

### Welcome to the December Edition of “Eco-Bulletin”!

As we embrace the holiday season, we’re thrilled to bring you updates, events, and resources dedicated to advancing the rights and well-being of those affected by Multiple Chemical Sensitivity (MCS). Let’s continue working together to create safer and more inclusive environments for all.

If you’ve missed our first episode, don’t forget to listen to [Footprints and Impacts Podcast Episode #1 | Navigating MCS](#). Keep an eye out as well for a new episode, soon to be released, featuring Lila Refaie, lawyer with the ARCH Disability Law Centre. ARCH is a strong contributing partner of [ASEQ-EHAQ](#)’s *Empowering Community and Removal of Barriers (ECRoB)* project, a transformative two-year initiative funded by the Government of Canada’s Social Development Partnerships Program – Disability Component. This project raises awareness, builds educator networks, and fosters collaboration to improve accessibility, and advocate for the rights of people with Multiple Chemical Sensitivity (MCS) across Canada.

Dive into the critical intersection of human health and the environment in Episode 2 of the *Footprints and Impacts* podcast, titled [Toxic Truth – Understanding Environmental Health and MCS with Dr. John Molot](#). This special episode features Dr. Molot, a renowned expert in environmental health and Multiple Chemical Sensitivity (MCS). Explore the effects of environmental toxins on the body, uncover the often misunderstood realities of MCS, and discuss its recognition as a disability. Don’t miss this enlightening conversation about how our ecosystem impacts our well-being and the steps we can take toward greater understanding and advocacy. [Tune in now!](#)



Mark your calendars for an inspiring event! Join us for [RESILIENCE: International Conference on Multiple Chemical Sensitivity \(MCS\)](#), a virtual conference taking place on May 1 and 2, 2025. This conference will bring together expert speakers, advocates, and individuals with lived experiences to explore strategies for navigating life with MCS, fostering resilience, and building supportive communities. Don't miss this opportunity to connect, learn, and be part of a movement advocating for better awareness and accessibility for those living with MCS.

As always, we want to hear from you! Share your experiences with MCS for our "[Your Story, Your Power](#)", submit articles to our blog [Eco Empowerment](#), or share resources about MCS and environmental awareness in your community. Your stories and insights help inspire action and awareness.

Your insights are incredibly valuable if you have Multiple Chemical Sensitivity (MCS). Please take a few minutes to [complete our survey](#) to help us better support the MCS community. Even if you don't have MCS, your feedback is crucial, and we'd appreciate you sharing your thoughts through [this survey](#).

Become part of the [EHAC-ASEC family](#), a vibrant network of over 2,000 citizens committed to protecting human health and the environment. Together, we can make a difference. Contact us with any questions or inquiries—we'd love to connect with you!

Wishing you a safe, joyful, and eco-conscious holiday season!