

On the Frontlines

News from EHAC and ASEQ

Dear members and friends,

Welcome to the November Edition of *Eco-Journal*!

A warm hello to each of you! November has arrived, and with it a season of both reflection and momentum.

We are anticipating important news very soon regarding the major research applications we submitted, including our genomics proposal and national accessibility standards work. At the same time, we are preparing to launch the next phase of the [ECRoB](#) project, which will continue through the end of 2027. This is a major step forward — and your participation matters more than ever.

There is so much meaningful work ahead, and we invite you to walk alongside us.

International Spotlight — The IMCSC

The Environmental Health Association of Canada is proud to convene the **International Multiple Chemical Sensitivity Consortium (IMCSC)** — a growing global alliance of researchers, advocates, clinicians, and people with lived experience working together to advance recognition, protection, and rights for people with MCS worldwide. Through shared knowledge and coordinated action across countries, we are building a united voice for global change. Click [here](#) to view the webpage.

Pamphlets and Fact Sheets

Want to learn more about MCS itself, as well as helpful tips? A number of pamphlets and fact sheets are now available — both for viewing and for printing. Feel free to access them [here](#).

We have also created small cards with QR codes that link directly to this page. If you would like us to print cards for you, please let us know; you are welcome to print them yourself.

What's Coming Up? Stay Connected

Community Gathering: December Celebration

We are preparing a special online holiday gathering on **December 5, from 6:00 to 7:30 PM EST**— a moment of joy, gratitude, connection, and light before the year ends. All are welcome! [Register here](#)

Indoor Air Quality Webinars

We are continuing with our four-part virtual series dedicated to the connection between indoor air quality and accessibility. If you missed the earlier sessions, you can watch all of them [here](#). Feel free to register for the next live session!

Evidence-Based and Inclusive Strategies to Improve Indoor Air Quality

Nov. 28, 2025 | 1:00 PM - 2:15 PM ET

The third session will share proven strategies for making indoor air healthier and more accessible, with insights from both researchers and community voices on what works and what's next.

[Register here](#)

Bringing It All Together: Insights, Reflections & Next Steps

Jan. 3, 2026 | 1:00 PM - 3:00 PM ET

The final webinar will wrap up the series by summarizing key insights from earlier sessions and showing how they connect. It will also feature a panel discussion with space for questions, comments, and active participant engagement.

[Register here](#)

New Website Update: Statistics Now Published

We've added a new [Statistics page](#) with key data on MCS. It offers clear data showing how many people are affected, how their daily lives are impacted, and why awareness matters. Whether you're personally affected or simply want to learn more, this resource is a valuable starting point. We would love to hear your thoughts — do these numbers reflect your reality?

In the Media — La Presse

We invite you to read an article from La Presse titled "[Avez-vous pensé à votre charge odorante aujourd'hui?](#)". An English translation can be viewed [here](#). If this coverage concerns you, you can take action. Visit our [webpage](#) to read our letters of objection to La Presse and



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add your voice to the growing number of people who have already written to express their concerns.

Gentle Yoga for Our Community

Have you tried our free gentle online yoga sessions? Held every two weeks, they are designed specifically for people with MCS — calming, accessible, and welcoming, from the comfort of your home. You are more than welcome to invite friends and family.

[Register here](#)

Would you like to join our Disability Advisory Committee?

Simply [write](#) to us — we would love to hear from you.

Tell your Story

[Your experience matters](#). Whether anonymous or named (your choice!), we'd be honoured to feature your story on our platforms. When stories are shared, they make a difference.

Wishing you warmth in your homes this November, and a heart full of light and hope as we move toward the holiday season and the close of this year.

Take good care and be well,

Rohini Peris, *President & CEO*

Michel Gaudet, *Executive Director*