



COUNCIL OF AGENCIES SERVING SOUTH ASIANS

The Council of Agencies Serving South Asians'

February 2021 Newsletter

Table of Contents

CASSA's Project Updates:

- COVID-19 Helpline
- Food Baskets for Seniors
- COVID-19 Vaccine Infographics
- Legal Education for Refugee Women Toolkit
- Employment Equity for South Asians
- Racial Equity in Education
- CASSA's Podcast is now on Spotify

New CASSA Staff Members

Messages from Members

- International Women's Day 2021 - Humber College's Virtual Forum
- Budget Town Hall - Social Planning Toronto
- Navigating 211 - A Conversation Tamil Community Members
- Letter from Councillor Marvin for Bangladesh's 50th Anniversary

Opportunities:

- Laadliyan's International Student Emergency Fund
- Survey on Islamophobia
- Free Workshops from Epilepsy Toronto
- Survey for managers/supervisors in healthcare industry
- Digital Anti-Racism Education 2 Project

Important News

- South Asian COVID Task Force implemented because Ontario failed to address inequities. In a short time, we've seen more people get tested
- South Asian mental health the focus of new Calgary campaign
- How will people know when it's their turn for a COVID-19 shot?
- COVID-19 Voluntary Isolation sites by the Government of Canada

Project Updates

COVID-19 Helpline for South Asians -

Nikhita Dogra, *Project Manager*

This COVID-19 Helpline is funded by the Government of Canada and managed by the Council of Agencies Serving South Asians in partnership with the South Asian Legal Clinic of Ontario, Tamil Canadian Centre for Civic Action, Bangladeshi Canadian Community Services, South Asian Women's Rights Organization, and Punjabi Community Health Services.

The Helpline will provide information about health & safety during COVID-19, details on the reopening process, government benefits, and support services available to communities in English, Hindi, Urdu, Tamil, Bangla and Punjabi. All recorded information is available 24/7 and live Intake Specialists are available on a set schedule every week.

The Helpline went LIVE in early September and is accessible at: [647-846-2233](tel:647-846-2233).

We highly encourage and appreciate if members could share the helpline with their networks and on their social media.

COVID-19 HELPLINE FOR SOUTH ASIANS IN THE GTA

647-846-2233

TOLL FREE # FOR OUT OF GTA CALLERS: 1-866-300-3454

INFORMATION ON COVID-19:
HEALTH & SAFETY, GOVERNMENT
BENEFITS, SUPPORT SERVICES,
RE-OPENING PROTOCOLS, AND FOOD
SECURITY



RECORDED INFORMATION & LIVE
INTAKE SPECIALISTS AVAILABLE IN:
ENGLISH, URDU, HINDI, TAMIL,
PUNJABI, AND BANGLA

जी.टी.ए में रह रहे साउथ एशियन लोगों के लिये कोविड-१९ हेल्पलाइन

647-846-2233

जी.टी.ए से बाहर रहने वाले टोल फ्री नम्बर पर सम्पर्क करें: 1-866-300-3454

कोविड-१९ पर जानकारी:
स्वास्थ्य और सुरक्षा, सरकारी लाभ, समर्थन
सेवाएं, दोबारा खुलने के प्रोटोकॉल, तथा
खाद्य सुरक्षा



रिकॉर्डेड जानकारी और लाइव इनटेक
स्पेशलिस्ट इन भाषाओं में उपलब्ध हैं:
अंग्रेजी, उर्दू, हिंदी, तमिल, पंजाबी और
बंगला

গ্রেটার টরন্টোতে বসবাসরত দক্ষিণ এশিয়ানদের জন্য কোভিড-১৯ হেল্পলাইন

647-846-2233

টরন্টোর বাইরে থেকে কল করার টোল ফ্রী নম্বর: 1-866-300-3454

কোভিড-১৯ এর ভাষা, স্বাস্থ্য এবং সুরক্ষা,
সরকারী উপকার বা সুবিধা, সাপোর্ট সার্ভিস,
পুনরায় খোলার নিয়মাদি, এবং খাদ্য নিরাপত্তা



রেকর্ড করা ভাষা এবং ইনটেক বিশেষজ্ঞদের
সাথে কথা বলা: ইংরাজী, উর্দু, হিন্দি,
তামিল, পাঞ্জাবি, এবং বাংলা

ਜੀ.ਟੀ.ਏ ਵਿੱਚ ਸਾਊਥ ਏਸ਼ੀਅਨਾਂ ਲਈ ਕੋਵਿਡ-१९ ਹੈਲਪਲਾਈਨ

647-846-2233

ਜੀ.ਟੀ.ਏ ਤੋਂ ਬਾਹਰ ਰਹਿ ਰਹੇ ਵਿਅਕਤੀਆਂ ਲਈ ਟੋਲ-ਫ੍ਰੀ ਨੰਬਰ: 1-866-300-3454

ਕੋਵਿਡ-१९ ਬਾਰੇ ਜਾਣਕਾਰੀ:
ਸਿਹਤ ਅਤੇ ਸੁਰੱਖਿਆ, ਸਰਕਾਰੀ ਬੈਨੀਫਿਟ, ਸਪੋਰਟ
ਸੇਵਾਵਾਂ, ਮੁੜ ਖੁੱਲਣ ਦੇ ਅਸੂਲ, ਅਤੇ ਫੂਡ ਸਕਿਊਰਿਟੀ



ਰਿਕਾਰਡ ਕੀਤੀ ਹੋਈ ਜਾਣਕਾਰੀ ਅਤੇ ਲਾਈਵ
ਇਨਟੇਕ ਸਪੈਸ਼ਲਿਸਟ ਇਹਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ
ਉਪਲਬਧ ਹਨ:
ਅੰਗਰੇਜ਼ੀ, ਉਰਦੂ, ਹਿੰਦੀ, ਤਾਮਿਲ, ਪੰਜਾਬੀ, ਅਤੇ
ਬੰਗਲਾ

Canada United Way Greater Toronto

جی ٹی اے میں رہنے والے جنوبی ایشیائی افراد کے لئے ہیلپ لائن

647-846-2233

جی ٹی اے سے باہر رہنے والے کالرز کے لئے ٹول - فری نمبر: 1-866-300-3454

کووڈ 19 پر معلومات: صحت اور حفاظت، حکومتی فوائد اور خدمات، دوبارہ کھولنے کے عمل سے متعلق فوائد، اور کھانے کی حفاظت

ریکارڈ شدہ معلومات اور براہ راست دستیاب مابین: انگریزی، اردو، ہندی، تامل، پنجابی، اور بنگلہ

CASSA satco BCS TAMIL CONNECTION pchs Serving Diverse Communities

نئی پتھری: Canada United Way Greater Toronto

رورائونرور پورومپاکتت تھرکاسیورککونکون کورویڈ - 19 (COVID-19) توالپسے ختویتت تودارپ

647-846-2233

رورائونرور پورومپاکتتتو کو وونییولیرننتو اظمپپورککونکون کولونمترر توالپسے عنون: 1-866-300-3454

کورویڈ - 19 پترری تکلکون: سکتارموم پاتوکاپوم، اورساکتتینول வழங்கப்படும் உதவிகள், ஆதரவுச் சேவைகள், மீளத் திறப்புக்கான நடைமுறைகள், உணவுப் பாதுகாப்பு

பதிவு செய்யப்பட்ட தகவல்களையும் மற்றும் நிபுணர்களிடமிருந்து தகவல்களை நேரடியாகவும் ஆங்கிலம், உருது, இந்தி, தமிழ், பஞ்சாபி, வங்காளம் ஆகிய மொழிகளில் பெற்றுக்கொள்ளலாம்.

CASSA satco BCS TAMIL CONNECTION pchs Serving Diverse Communities

Food Baskets for Seniors - Nikhita Dogra, Project Manager

CASSA has partnered with SacredHand Canada to provide food baskets for low-income South Asian seniors in the GTA. These food baskets are meant to last up to one month or more and contain essential items such as rice, flour, canned foods, oil, lentils, spices, and more. To determine their eligibility to receive a free food basket, seniors can call the COVID-19 Helpline at 647-846-2233. Service is provided in English, Urdu, Hindi, Punjabi, Tamil, or Bangla. Eligibility requirements are as follows:

- Food baskets are for low-income South Asian seniors only - annual income has to be under \$40k.
- Seniors who are living alone or with their partner only - not living in joint families
- Age of at least one of the seniors has to be 65 or over
- For seniors living in the Greater Toronto Area only - Peel, York Region, Toronto, and Durham region
- One food basket per household only

This initiative is funded by the *Government of Canada New Horizons for Seniors program*.

ਬਜ਼ੁਰਗਾਂ ਲਈ ਮੁਫਤ ਭੋਜਨ ਬੈਸਕਿਟ

ਜੇ ਤੁਸੀਂ ਗ੍ਰੇਟਰ ਟੋਰਾਂਟੋ ਏਰੀਆ (ਪੀਲ ਰੀਜਨ, ਯੋਰਕ ਰੀਜਨ, ਡਰਹਮ ਰੀਜਨ, ਅਤੇ ਟੋਰਾਂਟੋ) ਵਿੱਚ ਰਹਿ ਰਹੇ ਇੱਕ ਸਾਊਥ ਏਸ਼ੀਅਨ ਸੀਨੀਅਰ (ਉਮਰ 65 ਜਾਂ ਇਸ ਤੋਂ ਵੱਧ) ਹੋ ਅਤੇ ਜ਼ਰੂਰੀ ਮਹੀਨਾਵਾਰ ਕਰਿਆਨੇ ਨੂੰ ਖਰੀਦਣ ਦੇ ਸਮਰੱਥ ਨਹੀਂ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਕੋਵਿਡ - 19 ਹੈਲਪਲਾਈਨ ਨੂੰ ਕਾਲ ਕਰੋ ਤੇ ਪਤਾ ਕਰੋ ਕਿ ਤੁਸੀਂ ਮੁਫਤ ਖਾਣੇ ਦੀ ਬੈਸਕਿਟ ਦੇ ਯੋਗ ਹੋ ਜਾਂ ਨਹੀਂ:

647-846-2233



ਸਾਡੇ ਇਨਟੈਕ ਸਪੈਸ਼ਲਿਸਟ ਨਾਲ ਗੱਲ ਕਰੋ ਜਾਂ ਆਪਣੇ ਨਾਮ ਅਤੇ ਫੋਨ ਨੰਬਰ ਨਾਲ ਸੁਨੇਹਾ ਛੱਡੋ ਅਤੇ ਕੋਈ ਤੁਹਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੇਗਾ। ਇਹ ਸਰਵਿਸ ਅੰਗਰੇਜ਼ੀ, ਉਰਦੂ, ਹਿੰਦੀ, ਪੰਜਾਬੀ, ਤਾਮਿਲ ਅਤੇ ਬੰਗਲਾ ਵਿੱਚ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ। ਫੂਡ ਪੈਕਜ ਵਿੱਚ ਸ਼ੁਰੂ ਦੀ ਚੀਜ਼ਾਂ ਸ਼ਾਮਲ ਹੁੰਦੀਆਂ ਹਨ ਜੋ ਇੱਕ ਮਹੀਨੇ ਜਾਂ ਇਸ ਤੋਂ ਵੱਧ ਸਮੇਂ ਤਕ ਰਹਿ ਸਕਦੀਆਂ ਹਨ।



ਇਸ ਵਿੱਚ ਚਾਵਲ, ਆਟਾ, ਦਾਲ, ਕੈਨਡ ਬੀਨਜ਼ / ਜੈਤੂਨ / ਮੱਕੀ, ਪਿਆਜ਼, ਆਲੂ, ਤੇਲ, ਖਜੂਰ, ਚਾਹ ਪੱਤੀ, ਖੰਡ, ਨਮਕ, ਮਸਾਲੇ, ਟਾਰਟੀਲਾ ਬ੍ਰੈਡ, ਸ਼ਹਿਦ ਅਤੇ ਓਟਸ ਵਰਗੀਆਂ ਚੀਜ਼ਾਂ ਸ਼ਾਮਲ ਹਨ।
ਡਿਲਿਵਰੀ ਤੋਂ ਪਹਿਲਾਂ ਹਰ ਆਰਡਰ ਵਿੱਚ ਤਾਜ਼ੇ ਫਲ ਅਤੇ ਸਬਜ਼ੀਆਂ ਵੀ ਸ਼ਾਮਲ ਕੀਤੀਆਂ ਜਾ ਸਕਦੀਆਂ ਹਨ।

ਇਹ ਸੇਵਾ ਕੇਵਲ ਆਦਿ ਏਸ਼ੀਅਨ ਸਰਵਿਸ ਸਾਊਥ ਏਸ਼ੀਅਨ ਕਮਿਊਨਿਟੀ ਕੇਂਦਰ (ਕੇਸਾ) ਵਿੱਚ ਸਹਾਇਤਾ ਵਾਲੇ ਡਿਲਿਵਰੀ ਡਰਾਈਵਰਾਂ ਦੁਆਰਾ ਹੀ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ।



Funded by the Government of Canada's New Horizons for Seniors Program



عمر رسیدہ افراد کے لیے مفت کھانے کی ٹوکریاں

اگر آپ ایک ایسے جنوبی ایشیائی عمر رسیدہ فرد (جس کی عمر 65 یا اس سے زائد) ہیں جو کہ گریٹر ٹورنٹو ایریا (پیل ريجن، یارک ريجن، ڈیرم ريجن اور ٹورنٹو) میں رہتے ہیں اور ضروری ماہانہ گروسری خریدنے کے متحمل نہیں ہیں تو براہ مہربانی کووڈ 19 ہیلپ لائن پر یہ جاننے کے لیے کال کریں کہ آپ مفت کھانے کی ٹوکری حاصل کرنے کے اہل ہیں یا نہیں

647-846-2233



ہمارے ماہر سے بات کریں یا اپنے نام اور فون نمبر کے ساتھ پیغام ریکارڈ کریں۔ ہمارے ماہرین میں سے کوئی ایک آپ سے جلد رابطہ کریں گے۔ یہ سہولت انگریزی، اردو، ہندی، پنجابی، تامل اور بنگلہ میں دستیاب ہے۔



اس فوڈ پیکج میں وہ تمام ضروری اشیاء شامل ہیں جو آپ کے لیے ایک ماہ یا اس سے زیادہ کے لیے کافی ہونگیں۔

ان اشیاء میں چاول، آٹا، دالیں، پھلیاں، زیتون/مکئی کے تھے، پیاز، آلو، تیل، کھجور، ٹی بیگر، چینی، نمک، دیگر مصالحہ جات، ٹورٹیلار، شہد اور جو شامل ہیں۔
گھروں میں پہچانے سے پہلے اس میں تازہ پھل اور سبزیوں بھی شامل کی جاتی ہیں۔



Funded by the Government of Canada's New Horizons for Seniors Program



COVID-19 VACCINE



THE BASICS

The Government of Canada has approved the administration of vaccinations to help control the spread of Covid-19.

What does a vaccine do?

Delivers a weakened or inactivated virus or PART of the virus to the body

This triggers the body's immune system to recognize and respond to the virus



The next time the body gets exposed, it recognizes the virus and can create an immune response to fight it

What is mRNA?

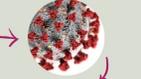
mRNA = Messenger ribonucleic acid

Found inside a cell, mRNA is a strip of information that is used to build a protein.



What is a mRNA vaccine?

An mRNA vaccine delivers instructions to our cells to create a viral protein



This is known as an antigen (SARS-CoV-2 spike glycoprotein)



The body recognizes this as a foreign agent → creates antibodies

Therefore, there is a safe immune response against the viral protein

Information obtained from: Public Health Ontario

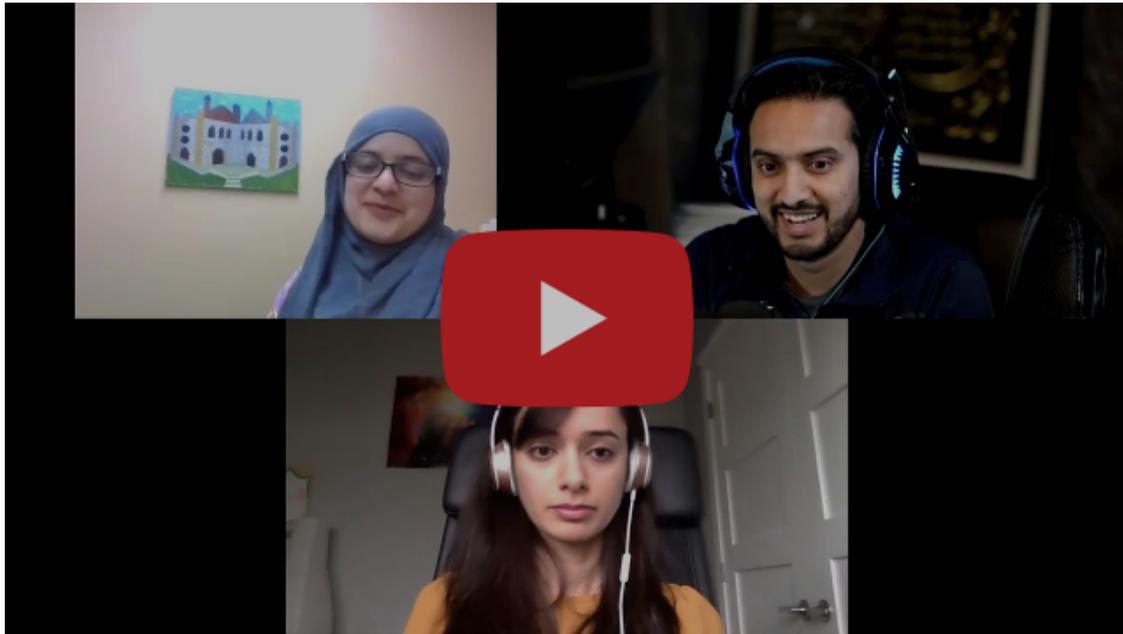


COVID-19 Vaccine Information - Nikhita Dogra, Project Manager

CASSA has created infographics that summarize factual information about the COVID-19 vaccine. View the full set of infographics to learn more about the vaccine's efficacy, what's in it and how it works.

The infographics are available in **Bangla, Tamil, Punjabi, Urdu and English.**

[Please click here to view all the infographics.](#)



Samya and Nikhita (Executive Director and Project Manager, respectively) featured in podcast video to discuss CASSA's COVID-19 Vaccine Education Initiative.

Legal Education for Refugee Women Toolkit -

Yomna Omar, Project Manager

Animation videos highlighting some of the Toolkit's most important topics are under construction. They will include the topics of divorce, family violence, employment, housing, legal aid, and child benefits. The videos will be available in the Toolkit's main 4 languages: English, Arabic, Tamil, and Urdu.

To access the toolkit in its 4 languages and its infographic in the 8 languages available (English, Arabic, Bangla, Farsi, Punjabi, Spanish, Tamil, and Urdu), you can [click here](#).

To download the infographics in the 8 different languages, you can [click here](#).

We urge all CASSA's members to share the toolkit content with staff, colleagues, and clients, as you see fit. If you have any questions, or would like CASSA to discuss how to use the Toolkit with your staff, please contact the project coordinator at yomna@cassa.on.ca.

Employment Equity for South Asians -

Cynthia Saxena, Employment Equity Coordinator

CASSA is continuing to advocate the policy recommendations created in the [Moving Towards Decent Employment](#) reports.

We are developing a disseminating and advocacy strategy that involves social media platforms such as Tik-Tok and Instagram reels! CASSA will also be launching its official blog and launching

its #ImmigrantSuccess series. We are going to be working with policy-makers, corporations, small businesses, social service organizations, and the South Asian communities to bring awareness to inequities in the employment sector and recommendations to address those inequities.

If you would like to support, collaborate or know more about this advocacy campaign, please reach out to Cynthia: cynthia@cassa.on.ca

Racial Equity in Education -

Eman Zahid, *Muslim Community Outreach Coordinator*

CASSA is working in partnership with the Urban Alliance on Race Relations on the Racial Equity in Education project. Now we are working on our website for resources and information, which we have launched on Slack. Currently, the project is aimed at training our volunteers in leadership and advocacy skills, and organizing our goals for the new year. We are moving forward with our community and neighbourhood specific research and geographical analysis. The focus of the research is on the need for resources that racialized students and parents can use when faced with racial inequity in schools. We hope to teach students how to organize and build their own capacity, while supporting them through the organization's resources.

CASSA is currently looking for **parent volunteers** to participate in leadership and advocacy training for the Racial Equity in Education project. If you are a Muslim parent of children part of the Ontario school system, and are interested in working with local community organizations on policy change, please email eman@cassa.on.ca to register!, please reach out at: eman@cassa.on.ca

Collaborative to Combat Online Hate -

Maryam Faisal, *Anti-Hate Project Coordinator*

The Collaborative to Combat Online Hate is in its early stages of development. The project aims to build the digital literacy of our partner agencies to help them, their staff, clients, and members combat online hate. The project will also focus on developing anti-hate content and messaging to support those who become victims of online hate.

Currently, we are holding consultations with our partner agencies, anti-racism educators, and social media experts to gain a holistic understanding of **(1) What experiences organizations and their members have had with hate content (2) What type of content should we focus on including in this project (3) What tools we can provide to help them build their capacity to tackle these issues.**

If you or your organization are passionate about anti-hate work, have ideas for this project, and/or have extensive experience developing anti-hate content for social media, CASSA would love to

hear from you. The aim is to have a toolkit and strategy before the end of this year.

Please contact maryam@cassa.on.ca for questions or to collaborate.

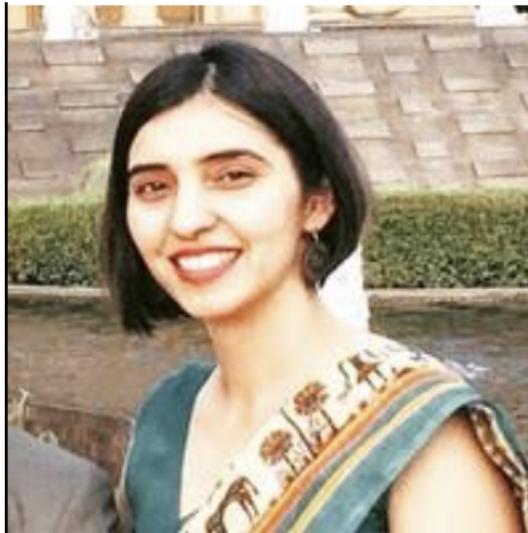
CASSA's New Podcast

CASSA has launched a podcast series that introduces our mission, current projects, relevant South Asian events and provides a peek into CASSA's operations.

The podcast is available on **Spotify** and linked below!

[Listen to CASSA's Podcast - Episode 1](#)

New CASSA Staff Members



Gurbinder Jaspal is the Human Resource Generalist for CASSA. She is a result-oriented professional with enriched experience in HR operations and initiatives. She is skilled in encompassing diversity & inclusion, talent and culture strategies, performance management, employee engagement, consulting, talent acquisition forecast & planning; design and implementation of policy & procedures in consideration with provincial and federal legislation.

Garima Gupta is a strategic human resources professional with experience in all facets of human resources inclusive of, but not limited to employee relations, recruitment, onboarding, training and development, occupational health and safety, performance management, payroll, change management, compensation and benefits. She is passionate about cultivating professional relationships with clients through strong rapport building to enhance the employee



experience. She is a true business partner who advocates for a diverse, equitable and inclusive work culture. Through providing excellent client services, best HR practices and strategic and creative business solutions, she strives for increased employee retention and engagement.



Alissa Latiff is a third year student at the University of Toronto pursuing a double major in Health Studies and Public Policy. At CASSA, she is an outreach worker for the Employment Equity of South Asians in Toronto project aiming to disseminate information through social media and connecting with the community. In addition, she is working to help reach out to government members, local businesses, and student run organizations to raise awareness about this issue and working to create long lasting changes.



Anika Tahsin is completing an Honors Bachelor of Science, majoring in neuroscience and mental health studies from the University of Toronto Scarborough. Her future academic goals include pursuing a Master of Social Work specializing in the health and mental health of marginalized communities. Anika is passionate about making women from marginalized communities feel comfortable seeking help as well as helping them in their overall quality of life. Anika's expertise lies in quantitative and



qualitative research on mental health and developmental psychology.

Akhila Appadurai is a student at the University of Toronto completing a Honours Bachelor of Science in Psychology. As the project assistant, Akhila is responsible for doing research on social justice issues affecting racialized communities and finding resources to build a social media tool-kit for the Anti-Hate initiative. Akhila hopes to pursue a masters in education in psychotherapy after she graduates this year. Outside of her work for CASSA, she volunteers at the Greater Distress Centres of Toronto, and runs a mentorship program for the Psychological Health Society at UofT.

Messages from Members

HUMBER

**Humber College
International Women's Day
2021**

Virtual Forum
Saturday, March 6, 2021
10:00 am to 11:30 am

**Theme: Lessons on
Groundbreaking Leadership
from Black Women**

- * **Event Host: Dr. Gina Antonacci PhD**
Associate Vice President Academic, Humber College
- * **Moderator: Sylvia Sweeney CM**
Associate Dean, Film, Acting & Media Production,
Faculty of Media and Creative Arts, Humber College
- * **Keynote: Dr. Njoki Wane PhD**
Professor at the University of Toronto. She is
currently serving as Chair in the Department of
Social Justice Education at the Ontario Institute for
Studies in Education (OISE).

Panelists:

- * **Senator Wanda Thomas Bernard PhD**
First African Nova Scotian woman to be appointed
to the Senate of Canada
- * **Celina Caesar-Chavannes MBA**
Equality, Diversity and Inclusivity (EDI) Senior
Advisor, Queens University
- * **Dr. Kathy Hogarth PhD**
Associate Professor, University of Waterloo

Please register by visiting:
<https://HumberIWD2021.eventbrite.ca>

This document is available in an alternate format upon request.

International Women's Day Virtual Forum - Humber College

The Centre for Human Rights, Equity & Diversity invites you to take part in Humber's International Women's Day Virtual Forum.

This virtual event is open to the entire Humber community, as well as external community members.

Date: Saturday, March 6, 2021 - 10:00 am to 11:30 am

Theme: Lessons on Groundbreaking Leadership from Black

The event is **FREE** to attend: [Click here to register.](https://HumberIWD2021.eventbrite.ca)

Keynote: Dr. Njoki Wane PhD

Professor at the University of Toronto, Chair of Department of Social Justice Education at the Ontario Institute for Studies in Education (OISE)

Senator Wanda Thomas Bernard PhD

First African Nova Scotian woman to be appointed to the Senate of Canada

Celina Caesar-Chavannes MBA

Equity, Diversity and Inclusivity (EDI) Senior Advisor, Queens University

Dr. Kathy Hogarth PhD

Associate Professor, University of Waterloo



Social Planning Toronto is hosting two virtual town hall meetings (on Zoom) to learn more about the 2021 City budget.

We hope you will join us to hear from guest speakers!

Budget Town Hall – 2021

Topics include:

- AFFORDABLE HOUSING
- CHILD CARE
- EQUITY
- TRANSIT
- SENIORS
- DISABILITY
- YOUTH
- ENVIRONMENT
- AND MORE

Thursday, January 21st
2:00 – 4:00 p.m.
[Register Here](#)

Monday, February 8th
6:00 – 8:00 p.m.
[Register Here](#)

Questions? Please contact Israt:
iahmed@socialplanningtoronto.org

Budget Town Hall 2021 - Social Planning Toronto

Social Planning Toronto is hosting a virtual town hall meeting on Zoom to learn more about the 2021 City budget.

[Click here to register.](#)

Navigating 211: A Conversation Tamil Community Members - Urban Alliance on Race Relations

This 211 information session is geared for individuals or community organizations that support newcomers in their settlement and integration.

February 11th:

Navigating 211

GET TO KNOW 211'S ONLINE PLATFORM AND CONTRIBUTE TO A DISCUSSION WITH TAMIL-SPEAKING COMMUNITY MEMBERS ABOUT NEWCOMER NEEDS

JANUARY 31ST 2021

2:30-3:00PM ET

FEBRUARY 11TH 2021

11:00AM-12:30PM

RSVP ON EVENTBRITE

[HTTPS://TAMILSPEAKINGCOMMUNITYAND211.EVENTBRITE.COM](https://tamilspeakingcommunityand211.eventbrite.com)

Help build solutions for your community members and share your settlement experiences

This 211 information session is geared for individuals or community organizations that support newcomers in their settlement and integration. The session will focus on how to access the 211 service, inclusion criteria, service navigation and how to effectively use the 211 resource database.

உங்கள் சமூகத்திற்கான தீர்வுகளை உருவாக்க உதவுங்கள் மற்றும் உங்கள் தீர்வு அனுபவங்களைப் பகிர்ந்து கொள்ளுங்கள்

211 இன் ஆன்லைன் தளத்தை அறிந்து கொள்ளுங்கள் மற்றும் புதுமுக தேவைகளைப் பற்றி தமிழ் பேசும் சமூக உறுப்பினர்களுடன் கலந்துரையாடலுக்கு பங்களிக்கவும்



Borough Mayor and City Councillors' office
5160 Décarie, Suite 610
Montréal (Québec) H3X 2H9
Tel. 514-872-4863

২৫ শে জানুয়ারী, ২০২১

সিটি কাউন্সিলর মারভিন রট্র্যান্ড এবং লিওনেল পেরেজের বার্তা

সারসংক্ষেপ: বাংলাদেশের স্বাধীনতার ৫০তম বার্ষিকী উদযাপন।

প্রিয় বন্ধুরা,

মন্ট্রিয়লে এবং প্রকৃতপক্ষে কানাডা জুড়ে বাংলাদেশী সম্প্রদায়কে সমর্থন করতে পেরে আমরা আনন্দিত কারণ আমরা এখন একটি বিশেষ দিবসের দার প্রান্তে আছি।

২৬শে মার্চ বাংলাদেশের স্বাধীনতা ঘোষণার ৫০ বছর পূর্তি হবে। এই মাইলফলক বার্ষিকী বাংলাদেশীদের কাছে অপরিণীম অর্থাৎ এবং ত্যাগ, কষ্ট, ক্ষতি এবং বীরত্বের কথা স্মরণ করে যা শেষ পর্যন্ত স্বাধীনতার দিকে নিয়ে গিয়েছিল।

গত একমাস ধরে, কানাডায় বাংলাদেশের নতুন হাই কমিশনার খলিল রহমান এবং মন্ট্রিয়লের মূল বাংলাদেশী সংগঠনগুলিকে অন্তর্ভুক্ত করার জন্য বিস্তারিত আলোচনা হয়েছে। কানাডা জুড়ে বাংলাদেশী সংগঠনগুলি এবং গণমাধ্যমগুলিকে একটি চিঠি পাঠানো হয়েছে এবং শীঘ্রই আমরা বেশ কয়েকটি পদক্ষেপ নিব যা বাংলাদেশের এই অর্জিত সাফল্য উদযাপন করবে।

আমরা বাংলাদেশী সংগঠন গুলিকে ধন্যবাদ জানাই যারা নিম্নলিখিত বিষয়গুলি প্রস্তুত করতে আমাদের সহায়তা করেছেন:

এই ফেব্রুয়ারিতে আন্তর্জাতিক মাতৃভাষা দিবসের সম্মানে **Borough of Côte-des-Neiges – Notre-Dame-de-Grâce** এর একটি প্রস্তাব গৃহীত হবার ১০বছর পূর্তি হবে। আন্তর্জাতিক মাতৃ ভাষা দিবসের গুরুত্বকে নিশ্চিত করে একটি নতুন প্রস্তাব (Motion) জমা দেওয়ার সিদ্ধান্ত নেওয়া হয়েছে এবং ২১শে ফেব্রুয়ারির এই চলমান স্বীকৃতিতে এমন এক দিন হিসাবে চিহ্নিত করা হয়েছে যাতে সকলের ভাষাগত বৈচিত্র্যকে লালন করা উচিত। তদানুসারে, আমরা ১ ফেব্রুয়ারি, ২০২১ এ **Borough Council** এর সভায় একটি প্রস্তাব (Motion) উপস্থাপন করব যা ZOOM মিটিং এ অনুষ্ঠিত হবে। যারা সভাটি দেখতে চান তারা

211 presentation + Discussion with Attendees
on their experiences

Letter from Councillor Marvin for Bangladesh's 50th Anniversary.

Letter in Bengali to the
Bangladeshi community
following the meetings with
Councillor Lionel Perez and
Councillor Marvin Rotrand.

[Please click here to read the
letter.](#)

Opportunities



Laadliyan International Student Emergency Fund

Supporting South Asian female international students in the Peel region with supplies and social supports.



This fund aims to supply food, clothing, housing assistance, medical and mental health support, legal support, and much more through small funds and community resources.

Request funds, make a donation, or volunteer at laadliyan.com/internationalstudentfund



SHARE YOUR STORY WITH US

Study Title: An Era of Islamophobia: Navigating the Dynamics of Ethnic Identities, Social Exclusion and Emotional Well-being among South Asian Muslim Youth in Canada

Ontario Tech U (UOIT) researchers, Drs. Zaidi and Perry, invite you to participate in **CONFIDENTIAL & PRIVATE** on-line interviews about ISLAMOPHOBIA in Canada which will take about 45 minutes. A **\$40 e-gift card** will be given as a token of appreciation. The Research Ethics Board has approved this study. The intent of the proposed study is to simultaneously explore the interrelated experiences of discrimination, social exclusion, and emotional well-being of about 40 young visible minorities, specifically South Asian Muslims in the Age of Islamophobia or War on Terror, years after the 9/11 terrorist attacks in the United States and in the current Trump era. Specifically, we wish to examine the implications of Islamophobia for young South Asian Muslims -- those with and without visible Muslim identity markers -- comparing those attending post secondary education to those who do not attend post secondary education.

WHO CAN PARTICIPATE?

1. SOUTH ASIAN MUSLIM YOUTH
2. 18-30 YEARS OF AGE
3. LOCATED IN GTA
4. ATTEND POST SECONDARY EDUCATION OR NOT
5. WEAR MARKERS OF MUSLIM IDENTITY (i.e., hijab/veil, naqab/veil, burka/abaya/long loose garment covering body from head to feet for women; jubba/thobe/long gown covering body from head to feet for men, keffia/head gear for men)
6. DO NOT WEAR MARKERS OF MUSLIM IDENTITY

CONTACT US AT: arshia.zaidi@uoit.ca, mehek.arif@ontariotechu.net, or fatih.karakus@ontariotechu.net

THANK YOU FOR YOUR TIME AND YOUR STORY

International Student Fund -

Laadliyan

Laadliyan's International Student Fund is created to help **South Asian female international students** living in the Peel Region with groceries, hygiene products, clothing, transportation, rent relief, medical and legal support, and much more.

[Click here for the request form](#) and our team will work with you keeping COVID-19 safety precautions in mind.

If you have any questions or concerns, please email us:

manvinder@laadliyan.com or info@laadliyan.com

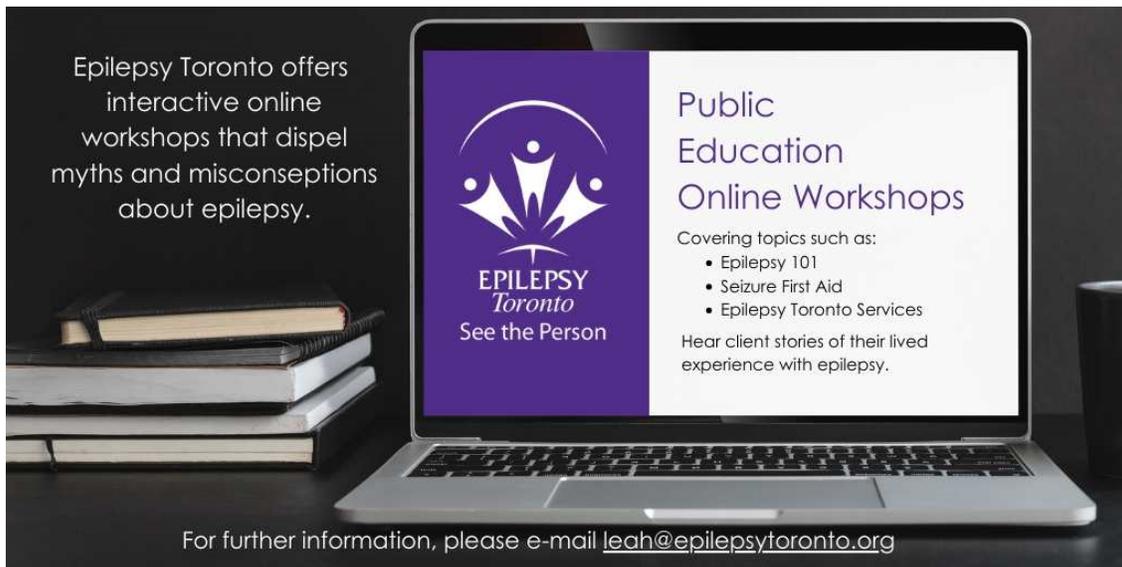
Interviews about Islamophobia -

UOIT Researchers

UOIT researchers are conducting interviews on Islamophobia which will take about 45 minutes. A \$40 e-gift card will be given as a token of appreciation.

WHO CAN PARTICIPATE?

1. SOUTH ASIAN MUSLIM YOUTH
2. 18-30 YEARS OF AGE
3. LOCATED IN GTA
4. WEAR MARKERS OF MUSLIM IDENTITY (i.e., hijab/veil, naqab/veil, burka/abaya - women; jubba/thobe - men or long gown covering head to feet)
6. DON'T WEAR MARKERS OF MUSLIM IDENTITY



Combating Epilepsy Misconceptions - Epilepsy Toronto

Here is a new COVID-19 Vaccine Bulletin, developed by doctors in partnership with settlement organizations, in 8 languages. It's the first in a series, addressing questions about the vaccine.

Epilepsy Toronto is offering interactive online workshops that dispel myths and misconceptions about epilepsy.

Topics include: Epilepsy 101, Seizure First Aid and Epilepsy Toronto Services. Hear client stories of their lived experience with epilepsy. For further information, please email leah@epilepsytoronto.org



Gender Health and Caregiver Friendly Workplaces

Survey for supervisors, managers, HR professionals and executive directors working in healthcare

You are invited to participate in an **anonymized** online survey that explores workplace responses to COVID-19 such as: changes made to operations, protocols and work tasks as they affect caregivers.

To be eligible for this survey: (1) you must work in a similar capacity to either: HR Professionals, Managers, Executive Directors or Supervisors and (2) work for a healthcare organization. [Please click here to access the survey.](#)

If you are unsure about eligibility or have any questions, [please click here](#) to contact the Student PI.

Digital Anti-Racism Education 2 Project - CCMW

As part of the project, CCMW is asking racialized Canadian Muslim women and girls, trans and non-binary persons to share experiences of hate, racism & Islamophobia, which have left an indelible mark on their lives, perhaps forever. More information can be found here: <https://www.ccmw.com/projects/2020/2/28/dare>

Ten such stories will be selected by our D.A.R.E. 2 Project Advisory and converted into short videos (2 of which will be in French). These videos will be part of our anti-hate social media campaign to be launched in October 2021 (Islamic Heritage Month). *Select written submissions will receive an honorarium of \$100 and \$200 for video submissions. (for now we require written submissions **only** to make our selection).*

Please see the posters below:

**From Hate to Healing:
Stories We Don't Tell, But
Must Tell!**

CALL FOR SUBMISSIONS

DEADLINE: FEB 26, 2021

Are you a racialized Canadian Muslim woman/girl, trans, or non-binary person, who has experienced hate, racism, Islamophobia in your school, workplace or any other walk of life? If so, we want to hear from you!

As part of CCMW's Digital Anti-Racism Education 2 (D.A.R.E.2) Project, we invite you to share your lived experience of hate/racism/Islamophobia that has forever impacted you. Please submit your story in 1,000 words or less by email to: firdaus.ali@ccmw.com by **February 26, 2021**. For more information, please visit www.ccmw.com

Ten such stories will be selected and feature as part of D.A.R.E.2's video project and anti-hate social media campaign.

Contributors whose submissions are selected, will receive an honorarium of \$100 for their written stories and \$200 for video submissions.

**Ne plus haïr, mais guérir:
Des histoires que nous ne
racontons pas mais qu'il
faut raconter!**

APPEL À SOUMISSIONS

DATE LIMITE: FEB 26, 2021

Êtes-vous une femme/fille canadienne musulmane racialisée, une personne transgenre ou non binaire, qui a été victime de haine, de racisme, d'islamophobie à l'école, au travail ou dans tout autre domaine de la vie? Si c'est le cas, nous voulons entendre votre histoire!

Dans le cadre du projet D.A.R.E.2 (Éducation antiraciste numérique 2) du CCFM, nous vous invitons à partager votre expérience vécue de la haine, du racisme ou de l'islamophobie, qui vous a marquée pour toujours. Veuillez soumettre votre histoire en moins de 1 000 mots, par courriel, à l'adresse suivante: firdaus.ali@ccmw.com au plus tard le 26 février 2021. Pour plus de détails, visitez www.ccmw.com.

Dix de ces histoires seront sélectionnées et présentées dans le cadre de notre projet vidéo et de notre campagne contre la haine dans les médias sociaux D.A.R.E.2.

Les personnes dont les contributions seront sélectionnées recevront une somme de 100 \$ pour leur histoire écrite et 200 \$ pour les vidéos.

Important News

Incoming travellers will face mandatory hotel quarantine while they await COVID tests

Trudeau said travelers will pay for their hotel stay of up to 72 hours while waiting for a negative COVID test. He estimated the cost at approximately \$2,000 as they will have to pay for lodging, food, COVID tests and security ensuring they remain inside.

How communication and culture impact ethnic communities' response to COVID-19

Although it is true that many South Asians live in large families and multigenerational homes, this is not something we can change. Instead, we need to shift our focus to how we can protect the seniors in these situations, and reduce the risk of exposure. Other factors such as language barriers, unequal access to health services and high levels of participation in front-line work deemed essential during the pandemic are all playing crucial roles in the numbers of COVID-19 cases seen in this demographic.

How will people know when it's their turn for a COVID-19 shot?

Front-line health-care workers, long-term care staff and residents, and some Indigenous populations are among those scheduled to be inoculated during the first phase of the rollout, which began last month and is expected to stretch into **March**. From there, the floor will start to open to more seniors, other essential workers both inside and outside the health-care realm, and those with medical conditions that might make them more at-risk of catching COVID.

The federal government has said it expects to inoculate the majority of its residents by the fall, a timeline Smith believes is realistic as long as Canada receives the amount of dosages it's expecting, and the country's vaccine rollout is done efficiently.

New COVID-19 Safe Voluntary Isolation sites provided by the Government of Canada

Voluntary isolation sites will help reduce the risks of spread of the virus among household contacts, especially in Canada's most densely populated urban centres. These sites are one of our rapid response tools to help stop the spread of COVID-19. Funding is provided directly to communities who need it.

Local public health officials will identify eligible individuals who may be offered the option to

transfer to the isolation site on a voluntary basis. For example, if a person is COVID-19 positive and lives in a home where there is no separate room in which they can isolate, they may be considered as a candidate for the voluntary self-isolation site. Individuals from the same household may also be considered if, for example, they cannot maintain a safe distance from a positive case(s).

Eligible clients include those who:

- are unable to safely isolate at home due to living in a small space with a large number of household members
- those living with family members who are at high-risk for the virus
- family members of a person who tests positive for the virus but are unable to safely relocate themselves, in which case family members can relocate instead.

[Click here to learn more.](#)



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Council of Agencies Serving South Asians · 5200 Finch Ave E Unit #301A · Scarborough, ON M4S 1Z7 · Canada

