



## On the Frontlines

Dear members and friends,

Welcome to the February edition of Eco-Journal! As winter continues, we are reminded of the resilience, advocacy, and collective effort that define our community, particularly for individuals living with Multiple Chemical Sensitivity (MCS), who navigate environmental challenges every day.

February is an opportunity to focus on heart health, indoor air quality, and accessibility, while continuing to advance national awareness and policy change. Whether you're seeking guidance to protect your wellbeing, ways to contribute to advocacy efforts, or opportunities to connect with peers, EHAC-ASEC & ASEQ-EHAQ are here to support you every step of the way.

### May 2026: Multiple Chemical Sensitivity (MCS) Awareness Month

May is internationally recognized as Multiple Chemical Sensitivity (MCS) Awareness Month, with **May 12** observed globally as **MCS Awareness Day**. MCS is a recognized disability in Canada, affecting over **1.13 million people (1 in 34)**, and requiring fragrance-free and lowest-emission environments as essential accessibility measures under human-rights law.

In May 2026, municipalities across Canada have an opportunity to align with the **Accessible Canada Act**, the **UN Convention on the Rights of Persons with Disabilities**, and existing legal obligations by recognizing MCS and advancing inclusive, healthier public spaces. You can support this coordinated national effort by



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sharing your municipality's information, past proclamations or landmark lightings, and existing accessibility initiatives via our [Municipal Information Survey Form](#).

Learn more:

Download: [Why Multiple Chemical Sensitivity and month of May Matters](#)

View: [References and Evidence Base](#)

Together, we can help light up Canada for accessibility, inclusion, and chemical-safe environments.

## Calling Nurses with and without Lived Experience of MCS

We invite nurses, with and without lived experience of MCS, to take part in a confidential, facilitated workshop focused on strengthening nursing education and practice. This is an opportunity to share professional and lived perspectives, help identify gaps in current curricula, and contribute to practical, patient-centred recommendations that support safe, ethical, and respectful care for people living with MCS. Participation is voluntary, discussions will remain confidential, and the process is designed to be supportive and collaborative. By adding your voice, you can help shape more inclusive nursing education and reduce systemic barriers faced by patients with MCS.

[Sign up here!](#)

## Upcoming Events



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## Voices of Resilience – Replay & Reconnect: A Resilience Series

February 20, 2026 | 6:30–7:45 PM ET

Join us for our monthly post-conference series building on *Resilience: An International Conference on MCS*. This session features a presentation by Jennifer Armstrong, MD, on environmental medicine approaches to chronic illness, followed by discussion and updates on international MCS advocacy.

[Register here](#)

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

February 27, 2026 | 1:00–3:00 PM ET

The final session of our series will consolidate findings, discuss emerging best practices, and provide an open forum for participant input. Your perspectives are essential as we shape the future of indoor air quality and accessibility.

[Register here](#)

## Voices of Resilience – Replay & Reconnect: A Resilience Series

March 20, 2026 | 6:30–7:45 PM ET

Sign up now for the March session of our monthly post-conference series following *Resilience: An International Conference on MCS*. This session features presentations by Caroline Barakat, PhD, on reducing exposure to everyday chemicals through education.

[Register here](#)

## 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



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engage in open dialogue with stakeholders on how to improve indoor air quality and accessibility.

**Register here:** <https://us02web.zoom.us/meeting/register/z7Evf-JQRo6Ecx0LLTpbsQ>

As we move through February, we thank you for your continued engagement, insight, and advocacy. Every conversation, shared resource, and action you take strengthens our collective mission: creating safer, healthier, and more inclusive spaces for all. May this winter month bring you rest where you need it, strength where you seek it, and hope as we continue moving forward together. Thank you for being part of our community — your presence, voices, and resilience matter deeply.

Take good care, and may February be gentle with you.

Kind regards,

Rohini Peris, President & CEO

Michel Gaudet, Executive Director