



## April 2024 Newsletter

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**2024**



SOUTH ASIAN HERITAGE MONTH  
THEME: SOUTH ASIAN CANADIAN BUSINESS LEADERS

**MAY 29TH 2024**

**SAVE THE DATE**

CASSA OFFICE  
705 Progress Avenue, Unit 101,  
Toronto, ON M1H 2X1  
Virtual option available for those outside of the GTA



**CASSA's Membership!**

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## Mindful Mondays

### Unplug & Recharge with Yoga



Every Monday



**In-person:** 12:00 - 12:25 PM  
**Virtual:** 1:00 - 1:25 PM



**In-person:**  
705 Progress Avenue, Unit  
101 Toronto, ON M1H 2X1

**Virtual:** Zoom Conference



For CASSA members and partners only. Available in Hindi and Bangla.



To register, please email [fahrina@cassa.on.ca](mailto:fahrina@cassa.on.ca) and [qurat@cassa.on.ca](mailto:qurat@cassa.on.ca)

After enduring the challenges of a strenuous workday, whether it's mental stress or physical fatigue, it's crucial to master the art of unplugging and rejuvenating your mind and body. This brief but impactful session is designed to empower you with a refreshed mindset and energized body, allowing you to return to your work with renewed positivity and mindfulness.

#### Session Highlights

##### 1. Meditation:

- Immerse yourself in the power of mindfulness to calm the mind and sharpen focus.
- Experience guided meditation for stress reduction and enhanced mental clarity.

##### 2. Breath Work:

- Learn effective breathing techniques to promote relaxation and boost energy levels.
- Acquire practical techniques for stress management and fostering a sense of calm.

##### 3. Gentle Stretch:

- Release tension and enhance flexibility through gentle stretching exercises.
- Explore desk-friendly movements to alleviate stiffness and improve posture.

##### 4. Face Yoga:

- Discover facial exercises designed to relax facial muscles and alleviate tension.
- Learn techniques to enhance circulation and promote a natural, radiant glow.



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## Mindfulness Moments

### Unplug & Recharge with Yoga



Every Tuesday,  
Wednesday, and Friday



Choose from sessions of  
10, 20, or 30 minutes,  
available between 9:30 AM  
and 4:00 PM.



**Virtual:** Zoom Conference



For CASSA members and partners only: Elevate your staff meetings, events, workshops, or conferences by incorporating a personalized mindfulness session, available in Hindi and Bangla. For inquiries, please contact [fahrina@cassa.on.ca](mailto:fahrina@cassa.on.ca) and [qurat@cassa.on.ca](mailto:qurat@cassa.on.ca).

After enduring the challenges of a strenuous workday, whether it's mental stress or physical fatigue, it's crucial to master the art of unplugging and rejuvenating your mind and body. This brief but impactful session is designed to empower you with a refreshed mindset and energized body, allowing you to return to your work with renewed positivity and mindfulness.

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- Discover facial exercises designed to relax facial muscles and alleviate tension.
- Learn techniques to enhance circulation and promote a natural, radiant glow.

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**BECOME A MEMBER TODAY!**

For more information contact [qurat@cassa.on.ca](mailto:qurat@cassa.on.ca) or visit [www.cassa.ca/membership](http://www.cassa.ca/membership)



## CASSA Project Updates

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# GENDER-BASED VIOLENCE RESEARCH IN THE GTA

## **Toxic Masculinity and Its Impact on Gender-Based Violence**

The Toxic Masculinity Project's team has commenced the data analysis phase. The Project Manager is collaborating with a data scientist through the next few months to lay out methods and next steps. The expert and focus group datasets have been created and the survey dataset is being finalized on Survey Monkey. We look forward to the findings that will result from all the hard work that our partners have dedicated in the data collection phase.

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# WE ARE LOOKING FOR VOLUNTEERS!

**The Coalition of Racial Equity in Education is recruiting Muslim high school students and parents/guardians with children attending schools in York and Durham Region.**

Join us in promoting equity and inclusivity for Muslim students and staff! Combat racism and Islamophobia to create a welcoming and just future together.

**APPLY NOW:** [www.cassa.ca/apply-to-join-the-coalition-for-racial-equity-in-education-project/](http://www.cassa.ca/apply-to-join-the-coalition-for-racial-equity-in-education-project/)



## The Coalition for Racial Equity in Education

The Coalition for Racial Equity in Education is currently inviting parents and youth volunteers from the YRDSB and DDSB regions to join their dedicated efforts. These volunteers will undergo comprehensive training regarding Islamophobia in schools.

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any questions or concerns, please don't hesitate to reach out to [samaha@cassa.on.ca](mailto:samaha@cassa.on.ca).

Additionally, we are excited to announce that our Ramadan social media campaign is out on our socials @CASSAonline

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## **The New Horizons for Seniors Program**

Canada's immigration and multiculturalism policies have given rise to an ethno-culturally diverse population, with older adults comprising a significant proportion of this emergent group. As Toronto's population ages, important questions are coming into view: How might we better support seniors to lead active and independent lives in their neighborhoods, communities and homes? Can we make city services for seniors easier to use and navigate? How can we ensure that low income seniors have equal opportunities to live a healthy life? The proposed project will help identify and address barriers in government assistance programs for South Asian seniors to benefit the community by creating

a more inclusive and equitable support system. It will ensure that racialized seniors, who have enriched our community with their diverse backgrounds, receive the assistance they need to support their financial security, leading to improved well-being and a stronger sense of belonging.

The New Horizons for Seniors Program Project is working on its literature review that scans the current Govt. Assistance Programs for seniors. The team has conducted their first focus group discussion with our Partnering organization SAFSS (Settlement Assistance & Family Support Services) that closely works with south asian seniors. Initial focus groups allowed South Asian seniors to provide their insight and help identify the needs assessment of this project. The seniors talked about their experiences, challenges, and suggestions related to accessing government assistance programs .

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# **CASSA's Blogs/Podcasts**

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[Mental Health & International Students](#)

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[CASSA's 2nd Annual Social Justice Summit Held on March 4th, 2024](#)

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[Voices Unheard: The Shadows of Border Harassment for Racialized Women](#)

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## ٹورنٹو ایریا میں ایک متعدد نسل گھر میں رہتی ہیں اور خاندان کے کسی فرد کی دیکھ بھال کر رہی ہیں جو ایک دائمی حالت میں ہے؟

(مثال کے طور پر یادداشت کی کمی، شوگر، سی-او-پی-ڈی)

اگر ایسا ہے، تو ہم سمجھنا چاہتے ہیں کہ COVID-19 کس طرح آپ اور آپ کے خاندان کو متاثر کیا۔



ڈاکٹر پیلا بیکسٹر، میکماسٹر یونیورسٹی کے نرسنگ سکول کی، آپ کو COVID-19 کے دوران معتقد نسل، جنوبی ایشیائی خاندان کی دیکھ بھال کے تحقیقی متعلقہ میں شرکت کی دعوت دے رہی ہے۔

آپ سے کیا کرنے کو کہا جائے گا؟

تقریباً 60-90 منٹ تک چلنے والے ایک زوم یا ٹیلی فون انٹرویو میں حصہ لیں۔ آپ کو تعریفی نشان کے طور پر \$50 کا ای گفٹ کارڈ ملے گا

مزید معلومات کے لیے رابطہ کریں:

**For more information please contact:**  
Natalie Meisenburg meisenno@mcmaster.ca



اس تحقیقی مطالعہ کا جائزہ لیا گیا ہے۔ بمثلن  
انٹرنیشنل ریسرچ اینڈ ایڈوائز بورڈ پروجیکٹ #16075  
کے تحت (وزن 2)



 Government of Canada  Gouvernement du Canada

یہ تحقیق کی طرف سے حمایت کی تحقیق کی طرف متوجہ  
گورنمنٹ آف کینیڈا کے نئے فرنٹیرز ان ریسرچ فنڈ (NFRF)

**ਦੱਖਣੀ ਏਸ਼ੀਆਈ ਅਰਤ ਦੱਖਭਾਲ ਕਰਨ ਵਾਲਾ ਅਰਤ ਹ ਅਤ ਇਕ ਪੁਰਾਣਾ ਸਾਥਤਾ  
ਵਾਲੇ ਪਰਿਵਾਰਕ ਮੈਂਬਰ ਦੀ ਦੇਖਭਾਲ ਕਰ ਰਹੀ ਹੈ?  
(e.g., ਯਾਦਦਾਸ਼ਤ ਦਾ ਨੁਕਸਾਨ, ਸੁਗਰ, ਸੀ.ਓ.ਪੀ.ਡੀ)**

ਜੇਕਰ ਅਜਿਹਾ ਹੈ, ਤਾਂ ਅਸੀਂ ਇਹ ਸਮਝਣਾ ਚਾਹਾਂਗੇ ਕਿ COVID-19 ਨੇ ਤੁਹਾਡੇ ਅਤੇ  
ਤੁਹਾਡੇ ਪਰਿਵਾਰ ਨੂੰ ਕਿਵੇਂ ਪ੍ਰਭਾਵਿਤ ਕੀਤਾ



ਮੈਕਮਾਸਟਰ ਯੂਨੀਵਰਸਿਟੀ ਦੇ ਸਕੂਲ ਆਫ਼ ਨਰਸਿੰਗ ਦੀ ਡਾ. ਪਾਮੇਲਾ ਬੈਕਸਟਰ, ਤੁਹਾਨੂੰ ਕੋਵਿਡ-19 ਦੇ ਵਿਚਕਾਰ  
ਬਹੁ-ਪੀੜ੍ਹੀ, ਦੱਖਣੀ ਏਸ਼ੀਆਈ ਪਰਿਵਾਰਕ ਦੇਖਭਾਲ ਨੂੰ ਸਮਝਣ ਲਈ ਇੱਕ ਖੋਜ ਅਧਿਐਨ ਵਿੱਚ ਹਿੱਸਾ ਲੈਣ ਲਈ  
ਸੱਦਾ ਦੇ ਰਹੀ ਹੈ।

**ਤੁਹਾਨੂੰ ਕੀ ਕਰਨ ਲਈ ਕਿਹਾ ਜਾਵੇਗਾ?**

ਲਗਭਗ 60-90 ਮਿੰਟ ਤੱਕ ਚੱਲਣ ਵਾਲੀ ਇੱਕ ਜੂਮ ਜਾਂ ਟੈਲੀਫੋਨ ਇੰਟਰਵਿਊ ਵਿੱਚ ਹਿੱਸਾ ਲਓ। ਤੁਹਾਨੂੰ ਪ੍ਰਸ਼ੰਸਾ ਦੇ ਟੋਕਨ ਵਜੋਂ  
\$50 ਦਾ ਈ-ਗਿਫਟ ਕਾਰਡ ਮਿਲੇਗਾ।

**ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ:**

**For more information please contact:**  
Natalie Meisenburg [meisenno@mcmaster.ca](mailto:meisenno@mcmaster.ca)







# **PARTICIPANTS NEEDED FOR STUDY ON ANTI-ASIAN RACISM AGAINST INDIAN SOUTH ASIANS IN THE GTA**

Are you 18+?

Were you born in Canada OR have lived here for  
at least 10 years?

Do you have family who migrated from India?

Do you currently live in the GTA?

**YOU ARE ELIGIBLE TO PARTICIPATE!**

**You will participate in a 1:1 confidential 90 minute  
interview either online or in person and will receive a  
\$30 honorarium (in cash or a gift certificate to a store  
of your choosing) for your time!**

**PLEASE CONTACT Ritika Tanotra: [rtanotra@yorku.ca](mailto:rtanotra@yorku.ca) for  
more information**

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28,655 followers

6d • 🌐

Everyone benefits from diverse voices, backgrounds, and perspectives in Canadian workplaces.

Yet, Canadian Muslim women face unique ...see more

"Canadian Muslim women are making great strides in all fields and it's important to understand and address the multi-layered and complex employment barriers they face in getting where they want to be.

Let's give them the space and voice they deserve and ensure the Canadian workplace is truly diverse, equitable and inclusive for all"

**FIRDAUS ALI**

PROJECTS MANAGER,  
CANADIAN COUNCIL OF MUSLIM WOMEN

Canada

### **CCMW to launch its National Employment Study Report this Summer!**

CCMW will soon be launching the study report for its "Addressing Barriers to Employment for Muslim Women" Project funded by WAGE Canada (Project ASPIRE). This project aims for CCMW to have a better understanding and response to employment barriers Canadian Muslim women face through quantitative and qualitative data collection, analysis, and development of strategies and tools to address the barriers through the engagement of community partners, employers, and Canadian Muslim women themselves.

Based on quantitative and qualitative analysis, The ASPIRE Study led by Dr. Sarah Shah, aims to promote diversity, equity and inclusion in the workplace. The Study Report will be launched in May-June 2024, and include key findings and recommendations to reduce multi-layered and complex employment barriers Muslim women face.

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email [firdaus.ali@ccmw.com](mailto:firdaus.ali@ccmw.com) to receive a copy of the Report.

# WRITE TO THE CHILDREN OF GAZA

## WHAT WOULD YOU SAY?

Tell us what  
your ❤️'s  
been feeling.



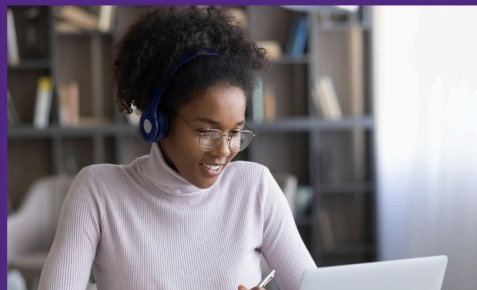
**ISLAMOPHOBIA.IO/PALESTINE**

### Write To The Children of Gaza

What would you tell a Palestinian child if you could? [Write to the Children of Gaza](#) is an online letter-writing campaign for Palestine on digital storytelling platform [islamophobia.io](https://islamophobia.io). It's your chance to express INSTANT digital solidarity with the Palestinian people in this ongoing genocide. If your heart is bleeding, say something to the children of Gaza OR anything about Palestine. Use poetry, reflection, observation, or any written form of expression. Your voice is activism + your letter creates public education on Palestine in our independent archive available worldwide. [Read](#) existing letters from around the world. [Follow](#) the campaign on IG.

### Scarborough Women's Centre

Scarborough Women's Centre is offering free webinars and in-person workshops in April. To view the whole schedule and register, please visit our website [here](#)



Epilepsy & Seizure First Aid  
**Public Education Workshop**  
Via Zoom  
Please email [leah@epilepsytoronto.org](mailto:leah@epilepsytoronto.org)




**CARE** CARE CENTRE FOR INTERNATIONALLY EDUCATED NURSES  
Supporting Nurses Back Into Practice

## APRIL 2024 WORKSHOPS

- APRIL 4 NETWORKING SKILLS WORKSHOP
- APRIL/MAY SIX SESSIONS RNCCAP PREPARATION COURSE
- APRIL 10 NEXT GENERATION NCLEX: MONTHLY E-LEARNING - STUDY GROUP PROGRAM
- APRIL 11 MEET THE EMPLOYER: SPECTRUM HEALTHCARE
- APRIL 12 COMMUNICATION: HEALTH TEACHING
- APRIL 16 DEMENTIA FOUNDATIONS TRAINING
- APRIL 25 CARE CENTRE'S INFORMATION SESSION

[www.care4nurses.org](http://www.care4nurses.org)



**CARE** CARE CENTRE FOR INTERNATIONALLY EDUCATED NURSES  
Supporting Nurses Back Into Practice

**Are you an Internationally Educated Nurse looking for Support in Ontario? CARE Centre can help!**

Join us to learn how CARE Centre for Internationally Educated Nurses can help you gain, and retain employment in Ontario.  
**RESERVE YOUR SPOT TODAY**

**LEARN ABOUT...**

- RNCCAP, CELBAN, REX-PN, CAS & NCLEX preparation
- One-on-one support
- Job shadowing, virtual mentoring, networking & professional development
- Employment strategy workshops, recruitment opportunities & employment referrals


**AND MUCH MORE!!**

**ONLINE INFORMATION SESSION & IN-PERSON INFORMATION SESSION**

- Toronto office
- Peel office
- Mississauga (new Dundas location)
- Hamilton office

**INFORMATION SESSION THURSDAY APRIL 25TH 1PM EST**

REGISTER FOR THE ONLINE OR IN-PERSON SESSION VIA OUR EVENT PAGE

SERVING: Hamilton, London, Peel, St. Catharines, Toronto, Windsor & online service across Ontario 

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CARE Centre for Internationally Educated Nurses (IENs) is a non-profit organization funded by the Ontario Government offering a variety of Professional Development workshops each month. Workshops focus on Nursing Skills, Effective Communication and Career Development, helping IENs connect with employers and thrive in different healthcare sectors serving diverse clients and cultures.

Join our upcoming information session in person at one of our offices or over Zoom, April 25 th at 1pm. Visit our website to find out more about becoming a STARS member [here](#)

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Immigration, Refugees  
and Citizenship CanadaImmigration, Réfugiés  
et Citoyenneté Canada

## Pre-Arrival Supports and Services (PASS)

### Your Journey To Nursing In Canada Starts Here



**Pre-Arrival Supports and Services (PASS)**, funded by Immigration, Refugees and Citizenship Canada (IRCC), is a project of CARE Centre for Internationally Educated Nurses (IENs), a bridge-training program funded by the Government of Ontario. **PASS** helps pre-arrival IENs in their countries of residence who are planning permanent immigration to Canada. **PASS** offers supports and services designed to shorten the time that IENs spend upon arrival in Canada to professional registration and employment. **PASS** is free for participants with proof of graduation from a nursing school and a letter of immigration confirmation from the Government of Canada.

#### **PASS** provides:

- ✚ Individual case management and guidance providing information and referrals for language, employment and settlement services
- ✚ Opportunities to connect with expert mentors through Canadian Nurses Association
- ✚ Links to CELBAN readiness self-assessment and resources
- ✚ Links to free IELTS resources
- ✚ Live webinars equipping IENs with knowledge and support for speedy and successful entry into the healthcare field, including pre-registration for access to non-licensed healthcare professions
- ✚ Live information and orientation webinars providing an overview of the nursing registration process and the Canadian healthcare system

#### Contact us:

✉ [passinfo@care4nurses.org](mailto:passinfo@care4nurses.org)

☎ 416-226-2800

📍 365 Bloor Street East, Suite 1901, Toronto, ON. M4W 3L4



- ✚ Online courses providing nursing occupation-specific English language and communication training

**CARE** CENTRE FOR  
INTERNATIONALLY  
EDUCATED NURSES

Supporting Nurses Back into Practice

[www.pass4nurses.org](http://www.pass4nurses.org)

### Are you an Internationally Educated Nurse (IEN) Accepted for Immigration to Canada?

CARE Centre for IENs offers a pre-arrival program for nurses still outside of Canada, free for participants through funding from Immigration, Refugees and Citizenship Canada. The Pre-Arrival Supports and Services (PASS) Program offers case management, informational webinars, insight into the Canadian healthcare system, access to nurse mentors and diverse supports designed to help nurses navigate the nursing assessment and registration process in their province of destination, and prepare them to launch their Canadian nursing careers.

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**Parminder,**  
Breast Cancer Survivor  
with her daughter, **Anjali**

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in her right breast. After weeks of exploration and tests, she was diagnosed with breast cancer.

With your help, we can know more about breast cancer. And that helps us detect it earlier and treat it better for patients like Parminder.

This Mother's Day, join Breast Cancer Canada on Sunday May 12th in Mississauga. Or participate virtually by organizing a walk in your own neighborhood.

Take your first step and get started today:

**[mothersdaywalk.ca](https://mothersdaywalk.ca)**

Breast  
Cancer  
Canada



WALK-A-THON  
to Mother's Day



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**Every Thursday**  
9:30 am–12:30 pm



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



**FREE!**  
Mingle with the friendly group  
and form relationships in-  
person and online!

### THE ACTIVITIES

- Chair Yoga
- Memory Quizzes and Games (Bingo)
- Dance, Singing, Drawing, Drama and many other Programs
- Helpful Discussions for Seniors
- Cooking, Delicious food and snacks

**AGES 55+**

**REGISTER NOW**

416-847-4172

Zoom ID: 918 584 6813  
No Password

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# Substance Abuse PREVENTION PROGRAMS

VASANTHAM OFFERS  
FREE COUNSELLING  
SERVICES FOR  
SUBSTANCE RELATED  
ISSUES



## PROGRAMS OFFERED

- Tamil & South Asian (English) Alcohol Addiction Groups - Ages 16+
- Individual and family counselling

\*\*\*

போதை தொடர்பான  
பிரச்சினைகளுக்கு  
வசந்தம் இலவச  
ஆலோசனை  
சேவைகளை  
வழங்குகிறது



## WE ARE LOCATED AT

2660 - Eglinton Ave E, Suite L08  
Scarborough, ON  
M1K 2S3



## TO JOIN OR FOR MORE INFORMATION

Call 416-847-4172 or Email  
info@vasantham.ca

FUNDED BY HEALTH CANADA



# VASANTHAM TAMIL HEALTH & WELLNESS CENTER

## ABOUT VASANTHAM

Vasantham endeavors to empower the Tamil Community to maintain and promote health and well being through a holistic and person-centered framework.

## SERVICES AVAILABLE

### Addiction

### Seniors

- Weekly Program
- Elder abuse, research, and services
- Information and referral
- Computer Literacy

- Health Canada Program - Group and Individual counselling 16+ South Asians (Tamil/ English)
- Scarborough Addiction Program
  - Case Management
  - Group
  - Psychotherapy

### Mental Health

- Mental Health and Gambling
  - Program for Youth
  - Gambling Program (individual/ family)
  - Community Education

## CONTACT US

☎ (416)-847-4172 ✉ [info@vasantham.ca](mailto:info@vasantham.ca) 📍 2660 Eglinton Ave E Scarborough, Ontario M1K 2S3



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Hard to Stop Drinking?

## விடுதலை (VIDUTHALAI)

SCARBOROUGH ADDICTION SUPPORT PROGRAM

குடிப்பழக்கம் தொடர்பான  
தமிழ்ச் சேவைகள்

WE OFFER ALCOHOL AND SUBSTANCE  
ABUSE RECOVERY PROGRAMS IN  
TAMIL

தனிநபர் வழிநடத்தல்  
CASE MANAGEMENT SERVICES



• குழு வழிநடத்தல்  
Group Therapy



• தனியான  
ஆற்றுப்படுத்தல்  
In-depth Counselling

• சமூகக் கல்வியூட்டல்  
Public Education  
Services

## CONTACT US

REGISTRATION:

CALL: 416-847-4172

EMAIL:

INFO@VASANTHAM.CA

VISIT: 2660 EGLINTON  
AVENUE EAST,  
SCARBOROUGH, ON, M1K  
2S3

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WELLNESS CENTRE  
PRESENTS...

# YOGA CLASSES

SUBSIDIZED RATE \$15/MONTH



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

RELIEVE STRESS AND  
ACHIEVE INNER  
PEACE WITH  
PROFESSIONAL LED  
YOGA!

AGES 16+ DRESS  
CODE: WHITE TOPS &  
BLACK PANTS

**Walk-in accepted**

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

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## Youth Leaders in Health and Well-Being Program

at 2660 Eglinton Ave E, Scarborough,  
Ontario, M1K 2S3

**South Asian Youth  
ages 15+ come  
together to have a fun  
learning experience  
by bringing  
awareness of different  
factors affecting  
youth and build  
prevention and  
leadership strategies  
for yourself or those  
around you.**



**Food and Beverages will be  
available for all 6 sessions!**

**Group 2 starting: Feb 15th, 2024**

**Time: 4.30p.m.-6.00p.m.**

**High school volunteer hours  
and leadership certificate  
provided!**

**Please Register by Email  
[info@vasantham.ca](mailto:info@vasantham.ca)**

Contact Vasantham at (416)-847-4172



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**FUN!**

# LET'S MOVE, WILLOWDALE

**COMMUNITY MOVE-A-THON & BBQ**

**\$25/PERSON (13+)  
\$10/CHILD**

**\$60/FAMILY INCLUDES LUNCH FOR 2 ADULTS/2 KIDS**

**BBQ ONLY \$10/PERSON**

**SUPPORT YOUR NEIGHBOURS**

**MEET NEIGHBOURS  
4KM WALK/RUN - 8KM RIDE  
LIVE MUSIC & DANCE  
DELICIOUS FOOD  
ACTIVITIES, PRIZES & MORE!**

**SAT. MAY 4 • HENDON PARK**  
**11AM MOVE-A-THON • 12PM BBQ**

**REGISTER TODAY!**  
[neighbourlink.org/letsmove](http://neighbourlink.org/letsmove)

**WE love WILLOWDALE** **NeighbourLink NORTH YORK** **nysc North York SENIORS CENTRE**

### Let's Move Willowdale

Spring is here! Join NeighbourLink North York for their 3rd Let's Move, Willowdale Move-a-thon & BBQ in partnership with the North York Seniors Centre (NYSC) on Saturday, May 4th!

The fun starts at Hendon Park (near Finch station) at 11am with a walk, run and ride along the Finch Hydro Corridor with friends, family and neighbours.

Following the Move-a-thon there will be a BBQ beginning at 12pm with delicious food, entertainment, kids activities, crafts, science experiments, caricature artists, face painting prizes and much more!

For more details and registration visit [www.neighbourlink.org/letsmove](http://www.neighbourlink.org/letsmove)

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All funds raised will go towards NeighbourLink and the North York Seniors Centre's programs that alleviate social isolation for the most vulnerable in our community.



# YOUTH MICRO-GRANT PROGRAM 2024-2025



## Our Program Offers

- 1 GRANTS UP TO \$2,000 FOR VOLUNTEER LED SERVICE PROJECTS
- 2 MENTORSHIP FROM EXPERT PROJECT ADVISORS
- 3 ACCESS TO SKILL BUILDING WORKSHOPS/OPPORTUNITIES
- 4 AND MANY OTHER RESOURCES



### ELIGIBILITY

- Must be between the ages of 15-30 at the time of application
- Must be a Canadian Citizen, Permanent Resident, or have Granted Refugee Status



### OPPORTUNITY TO APPLY

Application Open: May 1, 2024  
Application Deadline: June 30, 2024



### BENEFITS

Youth are able to get a head start on their community project ideas with financial aid and expert support

📞 416-840-4425    📍 3031 Markham Rd Unit 27 Scarborough ON M1X 1L9    ✉️ youth@fcccanada.org





## In the News

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[Quebecers plead with province to let their loved ones in through family reunification](#)

Sidani is one of over 38,000 Quebecers waiting for a loved one to enter the country through the family reunification program, according to Québec Réunifié.

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to increase: there were 143,785 in 2023 compared to 91,730 in 2022.

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### [Canada Broadens Assisted Exits From Haiti](#)

As the security situation in Haiti remains extremely volatile, and the Port-au-Prince airport remains closed, the Government of Canada continues to take action to protect the safety and security of Canadians in Haiti.

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### [Canada needs a comprehensive, national plan for refugee claimant housing](#)

With emergency shelters overwhelmed, and alarming headlines telling of refugee claimants sleeping on the streets in Toronto and other major Canadian cities, this is a problem that can no longer be ignored.

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### [Permanent immigration levels 'in the right place': Fraser](#)

Housing Minister and former immigration minister Sean Fraser says Canada's permanent residency numbers are "in the right place."

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### [International student numbers could be restricted further, immigration minister says in Halifax](#)

The federal government is not ruling out further restrictions on international students as it works to stabilize Canada's housing shortage.

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### [Ford wants '100 per cent' Ontario students at med schools in province](#)

Premier Doug Ford says he wants all spots in Ontario medical schools to be reserved for students from the province.

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### [Canadian community groups take hate-reporting data collection into their own hands](#)

Non-profits across Canada collect data on hate incidents, but without a centralized home and process, this essential data can't inform national policies

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### [Ex-foreign minister Peter MacKay decries 'ludicrous' bureaucratic hurdles for Palestinians trying to flee Gaza](#)

Canadian citizens and permanent residents with family members trapped in Gaza met privately with Immigration Minister Marc Miller this week to press for changes to the special immigration program they say has so far failed them.

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### [Is there a better place to put refugees than hotels? The push for a national asylum plan](#)

Asylum seekers are sleeping on the pavement in downtown Toronto. An encampment spreads

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[As more pregnant people face homelessness in Hamilton, YWCA pitches new facility to offer shelter and care](#)

At the height of the pandemic, YWCA Hamilton staff were encountering women experiencing homelessness who were pregnant but going without prenatal care late into their pregnancy, or not at all.

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['Time is blood in Gaza,' says Palestinian Montrealer urging Canada to get relatives out](#)

The spring breeze had faded, making way for an early-April snowstorm strong enough to wipe out power across much of the province.



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