



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

ECO-JOURNAL

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News from ASEQ-EHAQ

Dear friends and members,

As we leave the year 2022 behind and walk into 2023, we wish every one of you a wonderful year, filled with health, joy, and peace. It will be a very busy year ahead, so we wish you the strength and determination to participate in the events of 2023 and be part of the change we need to see happen. We cannot do this without you.

We also carry with us all the events of 2022: some very sad, some extremely good, and some horrid (the National Institute of Public Health Québec (INSPQ) [report on Multiple Chemical Sensitivity \(MCS\)](#)), and we will use all of these experiences to grow, improve ourselves and be our best for our MCS community. We cannot do all this effectively without you.

Over this new year, please consider:

- Becoming a member of the Association if you are not one already. Not sure? Contact us!
- Sharing with family, friends, and your social media: our websites ([we have 4](#)), newsletters, emails, and social media (Facebook, Twitter, Instagram, LinkedIn and TikTok)
- Attend our events, and encourage family and friends to join
- Volunteer where possible (we are mindful of your health condition and won't ask much of you)
- Share your story on [Your Voice Matters](#)
- The housing project is being worked on again: do you have writing skills?
- Tell us what needs to be improved; we're listening!



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The events in the month of January are:

- Income tax for the MCS Community event. The event in English will be held on January 18, 2023, from 6 – 7:30 pm. [Click here to register](#)
- Income tax for the MCS Community event. The event in French will be held on January 19, 2023, from 6 – 7:30 pm. [Click here to register](#)
- Wellness hour events – To be announced
- Training webinar/s on MCS for the ECRoB project (Empowering Community and Removal of Barriers), to be announced.
- Last Friday of every month: [Open House for everyone via Zoom](#).

As always, we wish you our very best for the month of January, and for the rest of 2023.

Take care, and be well.

The ASEQ-EHAQ Team