ASEQ - EHAQ

ECO-JOURNAL

November 2026

EHAC • ASEC

On the Frontlines

Dear members and friends,

As November brings shorter days and colder temperatures, we spend more time in the indoor spaces that shape our daily lives. For individuals living with multiple chemical sensitivity (MCS), maintaining access to safe housing, workplaces, and healthcare remains essential throughout the winter months.

Meaningful inclusion requires sustained action. Through research, education, and community engagement, we continue to build understanding of MCS and advocate for environments where everyone can participate without compromising their health. Thank you to our members, research participants, partners, and supporters for helping move this work forward.

Building Evidence to Advance MCS Inclusion

ASEQ-EHAQ and EHAC-ASEC continue to strengthen the evidence supporting the recognition, understanding, and accommodation of MCS.

Five recently published peer-reviewed studies explore chemical exposures, disability recognition and accommodation, socioeconomic barriers, and the implementation of fragrance-free policies. Available through the *International Journal of Environmental Research and Public Health*, these open-access studies offer evidence to inform advocacy, policy development, professional education, and accessibility practices.

Together, these findings help bring the barriers experienced by individuals living with MCS into clearer focus and support calls for practical, lasting change.

Explore the published research

Help Shape the Next Chapter of MCS Research

Your experiences can help deepen understanding of MCS and identify where change is needed most. Four research studies are underway, exploring:

- Climate change vulnerability and MCS
- Professional knowledge and awareness of MCS
- Strategies used to request inclusion and accommodation
- The lived experiences of individuals living with MCS

A fifth study examining experiences of MCS in Québec is awaiting ethics approval.

By participating in a study relevant to your experience, you can help identify unmet needs, guide future resources, and inform more inclusive policies and practices. Sharing these research opportunities with your networks also helps broaden participation and bring more perspectives into this work.

Learn more and participate in current research

Upcoming Events

Open House: Workplace Accommodations and Employment Rights

November 6, 2026 | 2:00–4:00 PM ET | Online via Zoom

Join us for an open and supportive community discussion on workplace accommodations and employment rights for individuals living with MCS.

Share your experiences, discuss common employment barriers, and explore practical strategies for requesting accommodations. Together, we will exchange resources and advocacy tools to support safer, more accessible, and inclusive workplaces.

Whether you are navigating accommodation requests or looking to learn from others, we welcome you to join this respectful and confidential conversation.

Register here

Open House: Building Inclusive Communities

November 27, 2026 | 2:00–4:00 PM ET | Online via Zoom

Our November Open House will be a welcoming community conversation on creating more inclusive communities for individuals living with MCS.

Together, we will discuss barriers to community participation, explore practical ways to improve accessibility, and share resources and experiences. The conversation will also highlight opportunities to build supportive networks and strengthen community advocacy.

Whether you wish to share your experiences or simply listen and learn, we welcome you to take part in this discussion guided by respect, confidentiality, and mutual support.

Register here

As we look ahead to the winter months, we remain committed to advancing research, sharing practical resources, and creating opportunities for connection and advocacy. Your participation helps bring the needs and experiences of individuals living with MCS into conversations about accessibility and inclusion.

Thank you for being part of this community. Whether you join an open house, participate in research, or share what you learn, your contribution helps build a more informed, supportive, and accessible Canada.

Take good care,

Rohini Peris
President & CEO

Michel Gaudet
Executive Director