



# November 2025 Newsletter

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- Students call on province to step up as colleges, universities take financial hit from permit cuts
- Black class-action group 'outraged' by government spending \$15M to fight case

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## CASSA's 14th Annual Health Equity Summit!



**14<sup>TH</sup>** ANNUAL  
HEALTH  
EQUITY  
SUMMIT

**Equity in Focus: Sexual and Reproductive Health for South Asian Newcomer Women**

The Annual Health Equity Summit, hosted by CASSA, is dedicated to addressing health disparities that disproportionately affect marginalized communities, with a particular focus on South Asian and other racialized groups.

The Summit will examine the social, cultural, and systemic factors influencing sexual and reproductive health outcomes among South Asian newcomer women, with an emphasis on overcoming barriers to access, promoting culturally responsive care, and reducing stigma. The sessions will offer practical strategies to enhance maternal and perinatal care, gynecological services, and sexual health education—equipping participants with actionable insights to ensure that South Asian newcomer women receive culturally sensitive, timely, and comprehensive support throughout every stage of their reproductive health journey.

 Tuesday, November 18, 2024  
 10:00 AM - 2:00 PM  
 Zoom (Virtual)

**REGISTER NOW**

[14thannualhealthequitysummit.eventbrite.com](https://14thannualhealthequitysummit.eventbrite.com)



**DR. HARINI AIYER**  
Director, Research and Education – Canadian Advisory of Women Immigrants (CAWI)

**DR. UNJALI MALHOTRA**  
Physician (CCFP, FCFP, MSCP)

**DR. ROULA KTEILY-HAWA**  
Associate Professor – Faculty of Health Sciences, Western University

**INSIYA MANKANI**  
Policy and Advocacy Officer – Action Canada for Sexual Health and Rights

**DR. FARAH M. SHROFF**  
Public Health Educator and Researcher; Founder and Lead – Health Together

**DR. ANNE HUSSAIN**  
Naturopathic Doctor (ND)

**SRUTIKA SABU**  
IDEA Manager – Alliance for South Asian AIDS Prevention (ASAAP)

**ALISHA ALI**  
Project Coordinator, Trans Power Project – ASAAP

The [Annual Health Equity Summit](#), hosted by CASSA, is dedicated to addressing health disparities that disproportionately affect marginalized communities, with a particular focus on South Asian and other racialized groups. This year's 14th Annual Health Equity Summit is titled *Equity in Focus: Sexual and Reproductive Health for South Asian Newcomer Women*. The Summit will be a virtual event via **Zoom** on **Tuesday, November 18, 2025** from **10:00 AM – 2:00 PM**.

The Summit will explore the social, cultural, and systemic factors shaping sexual and reproductive health (SRH) outcomes for newcomer women, with a focus on addressing barriers to access,

focused discussions with service-oriented breakout sessions. These sessions will provide practical strategies for improving maternal and perinatal care, gynecological care, and sexual health education, leaving them with actionable insights to ensure that South Asian newcomer women receive culturally sensitive, timely, and comprehensive support throughout the critical stages of their reproductive health journey.

Register [here](#)

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## CASSA's 2025 AGM!

On Wednesday, October 15th, 2025, CASSA held its Annual General Meeting (AGM) virtually in the attendance of its staff, board members, and member agencies. Updates on CASSA's ongoing projects and accomplishments for 2025 were discussed, along with updates on the slate of board members.

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## CASSA's Membership!



## BECOME A MEMBER TODAY!

For more information contact [qurat@cassa.ca](mailto:qurat@cassa.ca) or visit [www.cassa.ca/membership](http://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 24 participants so far.

#### Participant Eligibility:

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

**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.

For more information or to participate, please contact us at [tanzinatahereen@cassa.ca](mailto:tanzinatahereen@cassa.ca).

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### **The Data for Equity 3.0**

CASSA, in partnership with Service and Housing in the Province, Logical Outcome, and Findhelp 211, is hosting the **Final Community of Practice Workshop #12**

**Titled:** "As One Sector: Appreciating, Reflecting, and Reimagining Our Future Together"

**Date:** December 3, 2025

**Time:** 10:00 AM – 12:00 PM

**Venue:** IN PERSON- United Way Greater Toronto 26 Wellington St E Toronto, ON M5E 1S2, Canada. 10th floor meeting rooms A and B.

**Please Note:** This workshop is intended exclusively for participants that have attended previous workshops of the Data for Change learning series.

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**Vice President, Community Impact and Mobilization  
United Way Greater Toronto**

For 25 years, Nation has been deeply committed to community development, dedicating his professional career and personal efforts to fostering caring, safe and culturally vibrant communities. His journey began at the grassroots level, starting at Dixon Hall Neighbourhood Center, where he led children and youth programs and supported adults with mental health and substance use challenges, laying a strong foundation for his dedication to community upliftment.

Progressing to leadership roles, including Director of the Youth Challenge Fund and United Way's Youth Success Strategy, Nation championed the positive development of Black, Indigenous, and racialized youth across the Greater Toronto Area, driving initiatives aimed at their empowerment and success.

In his role as Vice President of Community Opportunities and Mobilization, Nation led United Way's Research and Public Policy, Public Affairs, and Strategic Initiatives. He was instrumental in developing United Way's Reconciliation and Equity Action Plan and the Indigenous Partnership Council, demonstrating his commitment to reconciliation and equitable community impact.

Currently, as the Vice President of Community Impact and Mobilization, Nation leads a dynamic team that drives United Way's community service investments and systems solutions. Together, they collaborate with partners across the public, private, and nonprofit sectors to deliver equitable neighbourhood-level outcomes.



Neil Price is Executive Director at LogicalOutcomes, a Canadian nonprofit with a mission to build evaluation and learning capacity in the nonprofit sector. His work focuses on the intersection between community development and technology, with emerging focus on how Artificial Intelligence can elevate the work of B3 (Black-led, Black-focused, Black-serving) organizations. Neil holds degrees in Education and Public Policy and is a PhD candidate in Adult Education and Community Development at OISE. His community research and capacity-building work benefits from his extensive experience in higher education and nonprofit leadership.

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**South Asian Social Justice Network Project - Alberta**

CASSA at the 2025 AAISA Settlement & Integration Conference

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our members presenting on topics ranging from mainstream engagement to grassroots community action.

The conference provided a valuable opportunity to share our work, learn from sector colleagues, and explore innovative approaches to supporting newcomers and marginalized communities across Alberta.

A heartfelt thank you to AAISA for creating space for these meaningful conversations, and to all our fellow attendees for their insights, collaboration, and shared dedication to advancing settlement and integration work.



## **South Asian Social Justice Network Project - Quebec**

SASJN Quebec Monthly Meeting-September 29:

Participants: Shaheen Junaid, Dr. Sameena Iqbal and Abdul Majeed

Dr. Sameena emphasized the need for education and multicultural awareness to foster respect for visible minorities, particularly Muslims. Participants highlight the importance of inclusiveness, encouraging Muslim involvement in schools and communities despite challenges such as restrictive policies. Community engagement through centers, charities, and intercultural events like Ramadan or Eid gatherings is seen as key to overcoming isolation and reducing prejudice. Concerns are raised about internal barriers within some Muslim institutions and the need to promote integration rather than exclusivity. The conversation also addresses Hindutva-related tensions, urging focus on shared Canadian values and multicultural harmony. Recommendations include multilingual communication (English, French, Arabic), addressing educational disparities

### Taking the Honour Out of 'Honour-Based Violence' Project

Our ongoing project explores 'honour-based violence' (HBV) within South Asian communities in Canada. Following a scoping review to identify service gaps, we conducted consultations with survivors and subject matter experts to understand how HBV is experienced and addressed. These findings are being analyzed to develop practical, culturally responsive recommendations. We're currently finalizing a 'train-the-trainer' module to equip frontline workers with tools to recognize, respond to, and prevent HBV through culturally informed, trauma- and survivor-centered approaches. The final report will be released by early next year, marking a key step toward improved support for South Asian women affected by HBV.

**Our Voices, Our Truth:**

# MUSLIM STORIES

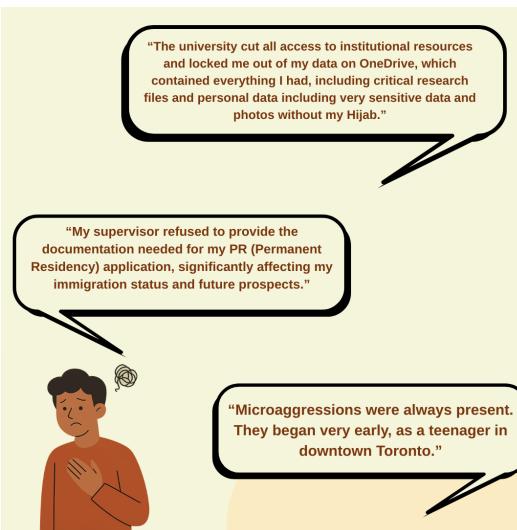
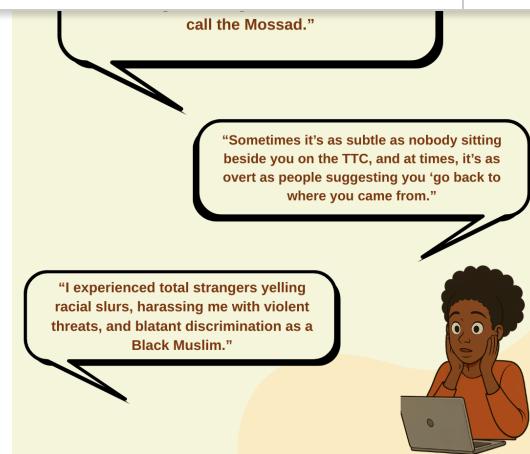
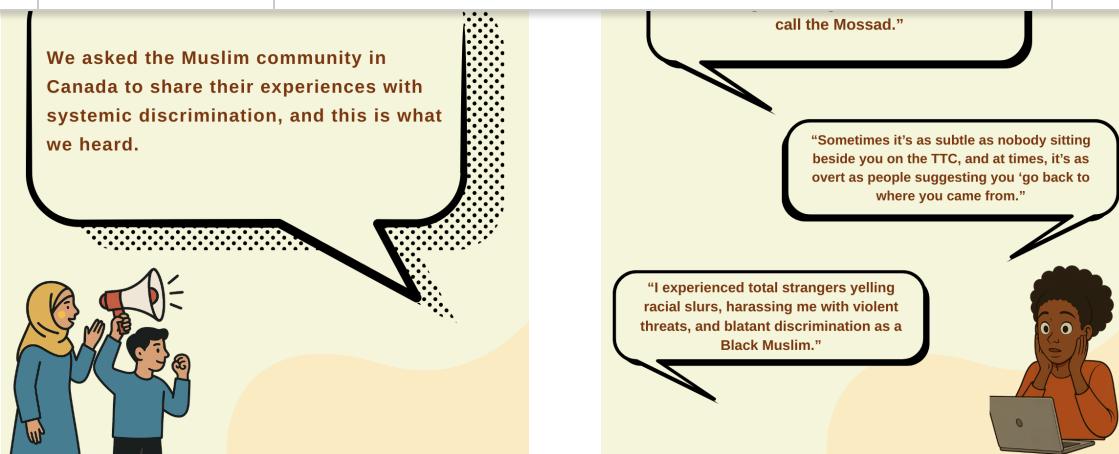
## ON SYSTEMIC DISCRIMINATION IN CANADA



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

Canadian Race Relations Foundation

CASSA  
COUNCIL OF AGENCIES  
SERVING SOUTH ASIANS

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### Digital Story-Telling Campaign

The Council of Agencies Serving South Asians (CASSA) is launching a national online campaign to raise awareness about the systemic discrimination Muslims face in Canada. We asked Muslim individuals across Canada to share their lived experiences—stories that reveal the everyday barriers, injustices, and challenges within systems like education, employment, and justice.

# Opportunities

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## **Bold Futures: Exploring the Career Development & Employment Needs of Young South Asian Women across the GTA**

This fall, the South Asian Women's Collective launched the Bold Futures Report and Documentary, a groundbreaking research project exploring the career development and employment needs of young South Asian women across the GTA. Funded by the Ontario Trillium Foundation, *Bold Futures* offers a culturally nuanced perspective on youth unemployment and highlights insights to inform policy, programming, and systems-level change.

Read the full report and watch the documentary [here](#).

We welcome your reflections, insights, and support in amplifying these findings. Please feel free to share the report or documentary through your LinkedIn, Instagram, newsletters, or networks. Together, we can shape more inclusive pathways for young racialized women navigating the future of work.

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We're excited to announce the upcoming launch of Flourish Career Development in January 2026 in York Region — a culturally responsive career development program supporting 50 young South Asian women (ages 16–30) through:

- Career education and skill-building
- Access to mentors and sponsors
- Connections with employers and industry partners

Through *Flourish*, we're continuing our mission to advance equitable career pathways and amplify the voices of South Asian women and gender-diverse communities. We'd love to collaborate and continue the conversation on youth career development and employment equity. Please email Flourish Program Lead, Ritika Arora, at [flourish@sawcollective.ca](mailto:flourish@sawcollective.ca)



## Epilepsy & Seizure First Aid **Public Education Workshops**

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

Please email [leah@epilepsytoronto.org](mailto:leah@epilepsytoronto.org) for further information.

Presented By



Session will cover:

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

[www.epilepsytoronto.org](http://www.epilepsytoronto.org)

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**Times Change** 

## Getting Started with **TIMES CHANGE**

### DO YOU NEED SUPPORT IN YOUR JOB SEARCH?

Join us for our orientation session where you will:

- Discover our services and programs
- Meet our team dedicated to supporting you on your career journey!
- Have some fun and shop in our free clothing boutique!
- Leave with your first appointment booked for employment supports

 Every Thursday 2:00pm - 3:30pm

 To register, contact us at 416-927-1900 or email [client-support@timeschange.org](mailto:client-support@timeschange.org)

 [www.timeschange.org](http://www.timeschange.org)

Funded by:



### WHO WE ARE

Times Change Women's Employment Service offers a variety of free services that support the professional development of women

### WHAT WE OFFER

Employment counselling, comprehensive career planning, job search help, interview & resume support, educational counselling, retention support, and computer upgrading

### ELIGIBILITY FOR OUR SERVICES

Valid SIN number | Canadian Citizen, Permanent Resident, or Refugee Claimant | Living in GTA



# FALL 2025 WEBINAR SCHEDULE (NOVEMBER)



SWC offers webinars through the Webex Meetings platform. You can attend these webinars from your home, using your computer or mobile device. We recommend that you [download and install the Webex app](#). If you don't have a reliable internet connection, you have the option to call in and listen to the webinar on your phone.

[Sign up through the form on our website](#) or scan the QR code to the right. We will send you the link to join along with the call-in information if you would rather listen on your phone. You can also register by calling 416-439-7111 x 107 or emailing [outreach@scarboroughwomenscentre.ca](mailto:outreach@scarboroughwomenscentre.ca).



*Please note that you need a current email address, that is regularly checked, in order to sign up for SWC webinars. After the webinar you will be asked by email to complete a brief online evaluation.*

## CLOSED CAPTIONING FOR WEBINARS

The closed caption feature is embedded in the Webex platform. Once you join the webinar, you can turn on captions by clicking on the closed caption (CC) button at the bottom left of the Webex meeting window.

**If you have any questions about webinars, please call 416-439-7111 x 107 or email [outreach@scarboroughwomenscentre.ca](mailto:outreach@scarboroughwomenscentre.ca).**

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**EFFECTIVE COMMUNICATION w/ Farah Ali** - Effective communication allows everyone to be satisfied and build better relationships. Stress, lack of focus, and negative body language can be barriers to effective communication. In this webinar we will discuss ways to build listening skills, emotional awareness, and appropriate body language and learn how to communicate in a productive way. **Register by Tues, Nov 11.** Sponsored by TD Wealth

#### THURS, NOV 13 - 7:00 - 8:30 PM

**MINDSET MATTERS w/ Stacey Reilly** - This webinar is for anyone who feels mentally, emotionally, or situationally stuck and wants to understand why, and how to move forward. Through a mindset-based approach, you'll explore the hidden beliefs and thought patterns that keep you stuck, and learn practical tools to shift your perspective, build self-awareness, and take meaningful action. You'll walk away with:

- a deeper understanding of what's really holding you back
- mindset tools to reframe negative self-talk and fear
- strategies to reconnect with your goals and inner motivation

**Register by Tues, Nov 11.** Sponsored by Trisura Guarantee Insurance Company

#### TUES, NOV 18 - 1:00 - 2:30 PM

**THE 3 Ms TO A HAPPIER STATE OF MIND w/ Cindy Stradling** - Explore the neuroscience behind our emotions and learn new techniques to manage when we are in difficult situations. Learn to identify how you react to life's events and learn tools to cope with the pace of change, develop more resilience, and live a happier life. **Register by Sun, Nov 16.** Sponsored by Costco Wholesale Canada

#### TUES, NOV 18 - 7:00 - 8:30 PM

**MICROSOFT OFFICE 101: BASICS OF EXCEL w/ Stacey Reilly** - This beginner-friendly webinar is perfect for anyone new to Excel who wants to learn how to organize, calculate, and visualize data. Whether you're using it for work, budgeting, or everyday tasks, you'll gain practical skills to help you work more efficiently. You'll learn how to navigate Excel, format data, use basic formulas and functions, create simple charts, and save time with helpful tips and shortcuts. This interactive session encourages questions and includes a handy Excel cheat sheet to take home. **Register by Sun, Nov 16.** Sponsored by Albert Campbell Women in Stem Club

#### THURS, NOV 20 - 1:00 - 2:30 PM

**BUILDING WEALTH w/ Heather Walsh, CPA Canada** - Would you like to learn how to effectively manage your money? In this webinar, you will:

- learn to create a realistic budget
- understand cash flow and how to control it
- understand the difference between "good debt" and "bad debt"
- understand the key features of RRSPs, RESPs and TFSAs, and how they can help put a financial plan into action
- know where to go for support

**Register by Tues, Nov 18.** Sponsored by CPA Canada, CFUW Scarborough

Want to be more involved? [Become a member of Scarborough Women's Centre.](#)

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**THE POWER OF SILENCE w/ Anjum Karimi** - Have you ever experienced the pleasures of silently listening to nature? Do you ever offer strength and support to your loved ones through 'silence'? This webinar would help you explore the many different ways to use the power of 'silence' to offer support and peace to others. It would help you to understand how 'silence' can open the windows to 'now' and bring out the best of your skills. **Register by Tues, Nov 18.** Sponsored by *Elementary Teachers Federation of Ontario*

**THURS, NOV 27 - 1:00 - 2:00 PM \*Please note time\***

**HELP WITH HEATING** - **Jasmine Shallabi, 7th Wave Energy and Social Services** - Join us for a presentation on behalf of Enbridge Gas about the importance of home insulation and how it can improve home comfort, health and affordability. Learn how eligible homeowners and renters can access free home insulation, fully funded by Enbridge, via their Home Winterproofing Program, and how to apply. We will end with a Q&A session. **Register by Tues, Nov 25.** Sponsored by *7th Wave Energy and Social Services, Enbridge Gas*

**THURS, NOV 27 - 7:00 - 8:30 PM**

**ANXIETY BE GONE w/ Stacey Reilly** - This webinar will give you the tools to help take control of your anxiety. We will cover what anxiety is, triggers, self care, and ways to manage/ decrease anxiety. We will discuss, and practice, breathing exercises you can incorporate into your daily life to help manage anxiety. **Register by Tues, Nov 25.** Sponsored by *Royal LePage Shelter Foundation, Royal LePage Estate Realty*

We publish our schedules monthly.

Have them delivered to your inbox by [signing up for our email list](#).

Check out our [in-person workshop schedule](#).

[Make a donation](#) to support women moving forward.



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**CINI 2026**  
CANADA INDIA NETWORKING INITIATIVE

**GAPIO**  
Global Association of Physicians of Indian Origin

**A joint meeting with GAPIO**

# CONFERENCE PROGRAM

**June 5-7, 2026**  
**Surrey, BC**  
**Surrey City Hall**

**SPONSORS**

fraserhealth, KPU, Canadian Association of Physicians of Indian Origin, Institute for Health System Transformation & Sustainability, Apollo Hospitals, CAHO, ROYAL COLUMBIAN Hospital Foundation, SURREY HOSPITALS FOUNDATION, S-VYASA, Soma Path of the Body, Dr Lal PathLabs, CITY OF SURREY, SWRBT, VYASA CANADA, THE HARPREET SINGH SHOW, SP/CE RADIO, CINS, GAPIO, DRISHTI™, Connecting the DOTS for healthy civil society.

**Friday, June 5**

- Networking Reception
- Welcome and Opening
- Awards ceremony
- Keynote Speaker: Dr. Sonia Anand

**Saturday June 6th**

Breakfast & Networking

**Session 1: Welcome**

**Session 2: Integrative thinking and health**

- Dr. R. Nagendra
- Dr. Manjunath
- Panel discussion lead by Dr. Victoria Lee with Dr. Vigourt-Lee, Dr. Juara, Dr. Dosanjh-Lall

**Session 3 — Collaborators & Partners of CINS - our journey comes alive**

- Nitya Prakash
- Dr. Brendan Bryan
- Kathleen Chouinard
- Dr. Lesa Dawson
- Patient Perspectives - Coordinator Magdelena Newman

**Session 4 — Shared Experiences**

- Dr. Simon Sutcliffe
- Dr. Vijay Agarwal
- Dr. Graham Dickson
- SAHI & Fraser Health
- Laurence Sauvé

**Session 5:**

- Dr. Hannah Nette
- Tanji Nayak

**Saturday Evening**  
Empress Banquet Hall - Surrey, BC  
**Signature Banquet**

**Sunday, June 7**

Breakfast & Networking

**Session 1 — Global Perspectives**

- Dr. Chinmay Pandey
- Dr. Anupam Sibal
- Dr. Vedrevu K Raju

**Session 2 — Deeper Understanding and Integrative Thinking**

- Camille Peters
- Jyotsna Agarwal

**Session 3 — Art & the Artist as Healer** - Joint with SWRBT

- Puneet Singh
- Maitreyi Yogacharni

**Closing Session**

- CINS Board, Dr. Arun Garg
- Recommendation and next steps

\*As of November 1, 2025 this program is subject to change

## **VASANTHAM - TAMIL HEALTH & WELLNESS CENTRE**

### **Vasantham is Starting a New Program**

#### **"Trauma informed Family inclusive Counselling and Case Management"**



#### **Family Counseling & Case Management**

- One Member of the Family must have Addiction
- Domestic Violence in the Family
- Family with Children/ Family with no Children

**Ongoing Intake  
Referrals are Accepted**

**CALL: 416-847-4172**

**EMAIL: INFO@VASANTHAM.CA**

**VISIT: 2660 EGLINTON AVENUE EAST,  
SCARBOROUGH, ON, M1K 2S3**



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[WWW.VASANTHAM.CA](http://WWW.VASANTHAM.CA)



VASANTHAM-TAMIL WELLNESS

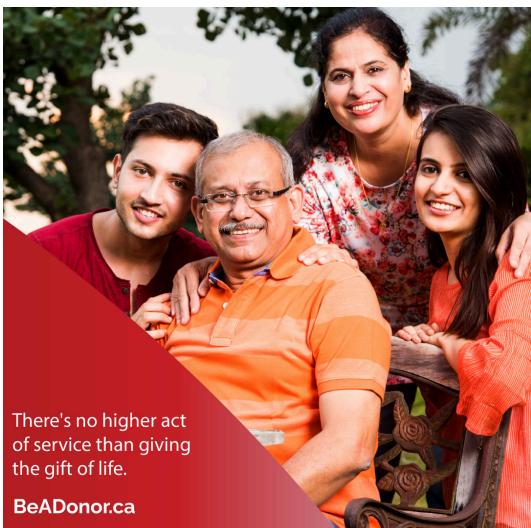


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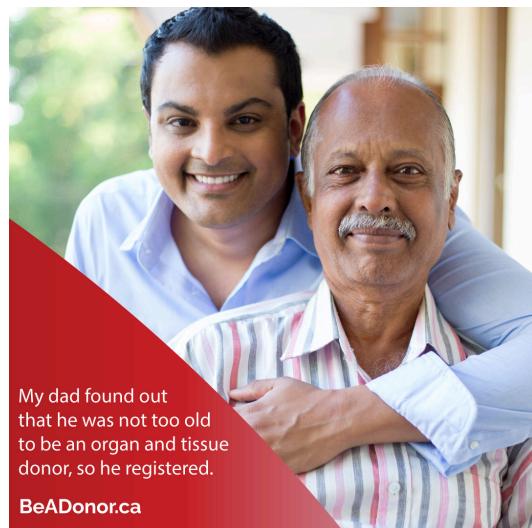
It only took me two minutes to register to save lives as an organ and tissue donor. You can do it too.

**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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We registered after we found out that our religion supports organ and tissue donation.

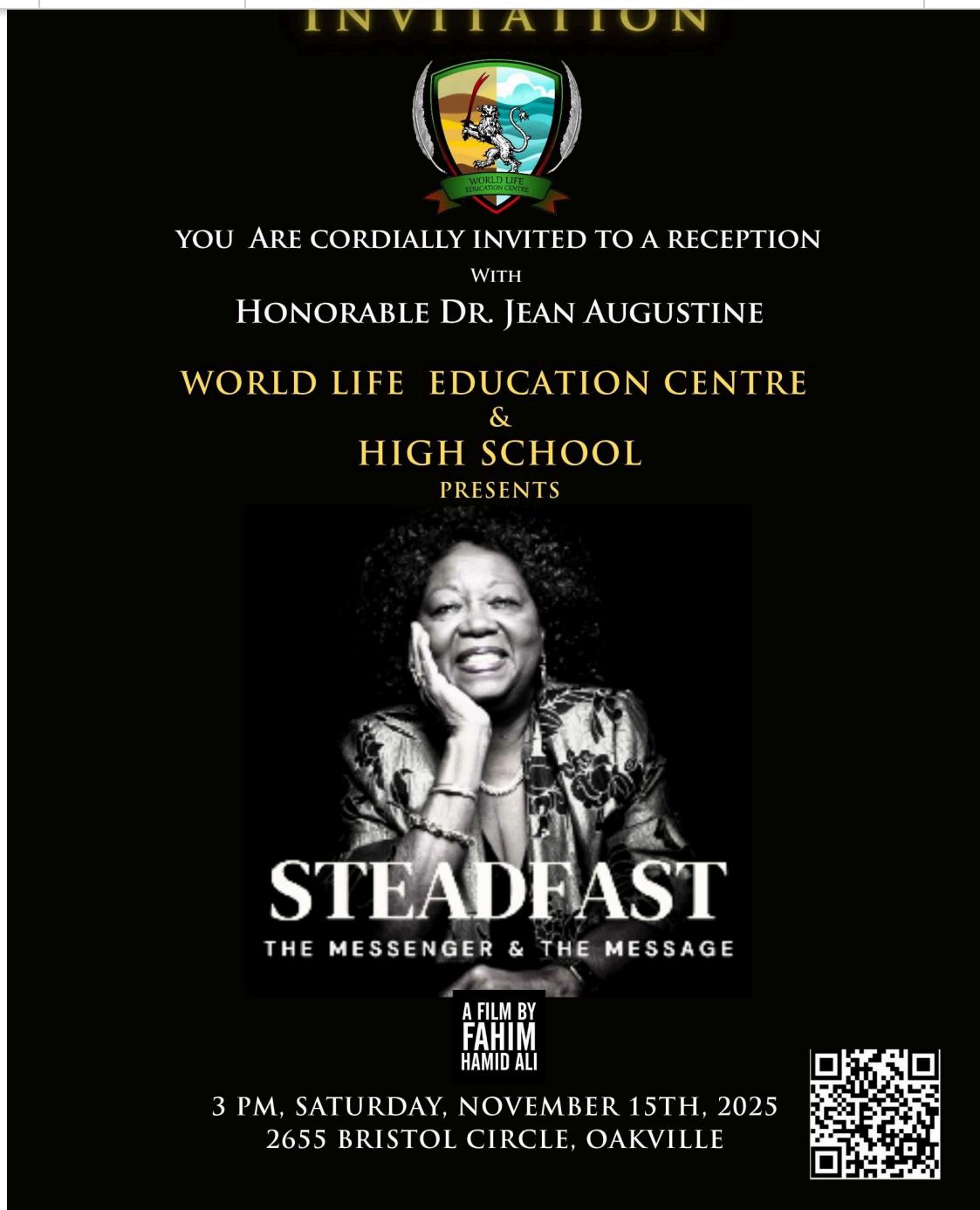
[BeADonor.ca](#)



"The impact of one person's choice is transformative."

-Shilpa, Lung Recipient

[BeADonor.ca](#)



## In the News

[Canada could have access to more than 10,000 doctors if licensing were less complicated, House Health Committee hears](#)

The House Health Committee is looking into the links between immigration and health human

'is clearly wrong.'

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### [Carney's immigration strategy comes during a shift in the economy — and public opinion on newcomers](#)

Canadians will learn how the federal government is revising its immigration strategy in Tuesday's budget, as public support for immigration is changing and after Ottawa already lowered its targets last fall.

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### [The concerning rise of anti-immigration sentiment in Canada](#)

Concordia University's School of Community and Public Affairs professor Chedly Belkhodja says that an anti-immigrant sentiment has been steadily growing in the country since the pandemic. According to him, this rise is best explained by globalization.

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### [Immigration plan slashes student visas, prioritizes economic newcomers](#)

Canada's 2026-2028 immigration levels plan aims to increase the number of economic immigrants coming to the country while cutting temporary migration, largely through a dramatic reduction in student visas.

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### ['Ottawa is creating an emergency': Quebec minister on temporary immigration cuts](#)

After years of urging Ottawa to reduce the number of non-permanent residents in the province, Quebec is now saying the federal government has gone too far.

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### [Students call on province to step up as colleges, universities take financial hit from permit cuts](#)

A representative of post-secondary students across B.C. is calling on the province to increase funding for universities and colleges, after major student-permit changes were announced this week that are expected to sharply cut international student enrolment.

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### [Black class-action group 'outraged' by government spending \\$15M to fight case](#)

Lawsuit launched in 2020 now represents 45,000 current and former Black public servants.

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