

News from EHAC and ASEQ

Dear members and friends,

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

As the autumn air turns crisp and the leaves glow with colour, October invites us to slow down, reflect, and embrace new beginnings. In this spirit of transformation and renewal, we bring you stories, practical tips for creating safer environments, and meaningful ways to come together in action and community.

Voices of Resilience – Replay & Reconnect: A Resilience Series

[Register here](#)

Join us for the launch of our new monthly post-conference series, building on the success of *Resilience: An International Conference on Multiple Chemical Sensitivity (MCS)* on October 17, 2025. Each session revisits key presentations, fosters dialogue, and shares updates on MCS advocacy.

Format: 75 minutes with replayed talks, open discussion, and updates on international MCS momentum.

Whether you attended the 2025 conference or are joining for the first time, this is your chance to reconnect, learn, and take action toward lasting change.

Indoor Air & Accessibility: Webinar Series Continues

This October, we are continuing with our four-part virtual series dedicated to the connection between indoor air quality and accessibility. All are welcome to register and learn more about creating inclusive spaces.

2. Consequences of Inaccessible Indoor Air: Social and Health Impacts

Oct. 24, 2025 | 1:00 PM - 2:15 PM ET



This second webinar will highlight how inaccessible air affects daily life, from health impacts to social isolation, using both data and lived experiences.

[Register Here](#)

3. 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](#)

4. 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](#)

Holiday Celebration 2025 – MCS Community Online Event

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

We're excited to invite you to our Holiday Celebration 2025, a joyful online gathering for the MCS community. This safe, scent-free celebration will feature a warm Q&A discussion, light-hearted games, virtual door prizes, and space to connect with others.

Whether you've been part of our journey all year or are just joining us now, this is a wonderful opportunity to reflect, share, and end 2025 with laughter, insight, and hope.

Everyone is welcome! [Register here.](#)

Bridging Science and Inclusion

February 20, 2026 | 1:00 to 4:30 PM ET

Join us for our special web conference supported by Accessibility Standards Canada. This event will highlight findings from the national research project **"Accessible Indoor**



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Air in the Built Environment," which explores the causes and impacts of poor indoor air quality. Through scientific insights and lived experiences, we'll examine how air quality affects accessibility and engage stakeholders in building healthier, more inclusive environments. [Register here.](#)

Stories bring us together. By sharing our lived experiences, we open doors for others to understand, connect, and feel less alone. Each story shines a light on the challenges and the strength of living with Multiple Chemical Sensitivity (MCS), while also inspiring empathy and hope. When we listen to one another, we create bonds that go beyond words — we create belonging.

That sense of belonging is at the heart of our community. By joining our events and taking part in conversations, you help build a circle of support where we learn, grow, and lift each other up. Every voice adds to the strength of our collective journey. Together, we can nurture a caring community where no one is left behind.

With warmest wishes for a wonderful October.

Rohini Peris, *President & CEO*

Michel Gaudet, *Executive Director*