



October 2025 Newsletter

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CASSA's 14th Annual Health Equity Summit!

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14th ANNUAL HEALTH EQUITY SUMMIT

EQUITY IN FOCUS: SEXUAL AND REPRODUCTIVE HEALTH FOR SOUTH ASIAN NEWCOMER WOMEN

Date: November 18, 2025
Time: 10:00 AM - 2:00 PM
Location: Zoom (virtual)
Register:
<https://14thannualhealthequitysummit.eventbrite.com>

REGISTER



CASSA
COUNCIL OF AGENCIES SERVING SOUTH ASIANS

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, culturally responsive care, and stigma. Bringing together policymakers, healthcare providers, researchers, and community leaders, the event will combine keynote presentations and policy-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](#)

CASSA's Membership!



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 24 participants so far.

Participant Eligibility:

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

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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

We are pleased to announce the successful completion of the third stage of the Data for Change project: Analysis & Interpret. The project now moves into its fourth stage, Share & Use. The next workshop will be led by SHIP on Uses of Data. More information is coming soon.

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

Easy access to register for upcoming workshops as they become available

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.

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On September 13, 2025, CASSA (Council of Agencies Serving South Asians), in South Asian Social Justice Network Alberta, successfully hosted the **Community Resource Fair** at the Genesis Centre in Calgary.

The event welcomed **over 100 community members** who had the opportunity to learn about a wide range of resources and services tailored for the South Asian community. Topics included immigrant and newcomer support, employment, education, settlement, mental health, domestic violence, youth programming, and more.

A total of **nine community organizations** showcased their programs and services through interactive booths. Their presence ensured that participants could directly connect with service providers, ask questions, and access vital information to support themselves and their families.

This event highlighted the strong collaboration among community organizations in Calgary, reflecting a shared commitment to empowerment, inclusivity, and community well-being.

South Asian Social Justice Network Project - Quebec

SASJN Quebec Montly 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 faced by Muslim children, and enhancing mental health awareness through accessible, community led initiatives.

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

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toward improved support for South Asian women affected by HBV.



**Are you a Muslim
who has faced
systemic
discrimination?**

- at work
- at school
- at your mosque
- on public transit

**We want
to hear
your story.**

CASSA
COUNCIL OF AGENCIES
SERVING SOUTH ASIANS

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

 Canadian
Race Relations
Foundation

Digital Story-Telling Campaign

Call for Stories: Help Us Highlight the Realities of Systemic Discrimination:

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're calling on Muslim individuals to share their lived experiences—stories that reveal the everyday barriers, injustices, and challenges within systems like education, employment, and justice. Your voice can help educate others, spark change, and build solidarity across communities. If you have a story to share, we want to hear from you.

Tell your story [here](#)

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Limited spots left, secure your ticket now before it's too late!

ONE MONTH TO GO!

The *I Belong, You Belong* Conference is almost here.

November 6 & 7, 2025
Novotel Toronto North York

Register Today at ccmw.com

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

 Women and Gender Equality Canada
 Femmes et Égalité des genres Canada
 TED ROGERS SCHOOL OF MANAGEMENT
 DiVERSITY INSTITUTE

CCMW: I Belong, You Belong

CCMW's National Employment Conference ["I Belong, You Belong" Employment Conference](#) is around the corner, and you won't want to miss it. Join us on November 6–7 for two powerful days of learning, connection, and action — grounded in equity, belonging, and transformative change. With inspiring keynote speakers, dynamic panels, interactive workshops, and the launch of the ASPIRE Toolkits and Workshop Modules, this is your chance to be part of bold conversations and solutions shaping the future of work for Muslim and racialized women in Canada.

Conference keynote speakers include: WAGE Minister the Honourable Rechie Valdez, Amira Elghawaby Canada's first Special Representative on Combatting Islamophobia, Dr. Wendy Cukier, Dr. Zainab Abdurhman, Human Rights Lawyer Muneeza Sheikh, Dr. Golnaz Golnarghi and Dr. Rhonda McEwen.

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you don't want to miss this event. Limited spots available. Register now at: www.ccmw.com



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

OUR SERVICES

Drop-in Yoga Program

- For individuals ages 16 and older
- Dress code: white top and black pants

Every Tuesday 6:00 pm - 7:30 pm

Senior's Program

- Information sessions with guest speakers
- Field trips
- Elder abuse prevention
- Recreational activities (ex. knitting, art, bingo)
- Computer literacy lessons

Every Thursday 9:30 am - 12:30 pm

Volunteer and Youth leadership

- Many opportunities for students looking for volunteer hours

Get Involved!

Vasantham has offered engaging programs for the health and wellness of the Tamil Community since 1999

For more information about our programs and community research initiatives

CONTACT US

Visit our website
Vasantham.ca

Phone Number
(416) 847-4172

Email Address
info@vasantham.ca

2660 Eglinton Ave E, Scarborough, ON M1K 2S3

Vasantham Programs

எமது
திட்டங்கள்

FUNDED BY

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**ADDICTION RECOVERY GROUP**

- For addictions related to: substance use, gaming and gambling
- 12 session group therapy program with 8-10 participants
- Includes 4 individual counselling sessions

**ANGER MANAGEMENT & IMPULSE CONTROL COUNSELING PROGRAM**

- 6 two-hour individual counseling sessions
- Topics include: harm reduction, strategies to maintain relationships with family members, mood disorders

Virtual meetings aimed to raise awareness about important issues in the Tamil community.

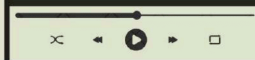
Topics include:

- Mental health
- Emotional and physical wellbeing
- Challenges youth and seniors experience
- Addiction
- Legal issues
- Reflecting on Tamil culture

There is a Q & A session towards the end of the session to address any concerns that participants have.

Every 1st and 3rd Monday 7pm - 9pm

Follow our youtube where we post the recordings of our psycho-social meetings!

**THIS PROJECT IS FUNDED BY CAMH**

Counseling is provided to the family members of individuals dealing with addiction



Case management services related to:

- Domestic violence
- Financial difficulties
- Precarious housing
- Legal involvement
- Unemployment



We take referrals from individuals, healthcare professionals, probation and lawyer offices, and social workers to ensure your journey to self-betterment.

If you or anyone else you know is struggling and needs help, please don't hesitate to contact us

YOU ARE NOT ALONE!

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WELLNESS CENTRE
PRESENTS...

YOGA CLASSES

SUBSIDIZED RATE \$15/MONTH



**Every
Tuesday
6:00-7:30pm**

RELIEVE STRESS AND
ACHIEVE INNER
PEACE WITH
PROFESSIONAL LED
YOGA!

AGES 16+ DRESS
CODE: WHITE TOPS &
BLACK PANTS

Walk-in accepted

LOCATION:
2660 EGLINTON AVE E, SCARBOROUGH,
ON M1K 2S3
CALL TO REGISTER
(416) 847-4172



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முதியோர்களுக்கான
ஆக்கபூர்வமானதும்
வேடிக்கையானதுமான
நிகழ்ச்சிகள்

Tamil Seniors Program



வியாழக்கிழமை
காலை 9.30-12.30
வரை



Hub Mid-Scarborough
2660 Eglinton Ave East,
Scarborough, ON, M1K 2S3



இணைந்து, நேரிலும்
இணையவழியிலும்
உறவுகளை
உருவாக்குவோம்

இலவச நிகழ்வு

- யோகா(Chair Yoga)
ஞாபகசக்திக்கான
- வினா விடைகள்,
- விளையாட்டுக்கள்(Bingo)
- ஆடல், பாடல், படம் வரைதல்,
நாடகம் மற்றும் பல நிகழ்ச்சிகள்
- முதியோருக்குப் பயனுள்ள
கலந்துரையாடல்கள்
- சமையல், சுவையான உணவு,
சிற்றுண்டிகள்

**55 வயதுக்கு
மேற்பட்டவர்கள்**

இணைந்து பயன்
பெற அழையுங்கள்

416-847-4172

Zoom ID: 918 584 6813
No Password

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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**



camh
Centre for Addiction and Mental Health

Funded by - SASP Program



WWW.VASANTHAM.CA



VASANTHAM-TAMIL WELLNESS

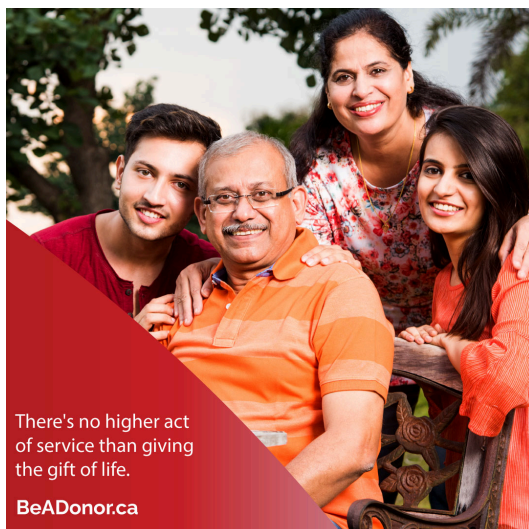


VASANTHAM

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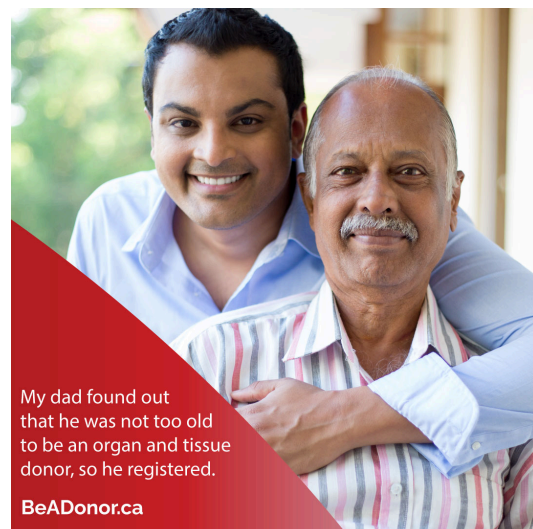
It only took me two minutes to register to save lives as an organ and tissue donor. You can do it too.

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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Even though I wasn't born here, once my health card arrives in the mail, I can register to be an organ and tissue donor.

BeADonor.ca



I'm a registered organ and tissue donor because one day someone in my family might need a transplant.

BeADonor.ca



"I'm enjoying my life, thanks to the generosity of my organ donor."

-Ramesh, Lung Recipient

BeADonor.ca

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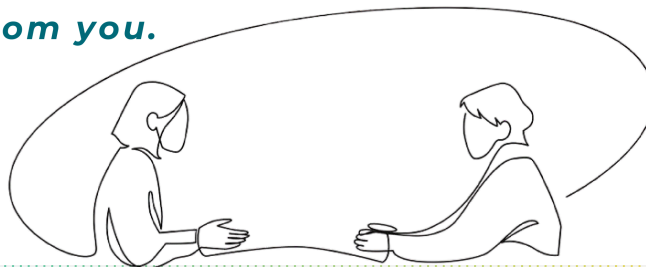
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Were You or Your Family Involved with Child Welfare in Canada?

*If you are a racialized immigrant
we'd like to hear from you.*



WHO CAN PARTICIPATE?

Racialized Youth, 18-30

- Born outside of Canada OR lived with family who were not citizens.
- Involved with child protection in Ontario or British Columbia as a child
- All genders welcome!

Parents or Caregivers, 18+

- Born outside of Canada
- Involved with child protection in **Ontario** or **British Columbia**
- Not a citizen or permanent resident
- All genders welcome!

WHAT WILL YOU DO?

- Share your story in a **one-on-one** interview.
- We can meet you **in person** or **talk online**.
- An honorarium will be provided for your time.

YOUR PRIVACY MATTERS!

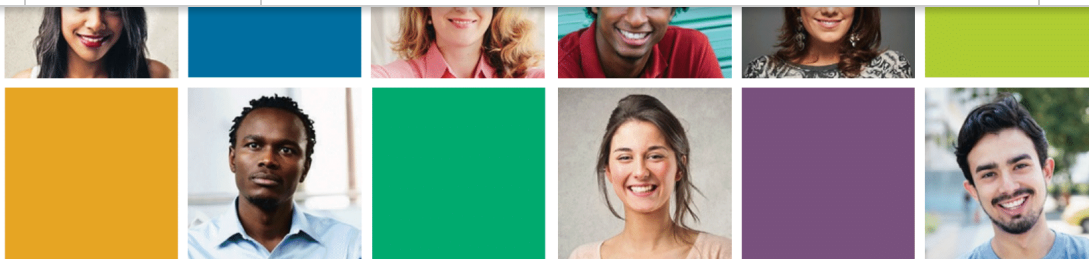
- Participation is voluntary
- You don't have to share your name or status.

Interested?

**Contact us to
learn more!**

**[bordingpractices@
utoronto.ca](mailto:bordingpractices@utoronto.ca)**



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CANADIAN IMMIGRANT FAIR



CAREERS • EDUCATION • SETTLEMENT

Canada's ultimate career fair and speakers' series for skilled immigrants, newcomers, temporary workers, international students and all new Canadians! Everyone is welcome!

NEW TO CANADA?

Get informed,
inspired — and hired at the
Canadian Immigrant Fair!

**Wednesday Nov 12, 2025**

Living Arts Centre, Mississauga
4141 Living Arts Dr.

Meet with hiring companies, recruiters, educational institutes, settlement service providers and more all in one place!

Everyone is welcome!

What you'll find at the fair:

Careers

- JOBS! Hiring companies and recruiters
- Career search and interview workshops
- Resumé clinic

Education

- University and college info
- English pronunciation workshop
- Foreign credential information
- Tuition microloans

Settlement

- Inspirational immigrant speakers
- Immigration and visa advice
- Settlement services and banking information
- Networking workshop

**Register today
to save your spot!**

www.CanadianImmigrant.ca/careerfair/Mississauga

Looking to have a booth?

Contact Ricky Bajaj:

rbajaj@metroland.com / 416-856-6304

In the News

['Extraordinary' surge in immigration cases in Federal Court challenges access to justice, top judge says](#)

Lawyer Zeynab Ziaie Moayyed sees the toll that increasing delays at the Federal Court can take on her clients as they try to challenge immigration decisions that didn't go their way.

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IRCC says onus is on applicants to make sure their work permits are complete.

[You Can't Run a Tourist Town Without Foreign Workers](#)

After 13 years opening and managing at Four Seasons hotels across North America, I returned home to Tofino, B.C., in 1995, to launch a long-imagined family project: the Wickaninnish Inn. We opened in 1996 with 46 rooms and, by 2003, we had 75.

[Almost half of Canadians say they have seen systemic racism in their province: poll](#)

Almost half of Canadians polled say they have observed evidence of systemic racism in their province, a new survey suggests.

[Family prays Canada's special visa program for Gaza will reunite them after 21-month delay](#)

Mona Alatbash gathers her children and husband, each of them either carrying a chair or a flashlight, and treks to a nearby building — her phone signal there is stronger than the tent in the Khan Younis displacement camp where the family shelters.

[Anti-Palestinian and anti-Arab racism is on the rise in Canada](#)

In April 2024, a video circulated online showing an Oakville, Ont. high school teacher and a student having an alarming and contentious conversation about his keffiyeh.

[Passport service cuts target minorities and people with disabilities, union says](#)

Public servants who are from diverse backgrounds, have disabilities or are involved in union activities are being disproportionately targeted by cuts to the passport service, according to the Union of National Employees (UNE).



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