



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

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News from ASEQ-EHAQ

Hello to all members and friends,

The month of May is here, our month for Multiple Chemical Sensitivity (MCS) education, awareness, acknowledgement, advocacy, and action. It is a time to take our place on the planet, our right to be here, and our right to be accommodated for inclusion and accessibility. We also need the general public and decision-makers to recognize and value the lifestyle of people who experience MCS. Our product choices and daily living solutions are planet and health-friendly. More than 1.1 million people in Canada, and millions worldwide, have MCS and are living healthy lives, all contributing to our planet's health. We don't just talk about it. We do it! So, let's own it.

We are here because of you, and the work we do is for you. For the month of May and beyond, we need to hear from you. Your thoughts, and your brilliant messages for change, inclusion, accessibility, support, or acknowledgement that come through you that are so unique because of your experiences. Let us be your channel to get your messages out to the world. We have created a [Google form](#), where you can enter your messages whenever you think of them, and we can post them anonymously, or with your name if you so request it. We will do this through our marketing and social media platforms. We look forward to working with you.



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Here is the link to participate: <https://forms.gle/YXduzX9Jh33mr6aNA>. Please share it on your social media and with other groups and Facebook groups.

One of the actions for the month of May is the release of a short survey for you to participate in a qualitative study on MCS, related to the impact of the actions taken for COVID-19. This will be open for a short period of time, so please register to be on the list and participate in the study. **[You will find the survey here](#)**, or by visiting **[our webpage](#)**. If you have any problems accessing the survey, contact us at ASEQ-EHAQ, and we will help you with the process.

We are holding a workshop on MCS awareness and inclusion for disability groups, on the following dates in May: 10, 17 and 24. The workshop will be presented in French in the morning from 10:30 am to noon, and in English in the afternoon from 2:00 to 3:30 pm. Here is the link to register for any of the dates: <https://forms.gle/M8xC1AUxczqQwcMAA>

Every other Monday evening, we have a one-hour bilingual wellness event, chair yoga, taught by Julie Piette. The event is held from 7:00 to 8:00 pm. For the month of May, the dates are the 8th and 22nd. Feel free to invite friends and family. All are welcome; there is no charge. Here is the link to register:

https://us02web.zoom.us/meeting/register/tZcqcequrDsuE9V_FDHa6-DY6KISIKxkCVYT

On May 12, Niagara Falls will be lit in the MCS colours of green and yellow, and the CN Tower in Toronto will also do the same for the second 30 minutes of every hour. The lights will be visible when the sky darkens approximately 30 minutes after sunset.

Stay tuned for social media messaging and an event on May 12. Also, don't forget about our Open House on the last Friday of every month, from 3:30



to 4:30 pm (French from 2:30 to 3:30 pm). It is a time for open discussion, when great ideas are born – count on us to bring your ideas to light!

Here's to all the people who are experiencing MCS, who have developed an inner strength and who are stewards of the change we must see happen for health in this present-day environment. This is our month.

As always, in health and solidarity.

Be well!

The Team at ASEQ-EHAQ