



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

ECO-JOURNAL

January 2024

News from ASEQ-EHAQ

Dear members and friends,

We at ASEQ-EHAQ wish you a healthy, happy, and peaceful 2024. May this year be busy creating wonderful memories and infinite possibilities for education, awareness, and change! As we leave 2023 behind, we are excited to carry our work forward into the New Year.

Looking back on 2023

In 2023, we had an extremely busy and productive year filled with successful encounters. We will list only the key items in this newsletter. We secured a project funded in part by the Government of Canada's Social Development Partnerships Program – Disability Component. Through the Empowering Community and Removal of Barriers (ECRoB) project, we engaged with you in focus groups, created committees, held workshops and events, and reached across Canada to educate on multiple chemical sensitivity (MCS) and accommodation measures. In this process, we built ties with groups from different disciplines, including disability, legal, medical, health, environmental, and indigenous communities. We spoke about MCS at every opportunity and created awareness for the cause.

This coming year, we will carry that work forward by partnering with important groups, presenting legal workshops on the rights of people with MCS, along with lawyers, and the Human Rights Commissions across Canada, and sometimes [collaborating with Law Societies](#). We presented workshops in the Atlantic Provinces and are now preparing to hold [legal workshops](#) in British Columbia, Québec, Manitoba, Saskatchewan, the territories, Alberta and Ontario. In January 2024, we will have [workshops for medical doctors](#). We hope you will



514-332-4320



bureau@aseq-ehaq.ca
office@aseq-ehaq.ca



contact your medical professionals and invite them to attend this workshop. For inclusion, we are having this workshop for three days.

In 2023, through the ECRoB project, we gave 55 workshops across Canada, reaching out to close to 3000 people who represented different organizations, institutions, and governments. We have reached hundreds of thousands of people via social media and have had half a million visitors on our website. [To read our 8-month report, click here.](#)

We partnered with several scientists and researchers from different universities, including medical doctors and other professionals and launched an [indoor air quality research project](#) to compare the air quality in buildings with and without scent-free policies. The results of this research will lead to the next generation of standards for access to the built environment. This project is funded in part by Accessible Standards Canada, Government of Canada.

We also started the Environmental Health Association of Canada, which was funded in part by the Government of Canada's Social Development Partnerships Program – Disability (SDDP-D). [Please visit the website](#) and become a member. We are so much stronger when we get together!

We responded to several public consultations on chemicals of concern and shared information with our community so that you, too, could participate. We also launched a [qualitative research study](#) on the impacts of COVID-19 health measures on the quality of life of people with MCS, with ethics approval from Women's College Hospital, and we have a [research paper](#) in a scientific journal that is currently being reviewed for publication.

To summarize 2023: The year was a whirlwind of activity, dizzying, unique, opening doors and minds, presenting MCS and simple ideas for lasting change – and more importantly, these ideas were well received, and the acceptance for change was measured through surveys and polls. Our heartfelt thanks go out to the Government of Canada, whose support helped us to make this possible.



Last but not least, we sincerely thank you, our members and friends, who have shown up for events, workshops, focus groups, and open houses and participated, guided, and helped us through this process of education and awareness for change.

In the future, with you, hand in hand

Now, we are ready to go forward, our energy renewed after the holidays, and we are to do everything we can to create change for inclusion and accessibility for MCS. We cannot and should not venture forward without your participation.

Here are a few dates to keep in mind.

- **January 17, 2024, is the deadline to respond with your comments on the Emergency Measures Standard.** If you are interested in participating, don't hesitate to get in touch with anais.lemoine@ehac-aseq.ca
- **Medical events are January 22, 24, and 26.** Please get in touch with your healthcare professionals and request them to join.
- **Legal events:** Please visit this page and share province-specific information.

Please take part in our surveys

Eco Living Guide

ASEQ-EHAQ website: [With MCS](#) / [Without MCS](#)

Canada MCS Group

We will also be contacting you with surveys and focus group invitations in the coming days. We are working for you, and your participation in these events is necessary and very appreciated.

On behalf of the board, and the entire team of both the Québec and Canada groups, please accept our best wishes to you for an excellent, healthy 2024!

To your health!

Rohini Peris, President & CEO
Michel Gaudet, Executive Director