disease (CAD) compared to Caucasians.
- They also face 40% higher mortality due to CAD than white Caucasians.
- 50% of all heart attacks in Indian men occur under 50 years of age, and 25% of all heart attacks happen under 40 years of age. This is 10-15 years earlier than people from other parts of the world.
- India accounts for approximately 60% of the world's heart disease burden, even though it holds less than 20% of the world's population.

About the Young Investigator Award

SANSAR has been working with the South Asian community since 2009 to promote cardiovascular health through education, community awareness and research. This award, proudly sponsored by Burgundy Asset Management Ltd., provides recognition and support to an outstanding young researcher whose research activities are focused on the health of South Asians. Research projects involving the South Asian population related to cardiometabolic diseases and their risk factors are eligible.

Eligibility

Those eligible to apply will be aligned with an appropriate mentor and will be one of the following:
Resident or Fellow (MD), Masters student or PhD candidate at a recognized University in Canada or USA.

Submission for Applications opens on *Monday, June 23 2025* at 7:00AM (EDT)

Submission Deadline: *Monday, September 22, 2025* by 11:59 PM (EDT)

Applicants to submit include three (3) pages (maximum) in PDF format, single spaced (including any figures and tables) with the following information:

- Overall research objectives
- Background
- Methods/Approach and timelines for completion
- Potential impact of research
- Relevance to SANSAR's mission to improve the health of South Asians
- Condensed CV and publication list
- List of resources and funding sources
- Letter of support from mentor** (mentor to send letter directly to admin@sansar.org)



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Evaluation Criteria

- ✓ Applicant background
Academic or professional standing, background in research, and passion and commitment to research project.
- ✓ Background and context of research
Understanding of issues related to health in the South Asian community, as well as current gaps in research.
- ✓ Innovation
Novelty, originality and/or creativity of the research project.
- ✓ Study design
Sound statistical and analytical methods and techniques.
- ✓ Relevance to SANSAR's mission and potential impact
Importance and relevance of the research question, and potential impact of research on the South Asian community.
- ✓ Resources
Secured methods of funding, resources, support and research environment.



Award

Completed applications will be peer-reviewed by a panel of 3 experts. The winner will receive a prize of \$10,000 CAD, and must submit a written report on the progress of the research study by the first anniversary of the award. A final report will be due upon completion of the research project. Any or all abstracts presented at scientific congresses, or peer-reviewed manuscripts arising from the winning project must be submitted to SANSAR and must recognize funding in part from SANSAR. The winner will be announced in the fall of 2025.

The deadline to submit an application for this award is
11:59 PM EDT on Monday, September 22 2025.
Any questions or comments can be directed to admin@sansar.org.

Please refer to www.sansar.org for additional information.

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Birchmount Bluffs
Neighbourhood Centre

SUMMER CAMP

FOR CHILDREN AGES 6 TO 12 YEARS

FUN & GAMES - CRAFTS - SPORTS - WEEKLY TRIPS

**Date:**

Begins July 7th - August 29th
Monday through Friday

**Time:**

8:30AM - 3:30PM
*Early Drop-Off Available 7:45AM

**Location:**

Birchmount Bluffs Neighbourhood Centre
93 Birchmount Rd.
*inside the Birchmount Community Centre



\$100 per week
*includes weekly field trips

\$100
PER WEEK

**SUBSIDY
AVAILABLE**

Contact Erika for
details.

REGISTER ONLINE OR
AT THE CENTRE



bbnc.ca
REGISTER NOW

For more information contact Erika. erika@bbnc.ca



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NURSERY SCHOOL

Discover a nurturing and engaging learning environment for children 2 to 5 years.

- ✓ Age appropriate curriculum that encourages learning through play and inquiry.
- ✓ Activities foster children's cognitive, social and physical growth.
- ✓ Designated times for snack, hot lunch and daily quiet/rest period, ensuring children are ready for play and learning.
*Snack and Hot lunch included



"Participating in the Canada-Wide Early Learning and Child Care (CWELCC) program – supporting affordable child care for all families!"



416-396-7606

93 Birchmount Road

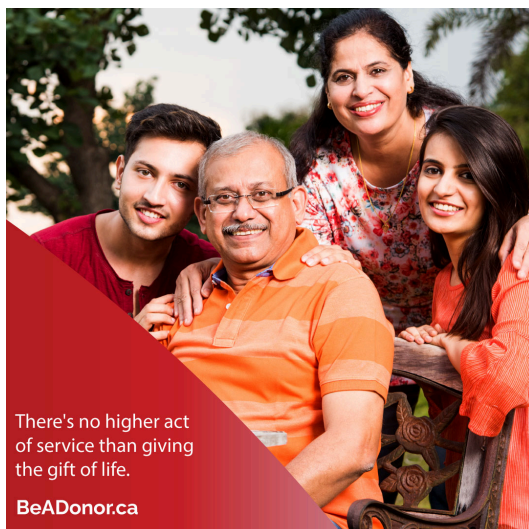


erika@bbnc.ca

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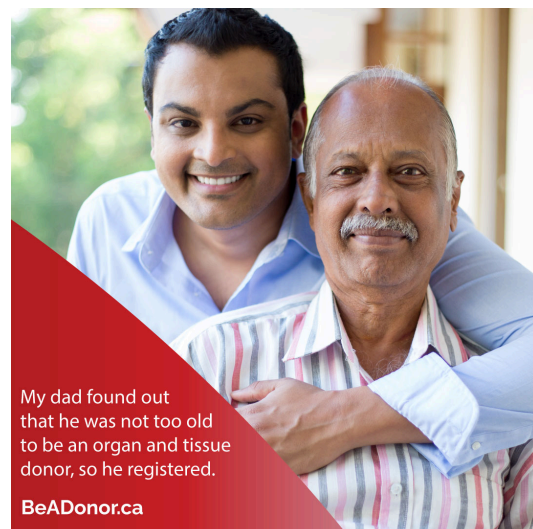
It only took me two minutes to register to save lives as an organ and tissue donor. You can do it too.

BeADonor.ca



There's no higher act of service than giving the gift of life.

BeADonor.ca



My dad found out that he was not too old to be an organ and tissue donor, so he registered.

BeADonor.ca

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In the News

[Canada-U.S. citizen in custody in deadly St. Lawrence River human smuggling case](#)

A dual Canadian-American citizen that United States authorities allege was part of a deadly human smuggling operation that left migrants drowned in the St. Lawrence River will remain in custody following a detention hearing in the Northern District of New York District Court on Tuesday.

[Canadian mother detained in the U.S. as Trump-voting husband feels 'totally blindsided'](#)

A Canadian woman has been detained in the U.S. during her green card interview for being in the U.S. illegally, California-based KGTV reported Thursday.

[Palestinian students say visa delays have stranded them despite admission to Canadian schools](#)

With two of their peers killed last year, more than 70 Palestinian students are raising the alarm over stalled immigration to Canada despite admissions and scholarships at universities across the country, stranding them in Gaza or nearby Egypt and Jordan as they wait out a war.

[Employment training program at The Food Bank of Waterloo Region 'empowering newcomers'](#)

A new program run by The Food Bank of Waterloo Region that aims to help newcomers to Canada enter the workforce has just welcomed its first cohort of participants.

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adopts increasingly restrictive immigration policies of its own.



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