



# September 2025 Newsletter

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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's 14th Annual Health Equity Summit! Save The Date



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

**SAVE THE DATE**  
NOVEMBER 18, 2025

**CASSA** COUNCIL OF  
AGENCIES SERVING  
SOUTH ASIANS

On November 18, 2025, CASSA will host its 14th Annual Health Equity Summit with the theme *Equity in Focus: Sexual and Reproductive Health for South Asian Newcomer Women*. The summit will bring together policymakers, healthcare providers, researchers, and community leaders to examine barriers, stigma, and systemic challenges shaping sexual and reproductive health outcomes. Through keynote presentations, policy discussions, and breakout sessions, participants will gain practical strategies to strengthen maternal care, family planning, and sexual health education, advancing equity for newcomer South Asian women across Ontario.

## CASSA Project Updates

### [South Asian International Students Research Project](#)

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

So far, we have successfully conducted interviews with 24 students from a diverse range of institutions. We are now looking to recruit at least 6 more participants.

**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](mailto:tanzinatahereen@cassa.ca).

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## The Data for Equity 3.0

**Workshop #8 :** User-centered analysis

**Presented By:** Logical Outcomes

- **Date and Time:** Thursday, September 25th, 2025 | 1:30 p.m. - 3:30 p.m. EDT
- **Location:** Virtually via Zoom
- **Learning Goals:**

1. Tell clear, accessible stories with charts and tables
2. Work with small numbers (and big ones)
3. Disaggregate responsibility

- **Register [here](#)**

**Workshop #9:** Community of Practice: Designing with Care – Integrating User-Centered and Trauma-Informed Practice

- **Date & Time:** Thursday, October 2nd, 2025 | 1:30 p.m. – 3:30 p.m. EDT
- **Location:** Virtual via Zoom
- **Learning Goals:**  
A moderated discussion with a panel of partners who will share organizational experiences and insights related to the analysis and interpretation phase of socio-demographic data collection.
- **Register [here](#)**

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

#### **Upcoming Initiative: Resource Fair in Calgary:**

We are excited to announce plans for an upcoming Resource Fair in Calgary! This initiative is aimed at eliminating access barriers for South Asians who may not be aware of or able to access free government programs, services, and assistance.

We are proud to have representatives from almost every South Asian language group, who are committed to serving the community with open hearts, offering culturally and linguistically appropriate support for immediate needs.

#### **Community Impact:**

The ongoing conversations and shared experiences within the network are shaping a more inclusive and informed approach to social justice. We continue to listen, advocate, and collaborate as we push for equity, visibility, and representation in all sectors of society.

We look forward to your continued support and participation as we build a stronger, more empowered South Asian community in Alberta and beyond.

Alberta Project lead Amber Qureshi

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### **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.

centered approaches. The final report will be released by the end of the year, marking a key step 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.



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.

# Opportunities



## CCMW: I Belong, You Belong

Join the Canadian Council of Muslim Women (CCMW) on **November 6–7, 2025**, for the ["I Belong, You Belong" National Employment Conference](#) — a two-day gathering of changemakers committed to building inclusive and equitable workplaces for Muslim and racialized women across Canada.

Hosted in partnership with the Diversity Institute as part of CCMW's [ASPIRE Project](#) and funded by Women and Gender Equality Canada, this two-day hybrid conference is designed to foster equitable and inclusive work environments for Canadian Muslim and racialized women.

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Inspiring plenaries & panel discussions

Interactive workshops & skills-building sessions

Meaningful networking opportunities

Muslim Women's Marketplace

**Featuring powerful speakers like:**

- **Dr. Wendy Cukier** - Founder and Academic Director, Diversity Institute
- **Dr. Golnaz Golnaraghi** - Founder & President, Accelerate Her Future
- **Dr. Zainab Abdurrahman** - President, Ontario Medical Association
- **Muneeza Sheikh** - Partner, Muneeza Sheikh Employment & Human Rights
- **Dr. Rhonda McEwen** - President, Victoria University (University of Toronto)
- **Dr. Ruby Latif** - Director of Diversity, Equity, Inclusion, and Belonging, Brant Community Healthcare System
- **Rabia Khedr** - National Director, Disability Without Poverty
- **Marya Bangash** - Education & Outreach Coordinator, SMILE Canada

Get your early bird ticket today → [Register here](#)



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:

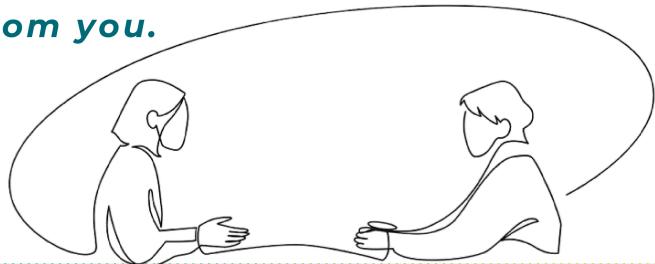
- ✓ Myths and Misconceptions about Epilepsy
- ✓ Difference Types of Seizures
- ✓ Epilepsy Toronto's Services
- ✓ Treatment
- ✓ Seizure first aid
- ✓ Client stories

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

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

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

Scan me!



## 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**





INVITES YOU TO AN ONLINE INFORMATION SESSION ON:

## Building an Effective Resume

ساخت خلص سوانح مؤثر

We will discuss:

- What is a resume
- Difference between a resume and CV
- Types of resumes

در این جلسه درباره موضوعات ذیل صحبت میکنیم

- خلص سوانح به چی گفته میشود؟
- تقاضت خلص سوانح با سی وی
- انواع خلص سوانح



September 17<sup>th</sup>, 2025  
1:00 pm - 2:30 pm



Online via Zoom

REGISTER NOW



Please email [zuhal@newcomerwomen.org](mailto:zuhal@newcomerwomen.org) or call us at  
437-423-2553 if you have any questions.

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

INVITES YOU TO A FREE ONLINE INFORMATION SESSION:

# Discover College Boreal

## We will discuss:

- Types of services available
- Who is eligible for services
- How to access help through College Boreal



September 30<sup>th</sup>, 2025  
1:00 pm - 2:30 pm



Online via Zoom

REGISTER NOW



Please email [yulija@newcomerwomen.org](mailto:yulija@newcomerwomen.org) or call us at  
437-423-2553 if you have any questions.

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

INVITES YOU TO A FREE ONLINE INFORMATION SESSION:

## How to Renew Your PR Card

**You will learn:**

- When you need to renew your PR card
- Why it is important
- The different ways to renew your card

 **September 19<sup>th</sup>, 2025**  
6:30 pm - 8:00 pm

 **Online via Zoom**

**REGISTER NOW** 

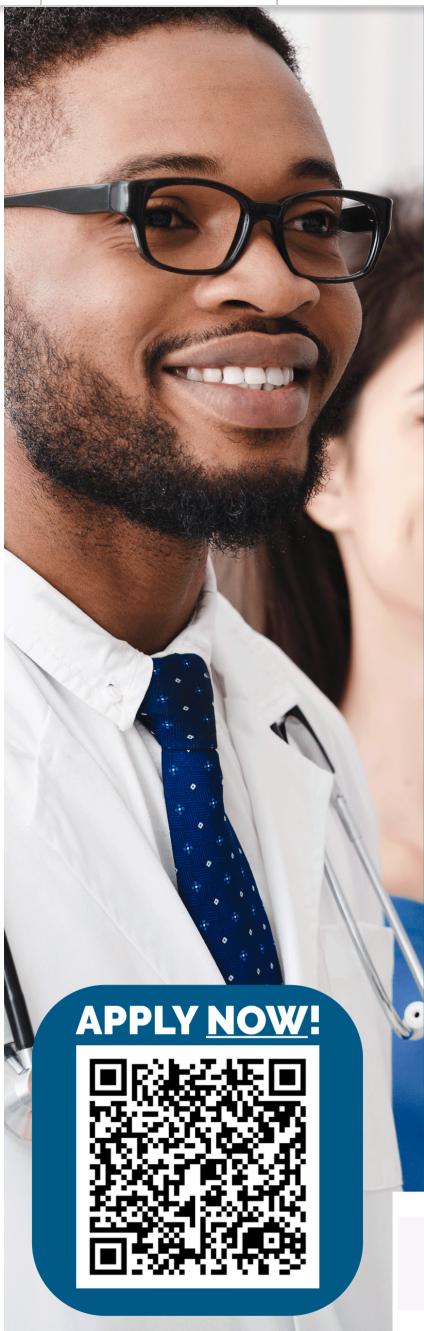
Please email [zuhal@newcomerwomen.org](mailto:zuhal@newcomerwomen.org) or call us at 437-423-2553 if you have any questions.



Funded by:

Financé par :

Immigration, Refugees  
and Citizenship CanadaImmigration, Réfugiés  
et Citoyenneté Canada



**NEWCOMER WOMEN'S SERVICES TORONTO**

**APPLICATIONS NOW OPEN**

# Pathways to Careers in Healthcare

An Ontario Bridge Training program for **internationally educated healthcare professionals**:

-  Earn a micro-credential in **Healthcare Administration or Data Analytics** from the Rotman School of Management
-  Gain hands-on experience via **mentoring, job-shadowing opportunities & more**
-  Connect with our **network of employer-partners** and launch your career in healthcare

*Eligible: PR, Naturalized citizen, protected person, refugee claimant, and CUAET. Not Eligible: Individuals with Canadian post-secondary education.*

In partnership with the:



**Canada** 

**EMPLOYMENT ONTARIO**

**Ontario** 

## Pathways to Careers in Healthcare:

Looking to fast-track your healthcare career in Canada?

Newcomer Women's Services Toronto is offering a 12-week Ontario Bridge Training

Program: Pathways to Careers in Healthcare for internationally-trained healthcare professionals. Gain Canadian workplace skills, hands-on experience, and micro-credentials from the Rotman School of Management in healthcare administration or data analytics.

Apply by September 20, 2025 – program starts September 29, 2025!

Learn more & apply [here](#)



**NEWCOMER WOMEN'S SERVICES TORONTO** 

# Sister2Sister Advanced Leadership Program

A program for racialized newcomer women to build your **leadership** capacity, support your **upskilling**, upward mobility, and **economic advancement**.

## APPLY NOW TO...



PROPEL your leadership skills



BUILD your network



ACHIEVE certificates in Not-for-Profit Management & Digital Fluency



RECEIVE coaching & mentorship



LAUNCH your career

This is a **FREE** program where participants will study Digital Fluency for the Workplace, and Not-for-Profit Management, while improving their leadership skills, strengthen their job-search skills, and engage in a **job placement opportunity**.



**APPLY NOW**





### Advanced Leadership Program:

Qualified but need Canadian experience?

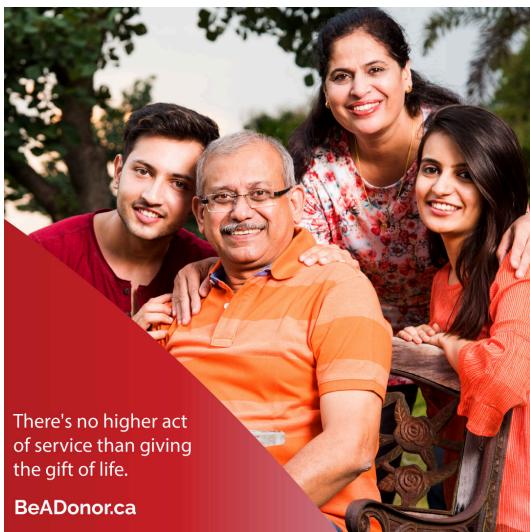
The Sister2Sister Advanced Leadership Program (ALP) at Newcomer Women's Services Toronto connects racialized newcomer women with employment opportunities that align with their skills and experience. Through leadership coaching, micro-credential training in Digital Fluency, and Not-for-Profit Management, career counselling, networking events, and more; This free 16-week program allows participants to confidently step and advance into their career.

Apply now to secure your spot [here!](#)



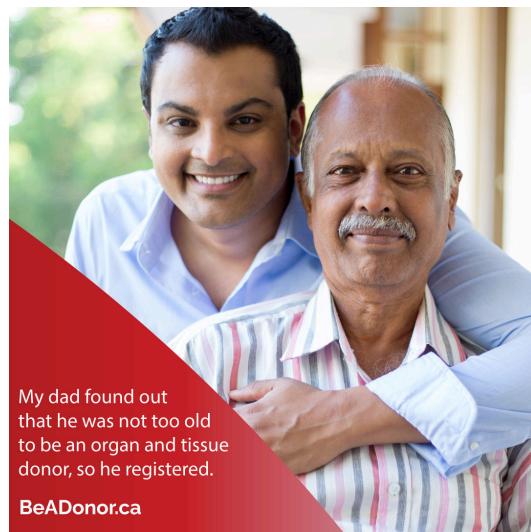
It only took me two minutes to register to save lives as an organ and tissue donor. You can do it too.

**BeADonor.ca**



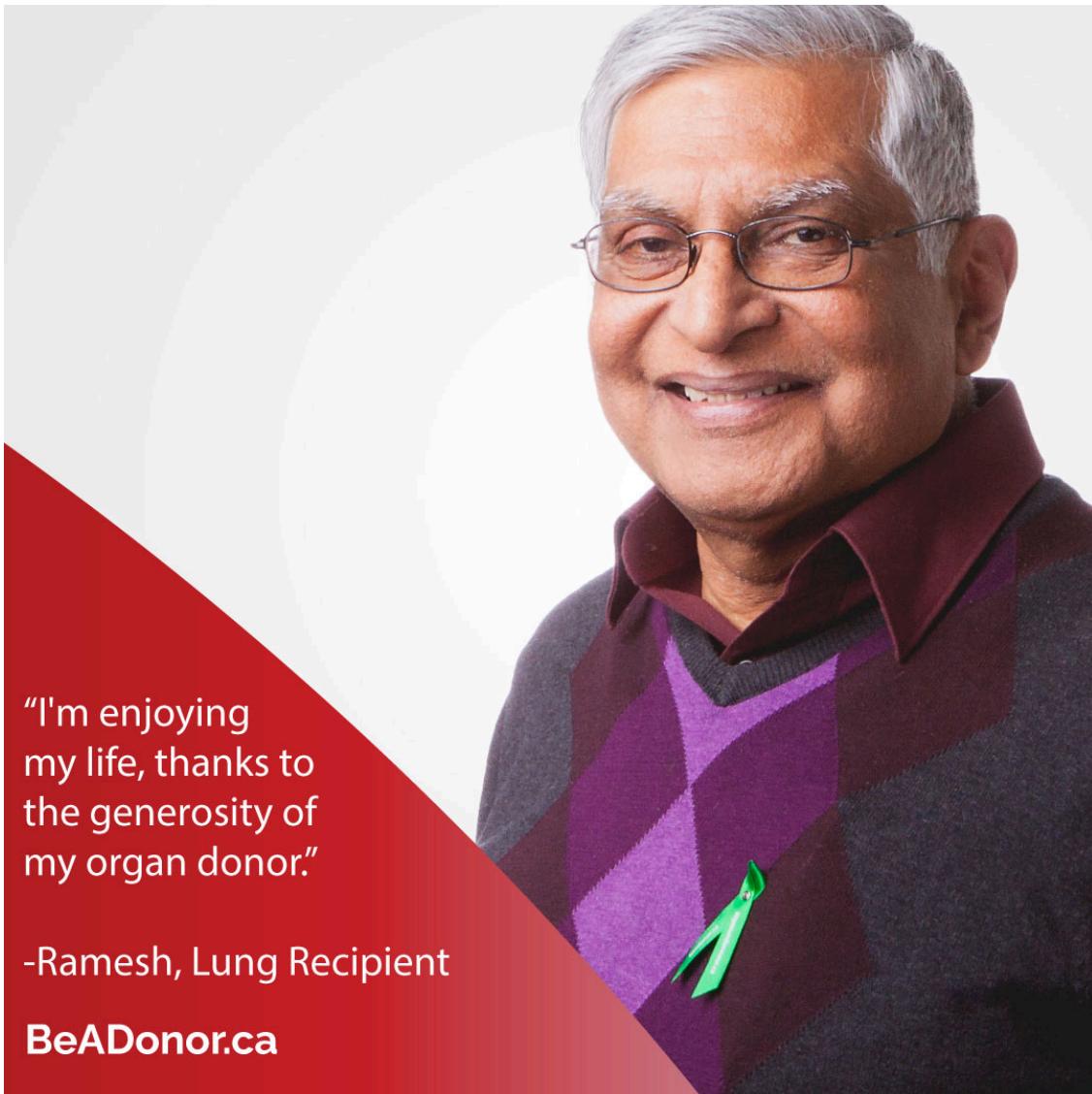
There's no higher act of service than giving the gift of life.

**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](#)

# BOOK LAUNCH

## Borders or Brothers?

*Torn by the Partition of India*



SEPTEMBER 13, 2025. SEPTEMBER 13, 2025. SEPTEMBER 13, 2025.

by @studentAsim

Illustrated by Sanarul Islam



10AM-4PM  
13, SEPTEMBER,  
2025.



MISSISSAUGA  
CENTRAL LIBRARY

Meet @studentAsim. Discover the story behind *Borders or Brothers?* Pick up a signed copy. Hope to see you there! Inquiries: [info@studentasim.com](mailto:info@studentasim.com)



## MISSISSAUGA LITERARY FESTIVAL

### Borders or Brothers Book Launch

BOOK LAUNCH: *Borders or Brothers?* is launching at the Mississauga Literary Festival on **September 13, 2025**, at the Central Library. Written by @studentAsim and illustrated by Sanarul Islam, this visual journey reflects on the Partition of India and the human ties that endure. Join us from 10 AM to 4 PM to meet the author, explore the story behind the pages, and pick up a signed copy. Don't miss this chance to connect with history, art, and community.

Inquiries: [info@studentasim.com](mailto:info@studentasim.com)

## RESEARCH PARTICIPANTS NEEDED

**Evaluating the acceptability of the Mediterranean lifestyle for cardiovascular health among South Asian immigrant women living in Canada: A mixed methods study**

**Are you?**

**A South Asian immigrant who identifies as women living in GTA, Canada  
Aged 18 and above**

If you answered yes to the above-noted questions you are invited to participate in this study. Check for more on your eligibility by scanning the QR code below. The study will explore the acceptability of the Mediterranean lifestyle among South Asian immigrant women in Canada. This study will look at how culture, beliefs, and values might affect how people see this way of living, which is meant to help prevent heart disease.

**What's Involved?**

An interview and a survey

**You will be asked to complete a survey (15 minutes) and take part in an interview (30 minutes) during the same session. You can choose to do this online or in person. As a thank you for your participation, you will receive a \$30 President's Choice gift card.**

If you are interested in participating in this study or would like more information, please contact- Yamini Bhatt (PhD student at the Daphne Cockwell School of Nursing, TMU)

Email: [yamini.bhatt@torontomu.ca](mailto:yamini.bhatt@torontomu.ca)

Or Call: 647-355-5993

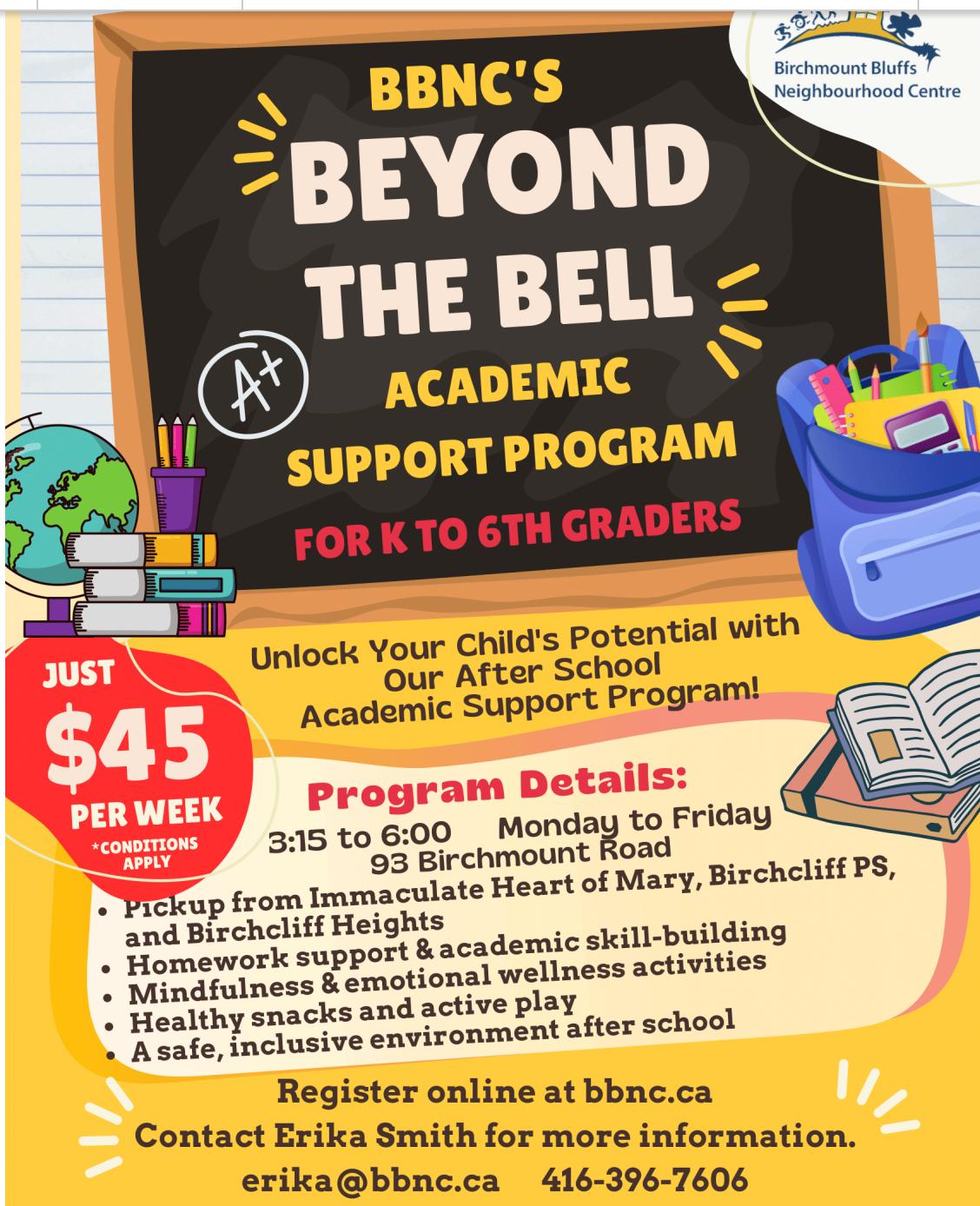
This research study has been reviewed and approved by the Toronto Metropolitan University Research Ethics Board (REB 2025-214)

*The study is led by Yamini Bhatt, a PhD student, and her supervisor is Dr. Suzzane Fredericks who are affiliated with Toronto Metropolitan University.*

**Scan here for eligibility**

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Toronto  
Metropolitan  
University



**BBNC'S**  
**BEYOND**  
**THE BELL**  
**ACADEMIC**  
**SUPPORT PROGRAM**  
**FOR K TO 6TH GRADERS**

**JUST**  
**\$45**  
**PER WEEK**  
\*CONDITIONS  
APPLY

Unlock Your Child's Potential with  
Our After School  
Academic Support Program!

**Program Details:**  
3:15 to 6:00 Monday to Friday  
93 Birchmount Road  
Birchmount Bluffs Neighbourhood Centre

- Pickup from Immaculate Heart of Mary, Birchcliff PS, and Birchcliff Heights
- Homework support & academic skill-building
- Mindfulness & emotional wellness activities
- Healthy snacks and active play
- A safe, inclusive environment after school

Register online at [bbnc.ca](http://bbnc.ca)  
Contact Erika Smith for more information.  
[erika@bbnc.ca](mailto:erika@bbnc.ca) 416-396-7606

**Birchmount Bluffs Neighbourhood Centre**

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# NURSERY SCHOOL

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

MONDAY - FRIDAY 8:45AM-2:30PM

- ✓ 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](mailto:erika@bbnc.ca)

## Enhancing healthy and productive work for sex/gender minoritized youth with disabilities



**Principal Investigator:**  
Sally Lindsay, PhD



### TO ASK QUESTIONS OR TO SIGN UP, CONTACT

Sarah Leo,  
[trail@hollandbloorview.ca](mailto:trail@hollandbloorview.ca)  
Phone: 416 425 6220 x3654

Version Date: March 26, 2024

Are you a youth or young adult who has a disability and identifies as belonging to a sex/gender minoritized group? Consider participating as part of a larger study about youth with disabilities' experiences in looking for work or being employed.

#### What is this study about?

We want to understand your experiences looking for work or being employed. Specifically, we want to learn about how your minoritized identity impacts your workplace or job-seeking experiences. In addition, we want to learn about disability disclosure and how youth with disabilities ask for accommodations in the workplace.

#### Who can participate?

We are looking for:

- Youth with a disability aged 15-30
- Identify as belonging to a sex/gender minoritized group
- Able to speak in English (or with the help of an interpreter)
- Currently employed or have work experience

#### What's involved?

Participants will be asked to take part in:

- 1 interview (approx. 1 hour) over the phone or over Zoom

#### What are the risks and benefits of participating?

- A benefit of participating includes helping us to learn about disclosure and accommodation processes to better meet the needs of sex/gender minoritized youth with disabilities.
- You will receive a gift card for participating

We can also offer volunteer hours for participants (upon request)

**REB # 0164**

**Bloorview**  
RESEARCH INSTITUTE

Canada's Only Hospital-Based  
Childhood Disability Research Institute

**Holland Bloorview**  
Kids Rehabilitation Hospital

## In the News

### [Muslim group heartened by support after being targeted with racist graffiti](#)

Dozens of community members gathered at their headquarters for a public meeting to address the recent racial slur spray-painted on one of SMA's buildings.

[Subscribe](#)[Past Issues](#)[Translate ▾](#)[at B.C. schools](#)

B.C. universities and colleges are facing staff cuts and tighter budgets as international student enrolment falls under federal study permit caps.

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[Teenage workers hit hard by tech disruption, population growth: Desjardins](#)

A new report argues the rise of gig work, artificial intelligence and rapid population growth are souring job prospects for Canada's youngest workers.

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[Why Black highschoolers need their own student associations and how they're making it happen in Niagara](#)

Anderson carried that conversation with her — the memory of someone who didn't have the chance to connect with people who looked like him in high school — and eventually created Eden's first Black Student Association, the Black Affinity Club.

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[Disabled Woman Plans Move to Canada After Feeling 'Endangered' By Trump Bill](#)

A disabled woman has told *Newsweek* she is planning to leave the United States with her partner for Canada over concerns President Donald Trump's "One Big Beautiful Bill" (OBBB) may cut Medicaid funding, which she says directly threatens her survival.

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[Many of Canada's Farms Run on Foreign Labour. The Wheat Growers Say it's Time Ottawa Caught Up](#)

The Wheat Growers are calling on the federal government to create a dedicated agricultural stream within the Temporary Foreign Worker (TFW) Program, citing rapid growth in reliance on foreign labour.

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[Strong borders bill could increase temporary foreign worker vulnerability says National Farmers Union](#)

The federal Strong Borders Act might make life more precarious for temporary foreign workers, the National Farmers Union says.

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