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June 2026 Newsletter

Table of Contents

CASSA's Announcements

- South Asian Heritage Month 2026
- Become a CASSA Member!

CASSA Project Updates

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)

- [#EradicateHate Project](#)
- [Advancing Justice for South Asian Communities in B.C](#)
- [South Asian Social Justice Network Project- Alberta](#)
- [South Asian Social Justice Network Project - Quebec](#)
- [Sexual & Reproductive Health or South Asian Newcomer Women](#)
- [Taking the Honour Out of 'Honour-Based Violence' Project](#)
- [Digital Story-Telling Campaign](#)

Opportunities

- [University of Calgary: Participants Needed: How Immigrant Indian Women Create their Identities](#)
- [SANSAR 12th Annual Burgundy: The Young Investigator Award](#)
- [Evergreen Hospice: Manager, Development & Partnerships](#)
- [The Institute for Advancements in Mental Health \(IAM\): Strengthening Families Together](#)
- [The Institute for Advancements in Mental Health \(IAM\): IAM Survey for Caregivers, Individuals, and Frontline Workers: Pathways to Better Mental Health Outcomes](#)
- [The World In A Block Party](#)

In The News:

- [First-of-its-kind report highlights joys and struggles of Black queer Edmontonians](#)
- [Black Advocates call out the Carney government or excluding them from diversity](#)
- [Lowering immigrant overqualification rate could add 1000s of nurses, doctors to Canada: report](#)
- [Here's why Canada needs to ditch age-based immigration points](#)

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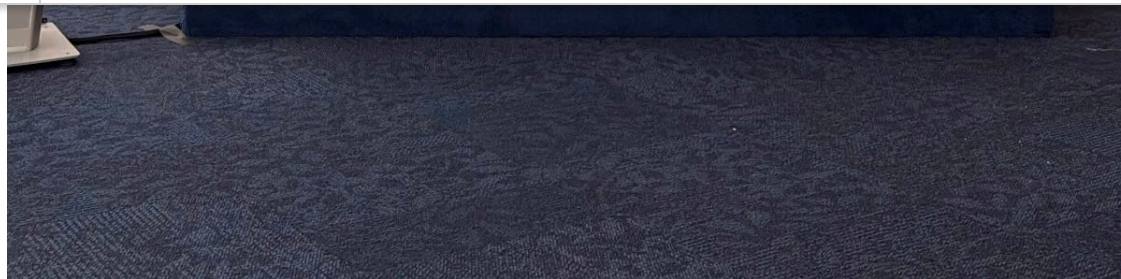
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On Friday, May 29, 2026, the Council of Agencies Serving South Asians, in partnership with Councillor Neethan Shan and United Way Greater Toronto hosted the 2026 South Asian Heritage Month Reception at Toronto City Hall. This event brought together community leaders, organizations, partners, and residents for an evening of celebration, reflection, and solidarity.

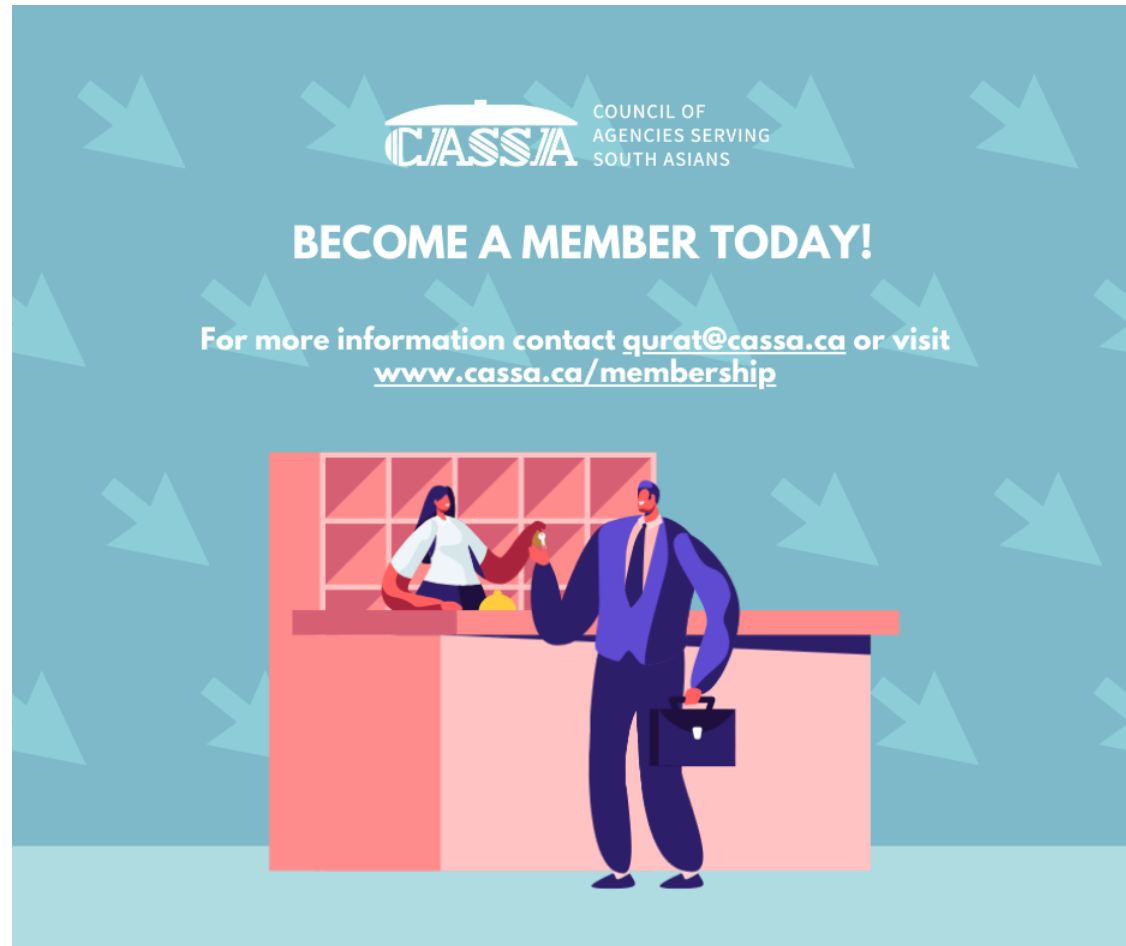
This year's event centered around the theme of "Collective Care, Collective Power, Collective Impact" celebrated the diversity, resilience, and contributions of South Asian communities across Canada while creating space for important conversations about racism, discrimination, hate, and exclusion.

The evening featured cultural performances from ABC Bhangra, Nepalese Canadian Community Services and Akhenam Arts, a panel discussion addressing hate and discrimination featuring Nuzhat Jafri from the Canadian Council of Muslim Women, Parminder Singh from World Sikh Organization of Canada and Deepa Mattoo from YWCA Toronto, as well as dinner, networking and a community recognition ceremony.

CASSA's Membership!

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change across Canada. Your membership helps strengthen our collective voice and impact. If you have already renewed, thank you for your continued support and commitment to our shared mission—we are grateful to have you as part of the CASSA family.



CASSA Project Updates

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Discrimination and Prejudice experienced by LGBTQIA+ South Asians when accessing Sexual and Reproductive Healthcare in Canada

We are thrilled to welcome Shahbaz Mamdani to the CASSA team as our new Research Lead.

Shahbaz is a community health researcher, digital health innovator, and advocate whose work sits at the intersection of health equity, 2SLGBTQIA+ rights, and South Asian community empowerment.

He brings over 12 years of experience working alongside South Asian, Middle Eastern, Indo-Caribbean, newcomer, and 2SLGBTQIA+ communities across Canada, including nearly six years leading programs and knowledge mobilization across AIDS service organizations and Sexual Health Clinics.

Shahbaz has developed educational and awareness campaigns on PrEP, PEP, and Doxy-PEP for marginalized communities, and co-created the SOGI (Sexual Orientation and Gender Identity) training module for health and social care providers serving SAMEIC communities — one of the first resources of its kind in Canada. He conceptualized and built an uncensored, rent-or-free digital streaming platform for queer and Indigenous filmmakers - creating an accessible home for films routinely banned or censored on mainstream platforms due to their themes of sexuality. The platform enabled the first global streaming of Queer Cinema for Palestine, broadcast from Toronto to audiences worldwide.

At CASSA, Shahbaz will lead two nationally significant research initiatives:

1. A national community-based study examining discrimination experienced by South Asian LGBTQIA+ individuals when accessing sexual and reproductive health services across

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& Toronto) to inform United Way Greater Toronto's South Asian Community Advisory Council (SACAC) strategic planning priorities

If your organization works with South Asian LGBTQIA+ individuals or serves South Asian communities in the GTA and would like to learn more about participating in or supporting this research, please reach out him at shahbaz@cassa.ca.

#EradicateHate Project

Over the past month, I have been actively advancing CASSA's #EradicateHate initiative through strategic community outreach, workshop development, and sector engagement focused on combating racism, online hate, xenophobia, and misinformation. I developed targeted outreach communications for organizations across Ontario to encourage participation in anti-hate workshops tailored for seniors, youth, and broader community audiences. These workshops are designed to foster critical conversations around recognizing hate, responding safely, supporting victims, digital literacy, and strengthening inclusive communities.

I also participated in meetings and youth engagement opportunities with Countering Hate in our Community (CHC) Mississauga to strengthen collaborative approaches to anti-hate education and youth empowerment initiatives. These discussions focused on supporting safer community spaces, increasing awareness around online harms, and encouraging youth leadership in responding to hate and discrimination.

In addition, I attended a regional anti-hate event hosted by Peel Regional Police in May, which brought together community leaders, law enforcement, and community organizations committed to addressing hate and building more inclusive communities.

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culturally competent manner.

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#EradicateHate

ANTI-HATE WORKSHOPS

Building Awareness. Strengthening Communities.

CASSA is offering free, interactive, virtual and in-person workshops to help communities recognize and respond to hate, misinformation, racism, and discrimination. These culturally responsive sessions are designed to empower and educate:

[Seniors](#)[Youth](#)[Community Agencies](#)[Women](#)

- Recognize online and offline hate and misinformation
- Build confidence in responding safely to hate incidents
- Learn reporting pathways and community supports
- Strengthen digital literacy and critical thinking
- Promote empathy, belonging, inclusion, and allyship

Facilitated Pro Bono by

Lakhdeep Singh Dhaliwal

Anti-Hate Manager, CASSA

Interested? Contact lakhdeep@cassa.ca



**ANTI-HATE
COMMUNITY
LEADERS' GROUP**

Funded by:



**United Way
Greater Toronto**



South Asian Social Justice Network Project - British Columbia

Some rooms just feel different.

The kind where the conversation doesn't stay polished and surface-level but instead, it goes into trauma-informed care, labour rights, food insecurity, human trafficking and what it actually takes to build systems that hold people. Last Friday, May 15, was the South Asian Social Justice Summit for the province of BC.

We began the evening with an ethereal showcase of the Indian Classical Arts - Kathak and Bharat Natyam. We segued into a pathbreaking panel discussion centred around organizing a blueprint to break diasporic stigma and systemic barriers. The panel discussion saw engagement and proactive policy conversations by MP Zoe Royer, Dr Arun Garg, Madhavee Inamdar and Jessie Kaur Lehal.

We had community resource tables by the Stigma and Resilience Against Vulnerable Youth and SHER Pride.

As BC Lead for CASSA, I'm proud to have helped shape a space that was action-oriented, not just aspirational. Community-driven solutions start with communities being heard fully, in

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This is the work and while it's far from done, we have momentum, we have intention, we have alignment and now we have an action plan.



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ALBERTA SOUTH ASIAN SOCIAL JUSTICE NETWORK

South Asian Social Justice Network Project - Alberta

Alberta's First-Ever South Asian Social Justice Summit: A Meaningful Success

On May 24, Alberta's first-ever South Asian Social Justice Summit brought together 89 attendees, including community organizations, leaders, policymakers, advocates, and representatives from

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Participants discussed key issues affecting South Asian communities, including workers' rights, racism, Islamophobia, mental health, immigration challenges, and access to justice.

A highlight of the day was the launch of our community video, **“We Are Still Here: Real Voices, Real Stories,”** featuring powerful lived experiences and voices from across our communities.

The Summit was about bringing people together, fostering understanding, and building stronger partnerships for the future. Thank you to everyone who attended, spoke, volunteered, supported, and believed in this vision.

This is only the beginning.

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QUEBEC SOUTH ASIAN SOCIAL JUSTICE NETWORK

South Asian Social Justice Network Project - Quebec

On June 2nd, the SASJN Quebec hosted its highly anticipated regional summit, **Beyond the Mosaic**, at Maison durable in Tiohtiá:ke/Montreal! The event brought together a tight-knit,

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Supported by incredible local catering from Mama Khan, participants dove deep into regional strategic planning. The community-sourced data collected during these breakout sessions is being directly integrated into our long-term sustainability work plan. Moving forward into the latter half of 2026, the Quebec chapter will be pivoting its outreach to anchor targeted, high-impact engagement directly within working-class newcomer hubs — specifically **Parc-Extension** and **LaSalle**.

Our upcoming baseline priorities will focus heavily on community fieldwork, addressing language access barriers, navigating housing and health equity, and driving active legislative advocacy regarding Bill 21. We are also gearing up for critical political advocacy and constituency visits with key regional representatives — including **Anju Dhillon (MP for LaSalle—Émard—Verdun)**, **MP Sameer Zuberi**, and **MNA Ruba Ghazal** — to keep newcomer and working-class issues at the forefront of local policy.

Get Involved! The Quebec network is growing, and we want you at the table. If you are a Montreal-based organization or community member looking to join our upcoming regional meetings, monthly assemblies, or capacity-building workshops, please reach out directly to our Quebec Lead, Zahra Haider, at zahra@cassa.ca.

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Sexual & Reproductive Health for South Asian Newcomer Women

CASSA is leading a three-year community-based research project titled *Breaking Barriers: Improving Access to Sexual and Reproductive Health Services for South Asian Newcomer Women*. This project is funded by United Way Greater Toronto and supported by partner organizations including Punjabi Community Health Services, South Asian Women's Collective, and Laadliyan.

If you are a South Asian newcomer woman aged 35–64 who has come to Canada within the past 0–5 years, we would like to invite you to participate in one or both of the following opportunities:

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e-gift card as a thank you for their time.

- You can access the survey here: <https://forms.gle/AtmrAXddrPegK3GCA>
- Focus Group (2 hours): Share your experiences in a comfortable, culturally safe setting, either in person or virtually. Participants will receive a \$50 e-transfer or e-gift card as an honorarium for their time.
 - To participate, please start by completing a short pre-screening form to confirm your eligibility:

<https://forms.gle/wubfKdJa6FAuLge86>

More information about both the survey and focus group can be found in the attached flyers.

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SEXUAL & REPRODUCTIVE HEALTH
FOR SOUTH ASIAN NEWCOMER WOMEN

SURVEY

Are you a South Asian Newcomer Woman in Canada Aged 35–64?

We want to hear about your experiences accessing sexual and reproductive health services. You must have come to Canada in the past 5 years.

First 25 participants will receive a \$25 honorarium!

TAKE A SURVEY

<https://forms.gle/Lrh5rr2hkp16B1dk7>



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**SEXUAL & REPRODUCTIVE HEALTH
FOR SOUTH ASIAN NEWCOMER WOMEN**

Call for Participants: Community Focus Group

Breaking Barriers: Improving Access to Sexual and Reproductive Health Services for South Asian Newcomer Women

The Council of Agencies Serving South Asians (CASSA) is leading a community research project to improve access to sexual and reproductive health services—particularly prenatal and postnatal care—for South Asian newcomer women in Ontario. The project is funded by United Way Greater Toronto and supported by partner organizations, including Punjabi Community Health Services (PCHS), South Asian Women's Collective (SAWC), and Laadliyan.

We invite South Asian women to participate in a **2-hour community focus group** to share their experiences and ideas for improving culturally safe and equitable healthcare.

Who We're Looking For

We are seeking approximately 15 participants who meet the following criteria:

- Identify as a South Asian woman (e.g., Afghan, Bangladeshi, Bhutanese, Indian, Indo-Caribbean, Nepali, Pakistani, Punjabi, Sri Lankan, Tamil, etc.)
- Between the ages of 35 and 64
- Have come to Canada within the past 0–5 years (including permanent residents, refugees, international students, and temporary foreign workers)
- Live in Ontario, especially in the GTA, York, or Peel regions
- Have experience with or concerns related to sexual and reproductive health services in Canada

What to Expect

- **Duration:** 2 hours
- **Format:** Zoom or in-person
- **Honorarium:** \$50 via e-transfer, e-gift card, or physical gift card
- **Services:** Translation and interpretation available upon request
- **Additional:** In-person attendees receive up to \$20 travel reimbursement and light refreshments.
- **Next Steps:** Complete pre-screening form to confirm your eligibility at <https://forms.gle/wubfKdJa6FAuLge86>. **Once confirmed**, you'll receive a **Letter of Information and Consent Form**. After completion, we'll follow up with available dates and times.

This study has been reviewed and received ethics clearance from the Community Research Ethics Office (Project #461).

Interested or have questions? Contact Mahdiba Chowdhury (mahdiba@cassa.ca) and Samaha Kureshi (samaha@cassa.ca).



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SOUTH ASIANS



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

CASSA, United Way Greater Toronto's South Asian Community Advisory Council (UWGT's SACAC), and the Women's Mosque of Canada have successfully concluded our three-year project, *Taking the Honour Out of 'Honour-Based Violence'*. Funded by the Leading Social Justice Collective (LSJC) in partnership with the University of Toronto's School of Cities and UWGT, the project explored how honour-based violence (HBV) affects South Asian communities in Canada, shaped by cultural, gender, migration, and structural factors.

Our research centred survivors, LGBTQ2+ individuals, service providers, and subject-matter experts across the GTA. We completed a comprehensive literature review offering historical and cultural context, prevalence and incidence rates, existing laws, and initiatives. Original data collection captured lived experiences and perspectives, informing both a full report and abridged summary. Insights from this work shaped our train-the-trainer sessions

To access the reports, please visit: <https://www.cassa.ca/taking-the-honour-out-of-honour-based-violence/>

If you are interested in us providing a tailored training session for your organization, please contact HBV@womensmosque.ca

Digital Story-Telling Campaign

CASSA is looking to connect with Black-led and Indigenous-led organizations to partner on a "Digital Storytelling Campaign" project funded by the Canadian Race Relations Foundation to uplift stories from Black and Indigenous communities through short videos, podcasts, and digital graphics.

This work will be community-led, co-designed, and partners will be recognized as co-creators.

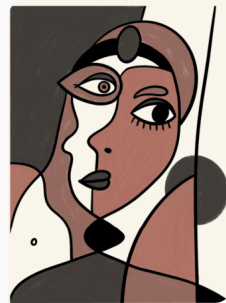
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Opportunities

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Faculty of Social Work

Participants Needed:

How Immigrant Indian Women
Create their Identities

First or Second-Generation Indian Immigrant
Woman/Socialized as Woman
Ages: 25-40
Arrived in Canada before the age of 18
Living in Greater Toronto Area

What you will be asked to do:

Make a collage
60-90 minute virtual or in person interview

In appreciation of your time, you will receive a \$50 gift card

Interested in participating or want more information?

Contact: Sharon.SajanThomas@ucalgary.ca

Supervisor: Dr. Aamir Jamal (aamir.jamal@ucalgary.ca)
Faculty of Social Work

This study was approved by the University of Calgary Conjoint Faculties Research
Ethics Board has approved this research study: REB25-0653

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BURGUNDY
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**The Young
Investigator Award**

Grant Application Guidelines 2026

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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 22, 2026 at 7:00AM (EDT)*

Submission Deadline: *Monday, September 21, 2026 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 2026.

The deadline to submit an application for this award is
11:59 PM EDT on Monday, September 21 2026.
Any questions or comments can be directed to admin@sansar.org.

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

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Evergreen Hospice -Manager, Development & Partnerships

Evergreen Hospice is hiring a Manager, Development & Partnerships to support fundraising, donor engagement, events, and community partnerships.

This is a hands-on role for someone who is organized, relationship-driven, and interested in growing their experience in nonprofit fundraising and community engagement.

- Hybrid (Markham-based)
- Full-time
- \$55,000 annually

Learn more and apply [here](#)

The Institute for Advancements in Mental Health (IAM)-Strengthening Families Together

Are you a caregiver providing support to someone living with schizophrenia or a psychosis-related illness? Join us for our four-session Strengthening Families Together psycho-education program. Facilitated by a mental health professional and a family member, our program covers the challenges that caregivers can face while supporting someone living with psychosis – regardless of their diagnosis. You'll learn practical strategies for communication, setting healthy boundaries, relapse prevention, crisis planning, as well as caregiver well-being. This program is intended specifically for caregivers.

Details:

Session 1: Monday June 8, 2026 – 6-8pm EST

Session 2: Monday June 15, 2026 – 6-8pm EST

Session 3: Monday June 22, 2026 – 6-8pm EST

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Register [here](#)

Sessions will not be recorded

These sessions are online via Zoom.

If you have any questions, please contact Baljit Panesar at bpanesar@iamentalhealth.ca

IAM Survey for Caregivers, Individuals and Frontline Workers: Pathways to Better Mental Health Outcomes

Pathways to Better Mental Health Outcomes is IAM's system-level project that maps the real journeys of people with complex mental illness, their families, and providers to identify gaps and strengthen long-term recovery support across the system.

Help inform our next phase of work by sharing your experience through a brief survey or optional interview:

[Caregivers](#), [Individuals](#), [Frontline Workers](#)

If you have any questions regarding the survey, please email us at info@iamentalhealth.ca.

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FOOD AND LOCAL
VENDORS!

THE WORLD

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BIRCHMOUNT COMMUNITY
CENTRE & PARK

FRIDAY, JUNE 12 &
SATURDAY, JUNE 13

IN A

WEEKEND 2
SCARBOROUGH
TOWN CENTRE
PRESENTED BY STC

SATURDAY, JUNE 27 &
SUNDAY, JUNE 28

BLOCK



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In the News

[First-of-its-kind report highlights joys and struggles of Black queer Edmontonians](#)

A new report spotlights the experiences of Black queer Edmontonians, in hopes that its findings will guide policymakers to create better community supports. The report documented experiences across important facets of daily life, such as housing and employment. Within these spaces, participants reported facing forms of discrimination, including homophobic and racist attacks and exclusion.

[Black advocates call out Carney government for excluding them from diversity council](#)

Advocates for Black Canadians say the Carney government is reinforcing the barriers they face by launching an inclusivity council that does not include any Black people. They said the decision raises questions about the prime minister's approach to tackling discrimination.

[Lowering immigrant overqualification rate could add 1000s of nurses, doctors to Canada: report](#)

Canada could significantly expand its workforce by removing barriers that prevent internationally trained professionals from working in their fields, according to a new report by the Institute for Canadian Citizenship (ICC).

[Here's why Canada needs to ditch age-based immigration points](#)

Canada's immigration point system was established in 1967 to respond to historic racism and nationality bias. Granting points for age, education, official language skills, Canadian work experience and family ties, the current Comprehensive Ranking System (CRS) grades applicants for permanent residency.

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