



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

ECO-JOURNAL

October 2024

News from ASEQ-EHAQ

Dear members and friends,

We hope that you are doing well, and that you had a good summer.

At ASEQ-EHAQ we are ready to move forward after a brief vacation in August.

We are excited to let you know that the Empowering Community and Removal of Barriers (ECRoB) project has been extended to the end of August 2025! This is great news for our community. As we get ready to make the upcoming months meaningful for you, here are a couple of items where we depend on your valuable participation.

Survey: Impact - Healthcare Experiences and Emergency Care on MCS

Over the years, and more so recently, we have heard stories of the negative impact of healthcare experiences and also during emergency care for people with multiple chemical sensitivity (MCS). As you may know, we are busy working to bring your sharing with us during focus groups into the literature on MCS by publishing our work – both during the ECRoB project and the Air Quality research. Like we have always said: we work for you and because of you. To get back to health care, your stories prompted us to release a survey titled “Impact of MCS on Healthcare Experiences and Emergency Care”. We are requesting you to please take the time to fill out this survey, and share it widely in your MCS networks. [Here is the link to the survey.](#)

Join us for a focus group

We are pleased to invite you to participate in an upcoming focus group discussion as part of our initiative to develop fresh content for our podcast, social media, and video platforms. The focus group will delve into the topic of exposure—how it feels





and its impact on daily life. To help us plan effectively, we kindly ask you to [complete a brief survey](#) to share your thoughts and guide the discussion. We are hosting the focus group on October 15th at 2:00 PM for English speakers and October 16th at 2:00 PM for French speakers. Please indicate your availability by filling out the survey or replying to this email. Your participation is invaluable, and we look forward to your insights in shaping this important conversation.

That sentence that describes MCS most effectively...

As you go about your daily lives, we know many thoughts arise as a result of a lack of accessibility, discrimination, exposures, and challenges that you face. Share your thoughts with us, and one of them—or several—could become the poster message for MCS. Ready to give it a try? We can't wait to hear from you. Please send your messages to: office@aseq-ehaq.ca

November event

Mark the date on your calendar! November 21 from 1:30 pm to 4:30 pm EST is our national event on the legal aspect of MCS. We have great speakers, and an engaging agenda lined up, and we will share details as soon as possible. In the meantime, we encourage you to register for the event by [clicking here](#).

We hope you have enjoyed reading this newsletter, and we encourage you to participate in the surveys and focus groups mentioned above. Wishing you a wonderful September, filled with the vibrant colours that only fall can bring!

Yours in health,

Rohini Peris, President and CEO
Michel Gaudet, Executive director