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May 2026 Newsletter

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A Personal Note: Returning to CASSA- Samya Hasan

Dear partners, members, funders, and community colleagues,

After a year of maternity leave, I am grateful to be returning to the Council of Agencies Serving South Asians (CASSA) as Executive Director.

This past year has been one of deep reflection, growth, and renewed clarity. Alongside the joy of motherhood, family, and time in community, I spent significant time thinking about purpose, leadership, and the responsibility we carry in this sector. As many of you know, the social justice landscape continues to shift rapidly. Across Canada, our communities are navigating increasing polarization, hate, economic hardship, and growing inequities. At the same time, I have also witnessed extraordinary resilience, solidarity, and care within our communities and among frontline organizations.

These realities have reaffirmed for me that CASSA's work is needed now more than ever.

Over the past year, I have continued my academic journey toward completing my Master's in Islamic Studies, which I expect to finish in August 2026 after nearly nine years of study. This experience has strengthened my understanding of ethical leadership, accountability, service, and community-centered work. It has also reinforced my commitment to leading with authenticity, integrity, and courage.

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- To continue advancing equity and social justice for South Asian communities across Canada.
- To support and strengthen the capacity of grassroots and frontline organizations.
- To speak clearly and honestly about the inequities impacting our communities.
- To invest in leadership development for young people.
- To foster collaborative spaces rooted in trust, accountability, and authentic partnership.

Leadership, for me, is a responsibility and a trust. I believe meaningful social impact requires not only strong advocacy, but also integrity in how we show up for one another, how we build relationships, and how we remain accountable to the communities we serve.

I am deeply appreciative of the continued support, encouragement, and partnership many of you have extended to CASSA over the past year. I look forward to reconnecting, strengthening our collaborations, and continuing this important work together.

Thank you for being part of this journey with us.

In solidarity,

Samya Hasan

Executive Director

Council of Agencies Serving South Asians (CASSA)

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www.cassa.ca/membership



CASSA Project Updates



South Asian Social Justice Network Project - British Columbia

The South Asian Social Justice Summit - BC had our final network meeting on April 28 and we took the time to deep dive into the rift between fragmentation among organizations working in the same sector as opposed to the power of collective action. We also spoke about lack of exposure in applying for grants, lack of capacity building opportunities and the lack of sustained growth experienced by some organizations. The BC lead shared information about the social justice summit planned for May 15 in Port Coquitlam, BC and reiterated the space as one that brings together community leaders, advocates and service providers for a focused conversation on key issues impacting South Asian communities. Discussions at the summit will address gender-based violence, homophobia, elder abuse and gaps in culturally responsive care, with an emphasis on practical solutions and shared accountability. This summit is designed to move beyond awareness and toward coordinated action across sectors.

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THE SOUTH ASIAN SOCIAL JUSTICE SUMMIT

Breaking The Silence – A Blueprint for Challenging South Asian Diasporic Stigma



About The Summit

CASSA's South Asian Social Justice Network in British Columbia invites you to join a community-driven summit addressing the root causes of some of the most pressing issues in our communities.

From gender-based violence, homophobia, and elder abuse to inadequate culturally appropriate healthcare, these challenges persist at the intersection of deep-rooted stigma and systemic barriers. Too often, fear, silence, and a lack of responsive systems prevent members of the diaspora from accessing the support they need.

This summit brings together community leaders, advocates, and professionals to move beyond conversation and toward collective action, co-creating a blueprint for meaningful, culturally grounded change.



Friday, May 15, 2026



6:00 to 8:30 pm (PST)



JB Young Room, Port Coquitlam Community Centre



Free (pre-registration required)



Agenda

- **6:00-6:30 pm** – Registrations and Refreshments
- **6:30-7:30 pm** – Panel Discussion: *Breaking Silence: Where Community Stigma meets System Failure*
- **7:30-8:00 pm** – Breakout Group Discussions
- **8:00-8:30 pm** – Closing Remarks and Open Networking

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ALBERTA SOUTH ASIAN SOCIAL JUSTICE NETWORK

South Asian Social Justice Network Project - Alberta

CASSA's South Asian Social Justice Network in Alberta is proud to present Alberta's first-ever South Asian Social Justice Summit, taking place on Sunday, May 24, 2026, from 1:30 PM to 4:30 PM (MDT) at the Genesis Centre, Calgary, Alberta.

This landmark community-driven gathering will bring together community members, advocates, service providers, and leaders for an afternoon of dialogue, reflection, and collective action focused on advancing justice, equity, and inclusion for South Asian communities across Alberta.

Centered on the theme **“From Silence to Action – A South Asian Call for Justice and Unity,”** the summit will create a powerful space where lived experiences are acknowledged, pressing challenges are addressed, and community-driven solutions are explored.

Discussions will focus on critical issues impacting South Asian communities, including:

- Workers' rights and labour protections
- Confronting Islamophobia, racism, and systemic discrimination
- Improving access to justice and legal rights

Event Highlights

1:30 – 1:45 PM | Registration

1:45 – 2:00 PM | Opening Remarks & Land Acknowledgement

2:00 – 2:15 PM | Video Launch: *We Are Still Here: Real Voices, Real Stories*

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This summit is more than a conversation it is a call to action to build safer, stronger, and more equitable communities.

Admission is free, but pre-registration is required.

Register [here](#)

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THE SOUTH ASIAN SOCIAL JUSTICE SUMMIT

From Silence to Action – A South Asian Call for Justice and Unity



About The Summit

CASSA's South Asian Social Justice Network in Alberta invites you to a community-driven summit—a space where voices will no longer be ignored, and where pressing challenges are confronted to explore more inclusive, responsive systems.

The summit will focus on key areas including workers' rights and labour protections; confronting Islamophobia, racism, and systemic discrimination; and improving access to justice and legal rights. These conversations will highlight the barriers many continue to face, while centering solutions that strengthen protections, expand access to services, and foster safer, more equitable communities.

Bringing together community members, advocates, service providers, and leaders, this summit is more than a conversation—it is a call to action.



Sunday, May 24, 2026



1:30 to 4:30 pm (MDT)



Genesis Centre Alberta
Calgary



Free ([pre-registration required](#))



Agenda

- **1:30-1:45 pm** – Registrations
- **1:45-2:00 pm** – Opening Remarks & Land Acknowledgement
- **2:00-2:15 pm** – Video Launch: *We Are Still Here: Real Voices, Real Stories*
- **2:15-3:30 pm** – Panel Discussion
- **3:30-4:30 pm**: Lunch (will be provided) & Networking

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QUÉBEC SOUTH ASIAN SOCIAL JUSTICE NETWORK

South Asian Social Justice Network Project - Quebec

Our April meeting focused on solidifying the foundation for the Québec chapter's upcoming Social Justice Summit, "Beyond the Mosaic," taking place in Montréal on June 2nd. This event represents a critical shift for the network as we move toward drafting a formal policy document for provincial and federal advocacy. Rather than focusing on surface-level multiculturalism, the summit will tackle urgent systemic issues including the impact of Bill 21 on employment and well-being, the crisis of "invisible homelessness," and the persistent lack of multilingual support in healthcare and crisis services.

We discussed the possibility of prioritizing original research—blending quantitative data with qualitative narratives, like the case studies shared by the Amal Center for Women—to build a credible provincial, Québec-wide evidence base that better informs policymakers of the barriers facing our community. We also explored a potential organizational structure that would group members by specific expertise, such as housing rights, social work, policy, healthcare, arts and culture, or academia, to better coordinate our efforts and ensure our work is as impactful as possible.

Registration for the summit is free but limited to 40 participants, so we encourage early sign-ups:

[here](#)

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THE SOUTH ASIAN SOCIAL JUSTICE SUMMIT

**Beyond the Mosaic – Reclaiming
South Asian Rights in Quebec**



About The Summit

CASSA's South Asian Social Justice Network in Quebec invites you to a community-driven summit: a space where we move beyond the "multicultural mosaic" to address the pressing systemic challenges facing South Asian communities in Quebec.

This session will focus on reclaiming rights and building a blueprint for collective advocacy. We will tackle the intersection of provincial policy, labour protections, and the deep-seated cultural stigma that prevents many in our diaspora from accessing support.

Join us for a community lunch, a high-level panel discussion, and actionable strategy breakouts. This summit is more than a conversation; it is a call to action to create a more responsive and inclusive system for all.



Tuesday, June 2, 2026



1:00 to 4:00 pm (EDT)



Salle Clark, Maison du
développement durable



Free ([pre-registration
required](#))



Agenda

- **1:00–2:00 pm** – Lunch (will be provided) & Networking
- **2:00–2:15 pm** – Opening Remarks & Land Acknowledgement
- **2:15–3:15 pm** – Panel Discussion: *Beyond the Mosaic – Reclaiming Rights*
- **3:15–3:50 pm** – Strategy Breakout Sessions
- **3:50–4:00 pm** – Closing Remarks

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RÉSEAU DE
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ASIATIQUE
DU QUÉBEC

LE SOMMET DU SUD-ASIATIQUE POUR LA JUSTICE SOCIALE

Au-delà de la mosaïque – Réclamer les droits sud-asiatiques au Québec



À propos du sommet

Le Réseau sud-asiatique pour la justice sociale de CASSA au Québec vous invite à un sommet communautaire—un espace où nous dépassons la « mosaïque multiculturelle » pour aborder les défis systémiques pressants auxquels sont confrontées les communautés sud-asiatiques au Québec.

Cette session se concentrera sur la réappropriation des droits et la création d'un plan d'action pour le plaidoyer collectif. Nous aborderons l'intersection des politiques provinciales, des protections du travail et de la stigmatisation culturelle profonde qui empêche de nombreux membres de notre diaspora d'accéder au soutien nécessaire.

Joignez-vous à nous pour un dîner communautaire, un panel de discussion de haut niveau et des ateliers stratégiques. Ce sommet est plus qu'une simple conversation ; c'est un appel à l'action pour créer un système plus réactif et inclusif pour tous.



Mardi 2 juin 2026



13h00 à 16h00 (HAE)



Salle Clark, Maison du développement durable



Gratuit ([Inscription préalable requise](#))



Ordre du jour

- **13 h 00 – 14 h 00** – Dîner (inclus) et réseautage
- **14 h 00 – 14 h 15** – Mot d'ouverture et Reconnaissance du territoire
- **14 h 15 – 15 h 15** – Table ronde : *Au-delà de la mosaïque – Réclamer les droits*
- **15 h 15 – 15 h 50** – Ateliers de stratégie
- **15 h 50 – 16 h 00** – Mot de la fin

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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:

- Online Survey (15–20 minutes): Share your experiences navigating the healthcare system in Canada. The first 25 participants to complete the survey will receive a \$25 e-transfer or e-gift card as a thank you for their time.
 - You can access the survey here: <https://forms.gle/AtmrAXddrPeqK3GCA>
- 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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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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**CASSA IS LOOKING
TO CONNECT WITH**

BLACK & 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.

**IF YOUR ORGANIZATION IS
INTERESTED PLEASE EMAIL**

Ridah@cassa.ca
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Samaha@cassa.ca



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CINI 2026

CANADA INDIA NETWORKING INITIATIVE
A joint meeting with GAPIO

SOUTH ASIAN HEALTH - GLOBAL PROSPECTIVE - THROUGH INTEGRATIVE THINKING: Fusion of Modern Science, Cultural Wisdom, & Technology

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June 5-7, 2026

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- Networking Reception
Welcome & Messages
- Awards Ceremony
 - Keynote Speaker: Dr. Sonia Anand
 - Introduction Dr. David Price
 - Thank-you Dr. Milan Gupta

Saturday, June 6th

Light Breakfast & Networking

Session 1: Welcome

Session 2: Integrative Thinking and Health

- Dr. Victoria Lee
- Dr. Chinmay Pandeya
- Doctors R Nagendra & Manjunath NK
- Barriers & Opportunities for Integrative Medicine in Canada: Panel discussion moderated by Dr. Victoria Lee with Sharmen Vigourt-Lee, Dr. R Jaura, Dr. R Dosanjh, Dr. Bal Pawa & Dr. M Zeineddin

Collaborators & Partners of CINS - our journey comes alive

Session 3:

- Nitya Prakash
- Dr. Brendan Byrne
- Kathleen Chouinor & Edward Smith Ghiffiths
- Dr. Lesa Dawson
- Patient Perspectives - Coordinator Magdalena Newman

Session 4:

- Dr. Simon Sutcliffe
- Dr. Vijay Agarwal
- Dr. Anurag Saxena
- Anosha Afaq
- Laurence Sauvé

Session 5:

- Dr. Hannah Nette
- Tansi Nayak
- Dr. Sunil Khetarpal

Saturday Evening

Empress Banquet Hall - Surrey, BC

Signature Banquet

Celebrating Canada & India two great nations coming together

Sunday, June 7

Breakfast & Networking

Session 1: Deeper Understanding and Integrative Thinking

- Camille Peters
- Dr. JS Taukur

Session 2: Global Perspectives

- Dr. Anupam Sibal
- Dr. Vk Raju

Session 3: Art & the Artist as Healer - Joint with SWRBOT

- Dr. Rajiv Vasudevan
- Puneet Singh
- Maitreyi Yogacharni
- Dr. Kathryn Ricketts

Closing Session, Prize Draw & Awards

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 *As of April 24, 2026 this program is subject to change

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The poster features a central image of Mahuya Bannerjee, a woman with dark hair, wearing a blue patterned vest over a blue top, with her hands gesturing as if singing. To her left is a man in a blue shirt playing a mridanga drum. To her right is a man in a blue jacket holding an acoustic guitar. The background is a warm, golden-brown gradient with faint architectural lines. In the top left corner is the Sachays Calamanch logo, which includes a stylized figure and the text 'SACHAYS' and 'CALAMANCH (Canadian Stage)'. The top right corner displays the date '16 MAY 2026' in large white font. The title 'MAHUYA BANNERJEE' is written in large blue serif font, with 'LIVE in TORONTO' in a smaller, colorful font to the right. Below the image, ticket information is provided in yellow and white text on a dark background.

SACHAYS
CALAMANCH
(Canadian Stage)

হাতের আলোকে,
সেবার পথে
(In the Light of Memory, on the Path of Service)

16
MAY
2026

MAHUYA
BANNERJEE
LIVE in
TORONTO

Tickets \$50 (VIP) and \$25 (Regular) -
Early bird 45\$ VIP and 20\$ regular before May 1/2026
Etransfer to tickets@sachays.com
(Please include no. of tickets and names if possible in etransfer message)

For Donation Info & Sponsorship Contact Mahesh Nileshwar 416 835 9885
Venue: TAGORE CENTRE , TORONTO
(140 Millwick Drive, North York ON M9L 1Y6)

Doors Open 5:00 pm - Food Available for Purchase

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12th Annual

SANSAR
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](#)



Every step fuels progress, while honouring
Moms from coast to coast. Your support keeps
breast cancer research in Canada, fueling the
science that changes lives.



Join Breast Cancer Canada's Walk-a-Thon
– as we countdown the days to Mother's Day



WALK-A-THON to Mother's Day

Register to walk with us in Streetsville. Customize your page with your reason for participating. It's fast, easy, and there are no sign-up fees!

Mississauga Event Details

- DATE:** Sunday, May 10, 2026
- TIME:** Registration begins at 9am
5 KM walk at 10am sharp
- LOCATION:** Streetsville Memorial Park
355 Church Street, Mississauga

Get started today at:
mothersdaywalk.ca



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The Institute for Advancements in Mental Health (IAM)-Whole-Person Care: Addressing Physical Health in Psychosis

In the management of psychotic diagnoses, mental health outcomes are the principal focus of treatment. However, physical health is equally important. When physical health is compromised, many of the gains made in mental well-being can be diminished.

Join us for a free webinar with Dr. Michael Sarin (Retired Staff Physician; Diabetes, Exercise and Healthy Lifestyle Program, University Health Network) who is the parent of a son diagnosed with schizophrenia. He and his wife have come to understand firsthand that patients with schizophrenia face “diagnostic overshadowing,” where physical symptoms are overlooked or misattributed to their mental illness. Dr. Sarin will share the critical lessons he has learned about his son’s physical health over the past 30 years.

Details:

Date: Wednesday, June 10 2026

Time: 6:30 pm to 8:00 pm

Cost: No fee

Register [here](#):

Please note: This webinar will not be recorded.

For more information contact Rachel Case at rcase@iamentalhealth.ca

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

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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

Session 4: Monday June 29, 2026 – 6-8pm EST

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](#)

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If you have any questions regarding the survey, please email us at [info@cassanet.org](#).

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SUMMER CAMP REGISTRATION NOW OPEN!




\$60^{/Week}
EARLY BIRD
ENDS APRIL 30

Located inside Birchmount Community Centre

 **July 6 – August 28, 2026** (Monday to Friday, 8:30 am – 3:30 pm)

 **Ages 6–12**

 **93 Birchmount Rd.**

★ **PRICING**

- **Early Bird: \$60/week**
(ends April 30)
- **+6 Weeks Special: \$50/week**
- **Regular Price: \$70/week**

PROGRAM HIGHLIGHTS

- ✓ Weekly Trips
- ✓ Arts & Crafts
- ✓ Sports & Games
- ✓ Cooking & Baking
- ✓ STEM & Science Experiments

★ **CAMP HOURS**

-  **Regular Camp: 8:30 AM – 3:30 PM**
-  **Extended Care: 3:30 PM – 6:00 PM**
(additional fees apply)

Have questions?
Give us a call / email us!

 **416-396-4310**

 **info@bbnc.ca**

Payment options available.

**REGISTER ONLINE AT WWW.BBNC.CA OR
 IN-PERSON AT OUR FRONT DESK**

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SCARBOROUGH
WOMEN'S
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SPRING 2026 WEBINAR SCHEDULE (MAY)



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.



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.

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SIX PILLARS OF SELF-ESTEEM w/ Cindy Stradling - Explore the six pillars of self-esteem - living consciously, self-acceptance, self-responsibility, self- assertiveness, living purposefully, and personal integrity. This webinar is designed so the participants journal their personal responses to a series of questions, and identify and set goals to live more powerfully using each of these pillars. **Register by Sun, May 10. Sponsored by CFUW Scarborough**

THURS, MAY 14 - 7:00 - 8:30 PM

YOUR MONEY MATTERS w/ Stacey Reilly - Join us for an empowering webinar on managing money from a woman's perspective. We'll explore practical strategies for setting financial goals, saving and budgeting. We'll also dive into side hustles and how they can boost your financial journey. As a bonus, all participants will receive an Excel budget template to help budget and track expenses with ease. **Register by Tues, May 12. Sponsored by TD Wealth**

THURS, MAY 21 - 7:00 - 8:30 PM

RESUMES THAT GET RESULTS w/ Stacey Reilly - Join us to learn key strategies for creating a professional resume that stands out to employers. We'll cover tips on how to effectively highlight your skills, tailor your resume to job postings, and showcase your experience in a way that grabs attention. This webinar will provide you with valuable insights and guidance to help you craft a resume that reflects your strengths and career goals. **Register by Tues, May 19. Sponsored by Rotary Club of Agincourt**

TUES, MAY 26 - 7:00 - 8:30 PM

WHEN DID YOU STOP CHOOSING YOU? EXPLORING SELF-ABANDONMENT IN RELATIONSHIPS w/ Francesca Zoia - This webinar is a gentle space to explore self-abandonment in relationships. We'll look at how we sometimes ignore our needs or feelings to avoid conflict or feel accepted. Through simple exercises, you'll learn to notice these patterns and begin to reconnect with yourself in a kinder way. **Register by Sun, May 24. Sponsored by Royal LePage Shelter Foundation, Royal LePage Estate Realty**

THURS, MAY 28 - 1:00 - 2:30 PM

DON'T GET SCAMMED w/ Heather Walsh, CPA Canada - In this webinar, participants will learn how to better understand fraud and gain insights into various methods and techniques to safeguard against fraudulent activities. The session will cover real life scenarios, providing practical tips and information to enhance awareness and preparedness. The goal is to empower individuals with the knowledge and tools needed to identify, prevent, and respond to potential fraud. **Register by Tues, May 26. Sponsored by CPA Canada, Karen Doering Real Estate**

We are also offering an in-person workshop in May. [Click here](#) to find out more about it.



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SCARBOROUGH
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In-Person Workshop

MAY 2026



QUIET THE NOISE: PRACTICAL TOOLS TO CALM REPETITIVE THOUGHTS

Repetitive negative thoughts quietly fuel anxiety, shame, regret, and self-doubt. This workshop is a skills-based workshop and could be transformative. Rumination (repetitive thoughts) is something nearly everyone experiences but few people talk about. This workshop will help reduce anxiety, improve focus, build resilience, improve sleep, and strengthen decision-making.

Facilitator: Cindy Stradling

Date: Friday, May 29th, 2026 ***NEW DAY***

Time: 12:30 - 2:30 PM ***NEW TIME***

Location: Scarborough Women's Centre (2100 Ellesmere Rd., Suite 245, at the corner of Markham Rd. and Ellesmere Rd.)

Please register by: Wednesday, May 27th, 2026

Sponsored by: Tippet Foundation

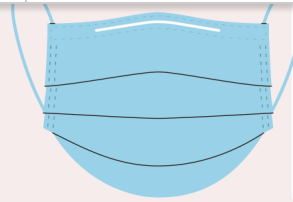
Register for in-person workshops by filling out the form on our website or scanning the QR code to the right. You can also register by calling (416) 439-7111 x 107, or emailing outreach@scarboroughwomenscentre.ca.



You must register in order to attend in-person workshops, **no walk-ins are allowed**. Space is limited, so register today!

If you require any **accommodations** (disability-related, religious, etc.) to comfortably participate in our in-person workshops, please register as early as possible and let us know. We will do our very best to support your request(s).

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workshops, but they are still welcome. If you are worried about illness, wearing a mask is a good idea. We are happy to provide you with a disposable mask to use during the workshop. **If you are feeling ill, please stay home to avoid spreading anything to other participants.**

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In the News

[Immigration minister says she's accountable after former IRGC official was granted permit for FIFA event](#)

Immigration Minister Lena Diab says she's accountable after a senior Iranian soccer official with ties to the Islamic Revolutionary Guard Corps — a listed terrorist group in Canada — was granted documents to travel to the country ahead of a pre-FIFA World Cup gathering in Vancouver, before ultimately getting turned around.

[If Canada Wants to Build, It Needs Immigrants](#)

In the last year, Mark Carney has put together a laundry list of fast-tracked infrastructure projects he says will create a more self-sufficient Canada. And I, like many Canadians, am aligned with that philosophy. But these are no small undertakings. Take the floating natural gas facility slated for the B.C. coast, for example, or the handful of open-pit mineral mines across the country. These projects have massive potential for Canadian prosperity, but there's a problem: we're short on the skilled labour needed to tackle them.

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Jaelyn Jarrett remembers moving from Nain, N.L., to Ontario as an eight-year-old when she started being called a 'Puatugi'. "I didn't really understand what that term meant at the time, but I knew people would reference my hair, and so I figured that it meant black," she said.

[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.

[Philes Ongori wins her 2nd Toronto Marathon since seeking asylum in Canada](#)

Philes Ongori won the women's competition at the Toronto Marathon on Sunday, marking the second time the Kenyan has won the race since seeking asylum in Canada. Ongori, who also won the race in 2024, finished in a time of two hours 40 minutes 36 seconds, two minutes 44 seconds ahead of Anna Carruthers of Creemore, Ont.

[Canada wouldn't be the same without its historic Asian immigration: Here's why](#)

Asian faces have been part of the Canadian landscape for hundreds of years, dating back to the late 1780s, according to the Government of Canada. Since then, the community has boasted a long, prosperous history in the country, albeit one mired by attitudes and laws of racism and prejudice.

[White Supremacist Ideas Are Entering Canadian Media and Politics](#)

On April 23, B.C. MLA Tara Armstrong used the Nazi phrase "blood and soil" in the provincial legislature when speaking in opposition to Indigenous rights.

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