
Building on the Momentum of MCS Awareness Month

As Multiple Chemical Sensitivity (MCS) Awareness Month comes to a close, we would like to take a moment to reflect on the momentum, energy, and connections built throughout the month — particularly during *Resilience 2026: The International Conference on MCS*.

People living with MCS, caregivers, advocates, researchers, healthcare professionals, accessibility leaders, community members, and many others from across Canada and around the world came together for this landmark event. Important discussions took place on MCS, indoor air quality, accessibility, human rights, inclusion, and the daily barriers faced by people living with MCS.

Over two days, more than 1,500 participants joined us from 27 countries, demonstrating the growing international recognition of MCS, accessible indoor air, and the urgent need for healthier and more inclusive environments.

The conference served as a powerful reminder that this movement continues to grow because of the strength, dedication, and voices of the community itself.

If you were unable to attend, don't worry. We will announce when recordings of the conference presentations become available on our website so that everyone can continue learning and engaging with these important discussions.

A Big Thank You

We would like to express our sincere gratitude to all participants, speakers, panelists, moderators, sponsors, volunteers, team members, and supporters who contributed their time, knowledge, experiences, and energy to make *Resilience 2026* such a success.

Whether through research, presentations, conversations, advocacy, behind-the-scenes support, or simply showing up with a willingness to learn and connect, your presence helped create an environment rooted in understanding, collaboration, and hope.

Lighting Up Canada

Another important initiative during MCS Awareness Month was our campaign to light up landmarks across Canada on MCS Awareness Day, May 12, 2026.

Nearly 50 sites across the country were illuminated in yellow and green in recognition of the many Canadians living with MCS and the challenges they face every day. We are confident that this initiative helped raise public awareness and brought greater visibility to our community.

We would also like to sincerely thank the many individuals who suggested landmarks and helped us identify sites to contact across Canada. Your contributions played an important role in the success of this initiative.

Keeping the Momentum Alive

Awareness months play an important role in bringing visibility to issues that are too often overlooked. However, awareness alone is not enough. What happens after awareness month is what truly creates lasting change.

The momentum built during MCS Awareness Month must continue in our communities, workplaces, schools, healthcare settings, and public spaces. Advocacy efforts, policy discussions, accessibility initiatives, education, and everyday actions that help create safer and healthier environments for all must continue moving forward.

People living with MCS continue to face significant barriers to healthcare, housing, employment, education, transportation, and participation in daily life. That is why ongoing support, education, collaboration, and collective action remain so important.

Every conversation helps reduce stigma. Every accommodation improves accessibility. Every organization that chooses to learn more helps move us toward a more inclusive and healthier society.

One of the most inspiring aspects of *Resilience 2026* was witnessing the compassion, resilience, and determination of this community. The willingness of people to support one another, share their lived experiences, and advocate for meaningful change demonstrates the strength of collective action and the power of community.

As MCS Awareness Month comes to a close, we encourage everyone to keep the conversation going. Keep learning. Keep advocating. Keep working toward healthier indoor environments and safer, more accessible spaces for everyone.

Once again, thank you to everyone who contributed to the success of *Resilience 2026* and MCS Awareness Month. The awareness raised, the ideas shared, and the connections built throughout this month will continue to guide and inspire the work ahead.

Together, we will continue building momentum toward a healthier, more accessible, and more inclusive future for all.