

## News from ASEQ-EHAQ

Dear friends,

Happy April! We hope that you are doing well as it gets warmer and we make our way through spring!

The past month has been very eventful with a great turnout to our AGM and the amazing talk by Dr. Ellie Stein. Dr. Stein has a great deal of experience working as a psychiatrist with people experiencing Multiple Chemical Sensitivity (MCS) and made it clear that her experience contests the conclusion of the INSPQ report on MCS. According to Dr. Stein, MCS is not caused due to anxiety, but in fact chemicals have an important role in causation. We will be posting the recording from this amazing talk shortly. We are very grateful that Dr. Stein spoke at our event and we look forward to hosting more events like this one!

We are putting out the last call for people to participate in the committee to advise the association. This committee will be around 5-10 people with MCS who are interested in meeting once per month in this capacity. Meetings will be one hour long and will be accommodating if you need to miss a meeting due to health challenges.

If you are interested, we encourage you to reach out to us by email at [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 are looking forward to working with you!

This committee will play an important role in advancing our new project that is underway: "Hand in Hand Across Quebec". This project will help to build up our community, through sharing knowledge and developing skills and will work towards reducing isolation for seniors and others with this chronic condition across Canada.





With all of the amazing work that went on in the past month, there were also challenges. The INSPQ report is still up on their website and is starting to be used in research and legislation across the world. We must work together and continue spreading the INSPQ action to get this report taken down for good.

[Click here to sign the letter.](#)

Housing for people with MCS is another need that must be addressed as soon as possible. This urgent need must be addressed by those in charge, and in order to make our voices heard, we must come together and act as one to advance this need for housing. Click the link below to contact decision makers across Canada so they will act to ensure that healthy affordable housing is available for this disability across the country.

[Click here to sign the letter.](#)

We look forward to continuing to work together in friendship and community for the rights and protections of people with environmental sensitivities/MCS. As always, thank you for your support and participation, and we wish you all the best for the month of April.

Until next time, take care and be well,

*Rohini Peris, President*

*Michel Gaudet, Executive Director*