



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

ECO-JOURNAL

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News from ASEQ-EHAQ

Hello everyone!

We hope you are all doing well and enjoying the warmer weather!

We hope that you participated in the events in May for Education and Awareness on Multiple Chemical Sensitivities. Every week we released a few videos in a series on Eco Living, and pointed people to our [Eco Living Guide](#). Now you can watch and share all these videos which were developed to share with others so that they could learn healthier ways to live, so that people with MCS could experience inclusion and accessibility. To view the videos, click on the links below for either English or French:

English: <https://aseq-ehaq.ca/en/video-resources>

French: <https://aseq-ehaq.ca/resources-video>

Important Update on our Actions: Over the past 7 months, **1014 people** have taken action to demand the INSPQ report is taken down from their site.

In the past 3 months, **506 people** have used the action to demand housing for people experiencing MCS across Canada.

We appreciate everyone who has sent a letter and encourage those who have not yet submitted a letter to take action now! The links to the actions are below:

INSPQ: <https://aseq-ehaq.ca/en/action/>

Housing: <https://aseq-ehaq.ca/en/housing-for-mcs/>

Unfortunately, we cannot carry on funding these actions, so the last day to use them to contact the government, will be **June 18. Be sure to send a letter before then, and copy and paste the letters to a document so that you can send them to the officials even after the forms are no longer on our website.**



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For the upcoming month we have 2 new events from the '**Hand in Hand**' project:

June 8 at 7PM will be the first event "**How to be an advocate**" where we will discuss best practices for contacting officials, and how to make a difference. To register click the following link: https://us02web.zoom.us/webinar/register/WN_y2pKAXE-RTmDkWft0Cf9pA

June 20 at 7PM we will host "**Q and A with Dr. John Molot**". After our event with him last month many people had additional questions that didn't have a chance to be answered. This event will allow people to ask their questions and learn a bit more about the Top 10 myths about MCS. To register click the following link: <https://us02web.zoom.us/meeting/register/tZltdOCvrjotGtBeaYh9QPEVWZHCJWhs0X1j>

As always, we encourage you to take part in our **Your Voice Matters** project by writing down what is important for you to share with others about your experiences due to living with MCS. This can be shared anonymously or with your name attached. Read about some of the past submissions to this project here: <https://aseq-ehaq.ca/en/your-voice-matters/>

Have a wonderful month of June.

Take care and be well!

Rohini Peris, President

Michel Gaudet, Executive Director