

On the Frontlines

Dear members and friends,

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

As December arrives and the winter season settles in, it's a moment to pause, reflect, and embrace the spirit of the holidays. This month, our focus turns to wellness, resilience, and mindful living - with special care for those navigating the unique challenges of Multiple Chemical Sensitivity (MCS).

We are pleased to share an important update: the **ECRoB project has been extended until November 2027**. This extension allows us to continue deepening our research, strengthening community engagement, and advancing inclusive, evidence-based solutions.

We extend our sincere thanks to the **Government of Canada** for its confidence in our work. And to **you - our community and our partners - we offer our heartfelt gratitude** for your continued participation, guidance, and trust. Your lived experience informs every step we take, and your commitment is at the heart of this project's success.

Below you'll find useful information to support your personal knowledge and advocacy, updates on actions where your involvement can make a real difference (because when we act together, change becomes possible), and details on upcoming events.

Happy reading!

Useful information

- [Pamphlets and Fact Sheets](#)
- Webinars 1 and 2 - Accessible Air in the Built Environment - [Videos](#)
- [Statistics MCS](#)

Take part in ongoing Actions - Let your voice be heard

1. [The American Medical Association Recognizes Fragrance Sensitivity and MCS](#)

The American Medical Association has adopted a landmark policy recognizing fragrance sensitivity and multiple chemical sensitivity (MCS) as conditions that may substantially limit major life activities. Discover how this shift advances fragrance-free policy and environmental health protections.

2. [Major Step Forward for MCS Recognition — Now Let's Keep Going](#)

A major milestone in the fight for recognition: this article highlights how fragrance-free environments are essential accessibility measures for people with MCS. Now the work continues — your voice and advocacy matter.

3. [CBC/Radio Canada Segment on Fragrance-Free Policies: Why Your Voice Is Needed Again](#)

A recent article and TV segment misrepresented MCS, causing many in our community to feel dismissed and stigmatized. Read how your advocacy made a difference, and how you can continue taking action to support respectful, accurate media representation. To document impacts and strengthen our efforts to advocate for informed, respectful media representation, we invite you to complete a short survey: <https://forms.gle/bfSxtgMYJzZWUrEyZ>

Upcoming Events

Join Us for the 2025 MCS Community Holiday Celebration

Thursday, December 5 | 6:00–7:30 PM ET

We're thrilled to invite you to our 2025 Holiday Celebration, an online gathering designed especially for the MCS community. This welcoming event will include fun and interactive games, virtual prizes, and plenty of opportunities to connect with others who understand your experiences.



This celebration is a chance to reflect on the year, share stories, and end 2025 with warmth, laughter, and hope. Everyone is welcome, so [register today](#) to be part of the festivities!

Voices of Resilience – Replay & Reconnect

January 23, 2026 | 6:30–7:45 PM ET | Online via Zoom

Building on the *Resilience: An International Conference on MCS*, join us for a 75-minute session featuring replayed talks, discussion, and updates on global MCS advocacy.

Hear from **Kenichi Azuma, PhD**, on MCS and brain activation, and **Kentaro Watai, PhD**, on gut imbalance and MCS recognition. Whether you attended the 2025 conference or are new, reconnect, learn, and take action—[sign up here!](#)

Accessibility to the Built Environment - Research project, funded by Accessibility Standards Canada

Please note that the dates for our Indoor Air Quality (IAQ) Webinar Series have changed.

Webinar 3, initially scheduled for November 28, 2025, was cancelled due to unavoidable circumstances.

We invite you to register for the upcoming sessions to reserve your space:

Webinar 3 – Evidence-based and inclusive strategies to improve IAQ

January 30, 2026

1:00 – 2:15 PM ET

The series of webinars continues with a third webinar, presenting emerging solutions to improve indoor air and accessibility. Focus group findings will highlight the most frequently discussed solutions by study participants (individuals with disabilities), and the quantitative dimension will offer evidence-based solutions.

Register: <https://us02web.zoom.us/meeting/register/d0fg9QB8Tr2b7htnrbTa-g>

Webinar 4 – Bringing It All Together: Insights, Reflections & Next Steps

February 27, 2026

1:00 – 3:00 PM ET

To conclude this series, the final webinar will provide an overview of past webinars, summarizing the findings and their interconnections. The second part of the webinar will host a panel discussion and open the floor to questions, comments, and welcome participant inclusion.

Register: <https://us02web.zoom.us/meeting/register/4qzISea8TxSdQa3aRuUjTw>

Conference - Indoor Air Quality: Bridging Science and Inclusion

With support from Accessibility Standards Canada, the Environmental Health Association of Quebec is pleased to invite you to its web conference, which brings together science, policy, and lived experiences to address the critical issue of indoor air quality in the built environment. Based on its findings from the national research project, “Accessible Indoor Air in the Built Environment,” the conference aims to delve into the characteristics and causes of poor indoor air quality, the resulting impacts, and engage in open dialogue with stakeholders on how to improve indoor air quality and accessibility.

Date: March 20, 2026

Location: Online via Zoom

Hours: 1.00 PM – 4.30 PM ET

Duration: 3 ½ hours

Registration: <https://us02web.zoom.us/meeting/register/z7Evf-JQRo6EcX0LLTpbsQ>

Simultaneous translation, ASL, LSQ and Zoom captioning

Our Warmest Wishes to You

As we come to the close of 2025 and look toward a new year, we want to extend our heartfelt gratitude for being part of our community. This year has been filled with growth, learning, and



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moments that reminded us of the strength we share when we come together. Your presence - your participation, your insights, your courage - has helped us build a more connected and compassionate network across Canada.

As 2026 begins, we carry forward our collective resilience, our hope, and our commitment to creating safer, healthier, and more inclusive spaces for everyone living with multiple chemical sensitivity.

May this season bring you warmth, gentleness, and moments of joy. May you feel supported, seen, and encouraged as we step into the year ahead - together.

Take care, and may the coming month bring joy and health.

Warmest wishes on behalf of our outstanding Teams at the Environmental Health Associations of Canada and Québec,

Rohini Peris, *President & CEO*

Michel Gaudet, *Executive Director*