



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

## ECO-JOURNAL

March 2022

### News from ASEQ-EHAQ

Dear friends,

The passing of Sophia has been very hard on all of us. In this very difficult time, we want you to know that we are here for you. If you are struggling and are not comfortable reaching out to us, we encourage you to talk to someone you trust or contact Wellness Together Canada for free and confidential support: 1-866-585-0445

We have to get even more active to demand change and housing across Canada. There is an action prepared to reach federal and provincial decision makers. You can also send the same text to local representatives. [You can access the letter campaign by clicking here.](#) Share this widely and even with groups that are not related to multiple chemical sensitivities (MCS). We are all exposed to chemicals, to increased chronic conditions, to injustice, to marginalization, and we have to come together as a global family and say this has to stop, and the injured have to be cared for. Let us get together for our MCS family, for future generations and for our continued existence on this planet.

The damning report on MCS from the National Institute of Public Health Quebec (INSPQ) still continues to be a diabolical threat to our community. If you have sent in a letter, thank you! Now please post it on your social media and ask friends and family to send the letter. [Click here to access the letter.](#) [Click here to view details of the INSPQ report on our website.](#)

We are trying to incorporate more voices of people experiencing MCS in our projects and programs. Educating, supporting, and providing resources towards accessible housing and other resources are critical and must include diverse voices so that we can find out what is needed and address these needs as efficiently as possible.

We are putting out a call for a committee in order to advise the association, and are in the process of forming a committee to advise ASEQ-EHAQ during our coming programs





and projects. We are looking for a group of 5-10 people with environmental sensitivities who would be interested in meeting once per month in this capacity. The meetings will be around one hour long, and we will be accommodating should you need to miss a meeting due to health challenges.

If you are interested, we encourage you to reach out to [office@aseq-ehaq.ca](mailto:office@aseq-ehaq.ca) with the subject line, 'Interested Committee Member'. Please include a little information about yourself and why you would like to be a part of this committee (about 4 sentences would be enough). We look forward to working with you moving forward.

In solidarity,

*Rohini Peris, President*

*Michel Gaudet, Executive Director*