



Bangladeshi-Canadian Community Services (BCS)

Annual Report 2020



Say **NO** to Tobacco

আসুন ধূমপান সহ সকল তামাক দ্রব্যকে "না" বলি



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Land Acknowledgement

BCS wish to acknowledge this land on which BCS operates- is the traditional territory of the Haudenosaunee, Huron-Wendat and Anishinaabe, and most recently, the Mississaugas of the Credit River. Today, it is still the home to many Indigenous people from across Turtle Island and we are grateful to have the opportunity to work on this land and to serve the community.





MESSAGE FROM THE BOARD CHAIR

September 9, 2021

Distinguished guests, ladies and gentlemen,

It is my great honor, on behalf of the Board of Directors, to welcome you all to the 20th Annual General Meeting of Bangladeshi-Canadian Community Services (BCS). BCS, with its mission objectives, have assisted and supported the needs of thousands of youth, seniors, newcomers, and volunteers over the past 21 years by developing and delivering programs of importance to them. This Annual Report will provide full details of the programs and services offered by BCS and where most successes have been achieved.

Like other non-profits, 2020 was not a very pleasant year for BCS for various reasons. One of them is COVID-19 pandemic. Early in the fiscal year, COVID-19 shook the world by the spread of its deadly variants that had devastating impacts on people's livelihood, in addition to loss of life of millions. Therefore, in the past, while BCS programs and services have relied on direct, face-to-face interaction with clients, whether they were seeking help in the areas of skills training, after-school tutoring, or seniors' programs, have found new ways of doing things for delivering services. COVID-19 has changed the world by bringing in the new "virtual" world "Zoom" where we have found ways on how to stay connected with each other and to further reach out to our communities.

I know I speak for the full board when I express my appreciation for the way the board and staff have risen to this new challenge. Thanks to our Board of Directors and the Executive Director, for their hard work and leadership in taking on many challenges and steering the course in the right direction.

BCS has had a dedicated pool of volunteers. Volunteers are, in fact, the life-blood of this organization. They help the organization in many ways on a daily basis. We also have some committed new Life Members who work continuously behind the scene. We thank them for their contributions and look forward to working with them more closely in the near future. Building on this strong foundation of the people and the work we have accomplished thus far, we look forward to taking on more challenges in the coming year. I would like to take this opportunity to thank all of our funders for their continued support and sensitivity towards our mission. Our growth and achievements would not have been possible without their support.

Finally, I would like to thank all of our staff, volunteers and partners for their commitment and collaboration. Their contributions and collaboration is simply outstanding. Thank you all for attending this "virtual" meeting and for your unwavering support. Stay safe and stay connected.

Sincerely,

Dr. Kazi Sadrul Hoque, Chair, BCS Board of Directors





MESSAGE FROM THE EXECUTIVE DIRECTOR

September 9, 2021

Good evening distinguished guests, partners, community member, BCS's member, life member, our staff and volunteers and our BCS leaders. I would like to extend my best wishes for you and your families' health and safety in these difficult times of COVID-19. I also express my sincere gratitude to all doctors, nurses, and frontline workers and our community workers who are serving so selflessly on the front during this health crisis.

Due to COVID-19 pandemic, we are in different state of the world. As we start our AGM today, Covid-19 has been continuing tragic loss of lives and it has turned our world upside down, affecting billions of people and economies worldwide. As of now, more than 80% of eligible Canadians have received their first dose of a COVID-19 vaccine – currently the highest rate in the world. More and more Canadians are receiving their second dose every day. So, to end this pandemic, we must protect everyone – everywhere – from COVID-19.

According to UN Secretary General António Guterres's speech on 19th March 2020: *We are facing a global health crisis unlike any in the 75-year history of the United Nations — one that is spreading human suffering, infecting the global economy and upending people's lives; A global recession – perhaps of record dimensions – is a near certainty; The International Labour Organization (ILO) has just reported that workers around the world could lose as much as 3.4 trillion U.S. dollars in income by the end of this year.*

However, we are in the front line to help the community and fight the crisis as per our capacity. We had another busy and successful year for BCS. We achieved many of the goals we set last year and through the process, we were able to launch new initiatives to combat COVID-19 pandemic, while continuing to ensure that our existing programs flourished.

As COVID-19 hit the country, we started Immediate activities to assist to vulnerable South Asian seniors and the community in need amid COVID-19 pandemic. Our aims were to provide support to the community, particularly vulnerable seniors, in order to reduce isolation, anxiety and depression. We also open COVID - 19 : Helpline for South Asians in the GTA in partnership with CASSA to connect vulnerable South Asian with comprehensive information and resources regarding COVID-19. We started Health & Hygiene Preparedness (H2P) program to provide digital education & training sessions on health and hygiene issues related to the pandemic, as well as delivery of health and hygiene protection products and PPE (box of masks, box of gloves, hand sanitizer, face shield, goggles, fabric spray) to 150 frontline essential workers. Additionally, we provided a food and grocery delivery services to more than 100 families and 70 seniors. Our food assistance program is still going on to support the needy families who cannot go out to the foodbank or avail other food support services.

This year, we have been initiated several projects on Vaccine engagement activities to increase vaccine coverage and food security support in Toronto east and SA communities in partnership with EYDV cluster agencies and CASSA. This year inter-gen outing, youth beach day and Summer Sports focused on Vaccine Challenge & awareness. We are continuously working to raise the community awareness and increase vaccine coverage in our community in various ways: PPE distribution, flyer and one in one connection, translation/ interpretation, booking appointment, organizing Townhall, information sessions



in Bengali, and many more. Our 10 designated Ambassadors and 15 youth leaders are continuously working to increase vaccine coverage and reduce the risk of virus infections.

Our inter-gen group is organizing bi-weekly mental health & inter-gen engagement sessions on every alternate Friday evening to create a safe space for seniors, adults and youth who are facing mental health challenge during this COVID pandemic.

BCS has been mandated to work with immigrant and racialized women and girls for their socio-economic, political and economic empowerment. Racialized women and girls from south Asian backgrounds have been facing various oppressions, discriminations and violence at family, community and workplace in Toronto. Based on anti-oppressive and feminist frameworks, BCS has been working with women and girls and their families by organizing discussions, community events, need-based employment and settlement counselling and referrals.

There are over 300 seniors who participate in the various health support services, recreational activities, weekly exercise and educational programs we offer. Our different inter-gen projects have been able to offer a platform for the seniors & youth to come together with harmony. Through this, they can practice their empowerment, improve their independence as well as self-esteem and can explore their potentiality to make a congenial environment for a safer community. These project activities give an opportunity to our senior and youth to mingle together and share their space in capacity building and recreational activities. We have successfully formed inter-gen volunteer pool for our inter-gen activities. More than 50 seniors and 25 youth volunteered for these initiatives engaging more than 250 seniors and youth regularly.

Our regular virtual youth drop-ins and youth engagements activities are going on as usual though it is now virtual. In addition, our Afterschool Tutoring Program (ASTP) and Summer Sports programs have been well regarded and supported by the community since last 21 years. The ASTP program has provided volunteer opportunities to 80+ youth and has helped improve the education of over 500 kids throughout the year.

These continuous support & accomplishments could not have been possible without the extraordinary commitment and hard work of our staff, volunteers, and board members. The supports of our partner organizations and funders have also been significant to our operations. I am proud to be a part of such excellent team of BCS family! Kudos to all my senior, adults and youth leaders! You are the heroes!!

Thank you indeed for all your supports.

Together we can fight the crisis. Let's stay together while apart!

Nasima Akter

Dr. Nasima Akter
Executive Director





INTRODUCTION

THE BCS MISSION: **“HELPING PEOPLE HELP THEMSELVES”**

BCS MANDATE:

BCS shall provide information, referrals, skill development and settlement services to diverse communities in the Greater Toronto Area (GTA). Services shall be adaptive to the changing community needs and are delivered in partnership with other committees and service providers.

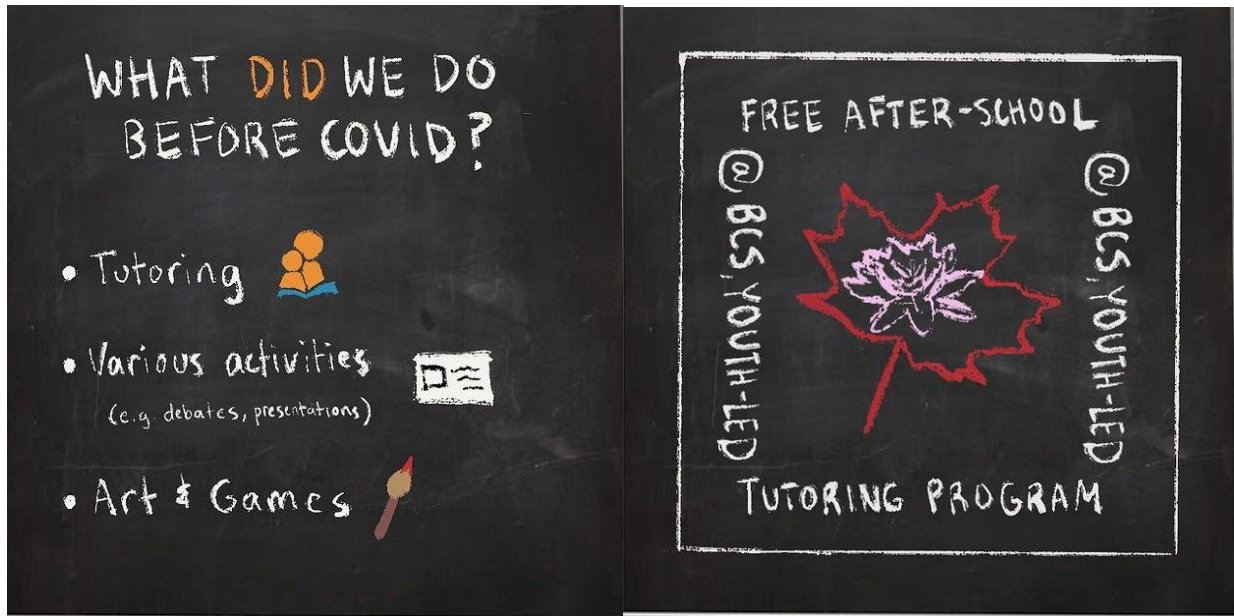
Bangladeshi-Canadian Community Services (BCS) is a non-profit organization serving not only the vast Bangladeshi population here in Toronto but also the local (Taylor-Massey, Crescent Town and adjacent neighbourhoods) community since 2000. Our focuses are youth, seniors and newcomers and we now serve over 4000 beneficiaries that rely on the services we provide, with the number increasing every year.

Mission: Helping People Help Themselves.

Vision: Creating a vibrant community and living in harmony.

YOUTH INITIATIVES


BCS had many events with youth engagement in 2020. Our youth workers and volunteers while helping organize many of our events, they also had their own events that specifically targets youth. These youth initiatives were made for marginalized and/or racialized community members who are at a younger age so that they can develop healthy lifestyles, habits and stronger community bonds. They also had a safe space to develop their interpersonal skills even though the pandemic era made it very difficult to have interpersonal relationships. While organizing and joining our events, youth practiced leadership, management, communication and technological literacy skills. We ran active youth programs such as Youth Eliminated Smoking (YES), summer supports program so that the youth can stay happy, healthy and active, Entrepreneurship and Technology for Youth (ETY) so that youth will have digital literacy (this was very important for everyone's life in 2020), We also had weekly youth drop in sessions to have a platform for youth in order for them to have the opportunity to share their experiences, both related to and unrelated to covid-19, and have a safe space to interact with their peers in a meaningful way.



BCS YOUTH LEADERS PROUDLY PRESENT


ETY

ENTREPRENEURSHIP & TECH 4 YOUTH PROJECT



DATE:	TIME:	VENUE:
workshops every Saturday Sept. 2019 - May 2020	12:00PM - 3:00PM	BCS OFFICE 2899 Danforth Ave

SPOTS ARE LIMITED



Youth Eliminates Smoking presents

10TH ANNUAL WORLD NO TOBACCO DAY CELEBRATIONS



SPEECH CONTEST
INSPIRING PRESENTATIONS
INTERACTIVE GAMES

Saturday June 1, 2019	2:30 - 4:30 PM	Access Point on Danforth (3079 Danforth Ave)
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ACCESS POINT DANFORTH



SENIOR INITIATIVE

BCS has successfully created a senior cabinet in 2016 currently consisting of 10 members. The cabinet is the ideal way to bridge the gap between the needs of seniors and the services provided. Through the Cabinet, BCS will be able to offer enhanced programs to fill in the gaps seniors face. BCS has supported our senior community in these difficult times in many ways. We aimed for keeping our seniors healthy both physically and mentally. Our initiative targets the individuals who struggle with discrimination in the Canadian society. We work with people who experience racism, sexism, ableism and ageism. Many assume the senior population is incapable of many things and BCS works hard to prove them wrong. There are many things that the older generations are great at and most importantly, our community



members are excited to learn and improve themselves as much as they can. Everyone enjoys learning something new and improving the qualifications that they have regardless of age. We have programs for seniors like; Senior's health & wellness, Weekly drop-ins (virtual during covid), Good morning calls, interpretation, basic health information & tips, resource sharing. More than 300 individual seniors yearly attend our events and benefit from the advantages of our programs that host many professionals. BCS has many events for seniors where they get to talk about their daily problems and communicate with others. Our ongoing program of virtual exercise for seniors are giving freedom to our elderly to exercise from the comfort and safety of their own home. This is also an opportunity for them to engage with our community organizers as well as other community members. These virtual events give seniors opportunity to exercise 4 times a week to keep their bodies healthy and also give them a platform to replace the in person interactions as much as possible. They also practice their technological skills every day and have opportunities to join events to not only learn how to navigate technology but also how to be safe in online spaces and stay away from scammers

INTERGEN INITIATIVE

The aim of the project was to promote volunteerism among seniors and youth for being socially responsible and empowered in the Crescent Town Bengali community. The ultimate goal of this project was to identify factors and minimize the 'intergenerational gap' between seniors and youth in the community. Our intergen initiatives revolve around getting many people at various stages of their life and given them a safe and fun space to interact. Bringing everyone together in one event, offering them a space and an excuse to have fun together is the goal of our intergen programs. Our intergen initiative focuses on the strengthening family relationships and providing space for healthy cultural exchange. We bring people from all ages together with arts and crafts and encourage conversation between individuals. BCS has many programs for intergenerational connection such as inter-gen drama, tour, art & craft, elder abuse, generational exchange, cultural exchange, family relationships, etc.

Inter-generational Introduction Meeting
Friday, May 21 at 7 PM
Link: <https://us02web.zoom.us/j/8224489845>

Intergenerational Discussion Age-Friendly Community
Come Friday, July 30th, 2021 @ 7pm
Zoom Link: <https://us02web.zoom.us/j/8224489845>



WOMEN/GIRLS INITIATIVES

BCS has been mandated to work with immigrant and racialized women and girls for their socio-economic, political and economic empowerment. Racialized women and girls from south Asian backgrounds have been facing various oppressions, discriminations and violence at family, community and workplace in Toronto. Based on anti-oppressive and feminist frameworks, BCS has been working with women and girls and their families by organizing discussions, community events, need-based employment and settlement counselling and referrals. BCS utilizes a cultural approach to educate the community on women and girls rights. At BCS women and girls are provided training on peer support and leadership and they are working for community mobilization in order to fight misogyny and gender stereotypes. BCS has many programs targeting only women and girls. In order to support our female community members we had many programs targeting women and girls. BCS has many programs to encourage women to go out there and be the best versions of themselves such as our Peacemaker initiative where we discuss the effects of Islamophobia on women, and our "Women in Stem" (WIS) program to encourage women to pursue a career in a male dominated area. Our "Combating Islamophobia and Racism" event was over zoom where we brought together many participants and 5 special speakers alongside many peacemaker initiative ambassadors to share their views on Islamophobia as a whole and in connection with their communities. Our Women in Stem program, we were able to include a larger community by engaging with participants across the city and professional speakers across North America because of the virtual format. This was a positive, yet unexpected outcome of switching to virtual events.

Join The Webinar On...

PEACEMAKER INITIATIVE (PI):
Combating Islamophobia and Racism 🇵🇰

Date: Saturday, June 5th
Time: 2pm

Swipe to see guest speakers!! →

Learn about STEM.
Develop leadership skills.
Expand your network.

APPLY NOW!

Application link:
bit.ly/WISApplication2020
Deadline: Feb 23, 2020 @ 11:59 PM

Participants must be between the ages of 15-25.

Women in STEM

Funded by **City of Toronto**

RESEARCH

We do research to have authentic information that is scientifically proven and that our community members can rely on. It also helps us find solutions to different social problems. It also helps us figure out the program impacts and evaluations for the activities we organize. Research is the reliable source for us to identify new issues to work on and serve our community better. With the effects of Covid-19, BCS also has made great effort to find the most updated and reliable information so that we are able to inform our community members as much as we can. With the vaccine engagement efforts, getting the right information and being able to answer questions and direct people in the right direction was a priority.



SETTLEMENT SERVICES

BCS has always been an advocate for immigrants whether it is about having equal rights or eliminating the discrimination that they face. We provide information on how to survive and prosper in Canada, how to navigate legal procedures, healthcare settings and offer translation services. We also assist at least 4000 individuals and newcomers find the correct information, help in filing forms, apply and secure social benefits, receive ODSP, get their health cards and their SIN numbers and many more services that newcomers might need. Our services are aimed at newcomers who find it difficult to settle down in Canada and navigate the Canadian systems. BCS is proud to work with individuals who are brave enough to make a new life for themselves in Canada.



SPECIAL INITIATIVES

BCS makes a great effort to offer services that are relevant to the time and situation that we are in. Covid has affected our community members in more than one way. Many individuals, including elderly, needed tech support and have a welcoming patient method of learning how to navigate the technology that comes with life after Covid-19. Our priority is always to keep people safe so we put great emphasis on getting vaccinated not only for the health of every individual but also the well-being of the entire community. Our goal is to encourage a civic pride around being safe and healthy during pandemic by social distancing, wearing masks and of course, getting vaccinated. Depending on current issues and community needs, we have taken some special initiative to address the immediate needs, for example hate crime, racism, discrimination, and COVID-19 Pandemic. Canada has experienced many events of hate crimes against marginalized communities. In 2020, we also experienced a pandemic that affected marginalized groups heavily. Our programs address these issues directly.

We have several projects to address current social problems such as Peacemaker Initiative, immediate assistance to vulnerable South Asian seniors amid COVID-19 pandemic, COVID-19 Helpline for South Asians in the GTA, Health & Hygiene Preparedness (H2P). Our society has deep societal issues that needs to be faced such as racism, discrimination based on citizenship status and language and we address these concerns head on. BCS has worked tirelessly during the pandemic. We have provided more than 15 online (Zoom) sessions during May to July 2020 and reached 40 seniors with online workshops. We also reached more than 60 seniors through on phone, one on one service, and zoom workshops.

We are able to extend social network, connections, isolation break, information sharing, make seniors maintain their hygiene, awareness building, provided latest COVID information, mental improvement, provided recreational, increased engagement through online platforms, attracted more seniors and increased networking ability.



SOCIOCULTURAL EVENTS

In these difficult times, BCS aimed to have as much human connection as possible. Continuing to have our social programs were an important part of keeping the connection with our community members and protect everyone’s mental health and well-being. BCS celebrated many special days with many community members. In 2020, we do not let the pandemic stop us from having meaningful connections and have happy celebratory moments. Every year we celebrate holidays such as Bangla new year, Canada Day, Taste of Taylor Massey food festival, Independence day, IMLD (Ekushey February), World Environmental Day 2020, CBON Mela and many more. BCS recognizes the fact that life in 2020 was already hard enough without giving up on our holidays. Keeping our traditions and still being able to have fun is an important aspect of surviving and thriving.



Taste of Taylor Massey Cooking Contest

MULTICULTURAL FOOD FESTIVAL!

3rd Annual **TASTE OF TAYLOR MASSEY**

COME JOIN US ON...

June 29, 2021 • 6:00pm to 7:30pm

Click [HERE](#) to Register

If you have any questions email: oadose@accessalliance.ca OR nawar@bangladiv.com

Prizes, Announcing Winners for Cooking Contest, Fun Activities, Performances and Much More!

PRIZES FOR THE 1st 20 PEOPLE TO ATTEND THE EVENT

Submit a short cooking video (no more than 2 minutes) of a recipe that takes 15 minutes or less to prepare

Email the video and recipe to submissions.bcs@gmail.com with the subject title "Cooking Contest". Don't forget to include your name, email and contact information!

Deadline for submission: June 24th @ 11:59pm

Winners will be announced at the Taste of Taylor Massey event on June 29th!

The top 3 best cooking videos will receive a \$50 gift card!

Canada Day in spirit of 'reflection, healing and reconciliation' In solidarity with indigenous community

Ontario Canada ¹⁵⁰ ART & Speech BCS

Join our Canada Day event!

THIS JULY 1ST @ 2:00PM

Link to join: <https://us02web.zoom.us/j/83364966093>

Call for Action

Canadian heritage of Indigenous history





2020 AT A GLANCE

Knowledge of cultural norms and values has allowed BCS to maximize its potential by providing services targeted at newcomers, youth, and seniors. BCS has over 5000 beneficiaries that rely on the services provided by the organization, with a steady increase in beneficiaries every year. Our achievements in 2020 are given below.

Initiatives for Youth	
Youth Eliminates Smoking (YES)	
Monthly Leadership Meetings	15 Youth
Smoke-Free Board Game Night	15-25 Youth
World No Tobacco Day Celebrations	90+ Participants
Anti-Tobacco Pledge Signing	100+ signatures
2020 Summer Sports	
Track & Field Day	20 registered participants plus visitors
Practice Sessions	10-15 Youth
Soccer Tournament Weekend	200 registered participants plus visitors
Entrepreneurship N Tech 4 Youth (ETY)	
weekly workshops	
Youth Game Night / Youth Drop-In	
drop in nights	
bowling night	13 participants per session
Toronto Public Health Diabetes Prevention	
six peer-led education sessions	88 participants
four peer-guided physical activity sessions	22 participants
Initiatives for Seniors	
Activity	# of participants per session
Weekly Exercise Sessions	32 sessions (10-15 Seniors)
Weekly Technology sessions	32 sessions (5-6 Seniors)
Senior Cabinet Meeting	10 meetings (11 members)
Monthly Health Education Workshop	15 workshops (Average 20 participants)
Home Support	140 members



Bangladesh Independence Day Celebrations	70 Seniors
Accompaniment Supports (<i>for interpreter, travel assistance, etc.</i>)	152
Senior Outdoor Visits (<i>Aga Khan museum, Guild wood Park, Apple picking and Pacific mall</i>)	150
Coffee and Chat sessions	8-10 per session
Meditation for Seniors	8-10 per session
Barriers to Access, Canadian Health Care Systems	210 Seniors
Barriers to Volunteering and motivations to volunteers	Qualitative study (Sample size n=45)

Special Services	
The Peacemaker Initiative (PI)	
community discussions, focus groups, awareness campaigns, and blogs	
four focus groups discussions	60 participants
"Combating Islamophobia and Racism" event	140 participants
Immediate assistance to vulnerable South Asian seniors amid COVID-19 pandemic	
on-the-phone training on how to use Zoom	25 seniors
physical exercise, recreational activities, and social connections	18 seniors
on-the-phone well-being checks	30 seniors
grocery support	30 participants
PPE support	55 participants
COVID - 19 : Helpline for South Asians in the GTA	
prevention, government benefits, re-opening, quarantine, food, etc. information	
Health & Hygiene Preparedness (H2P)	
monthly digital training sessions on health and hygiene issues related to the pandemic	
delivery of health and hygiene protection products and PPE	150 essential workers
10 virtual outreach sessions per week	



After School Tutoring & Heritage Program	
Activity	# of participants
Free weekly tutoring sessions	500 students per year (cumulative) with an average of 25 students per session as well as 40 volunteers throughout the year (8 volunteers on average per session)
Weekly Cultural Session	Children's Session which is half an hour of events such as poem recitation and dances

Settlement Services	
Support Type	# of participants per session
Day-to-day settlement services	40-50 Individuals monthly (cumulative)

Field Trips, Celebrations and more	
Event	# of participants
Bangladeshi New Year's Performance	200 Visitors
<u>CBON Community Festival</u>	5,000+ Visitors
Bangladeshi New Year's Art Competition	60 Kids
International Mother Language Day Performance	400 Visitors
Victory Day Cultural Show	80 Seniors
Canada Day event	50 Participants
Combating Islamophobia and Racism	
Canada Day Speech and Art Competition	25 Participants and 150 Visitors
Taste of Bangladesh/Taylor-Massey	400 Participants and Visitors
Inter-gen Movie night	25 youth and seniors
walk against hate event	

BCS Programs 2020

Youth Initiatives:

1. Youth Eliminates Smoking (YES)



Youth Eliminates Smoking (YES) is a youth group dedicated to increasing awareness of tobacco use with a focus on tobacco prevention using different techniques every year. Phase 11 of the program was successfully concluded in spring of 2020, and it focused on engaging community youth in tobacco-free recreation and reflection about the negative effects of tobacco use. Core activities for this phase focused on three healthy living and three physical activity sessions that engaged 15-20 youth each, conducted by both trained youth peers and professional nurses covering a variety of topics from meal preparation to warm-up stretching before working out. Other activities included smoke-free movie nights and corresponding blog posts for each movie. These posts were written by designated youth leaders who analyzed the film for tobacco and drug use to try and explain its effects on a younger audience – crucial information regarding parental guidance and peer pressure among other things were mentioned to keep the youth informed and safe from tobacco and other harmful drugs. The program also included events such as the World No Tobacco Day (WNTD) celebration. The WNTD Celebration, held on June 1st 2020, included speeches and presentations from local political figures, a Toronto Public Health nurse, and youths. It also included a panel discussion regarding the prevalence of tobacco use among youths in the community and possible solutions for stopping it. The panel included professionals from the public health field, local political figures, and university students. Over 100 individuals were successfully engaged from across the community through this event. In fall of 2020, we also conducted Digital Health Week Celebration. This was a conference with an expert panel that discussed various sectors in the digital world that combined with the health sector as well. Youths and families were given the opportunity to learn about these fields and ask questions regarding their job or current events. There were interactive activities done as well. In total, the program has been able to engage close to 200 youths. A core group of 12 youth leaders were formed to organize and facilitate the activities in this program. The youth leaders attended monthly meetings and worked tirelessly to develop the YES Program to its fullest. The achievements of this program are that the youth walked away gaining a greater appreciation for active healthy lifestyles, and further added signatures to their Say No To Tobacco pledge. By June 2020, the pledge reached 300 signatures from community members, dignitaries and provincial/federal policy makers.



2. Entrepreneurship N Tech 4 Youth (ETY)

The Entrepreneurship N Tech 4 Youth (ETY) project continued with its third year of the project from September 2019 to August 2020. The program seeks to provide digital literacy, and entrepreneurial education, resources and support for low-income, racialized youth in Toronto with funding and support from the Ontario Trillium Foundation - Youth Opportunities Fund. The three-year pilot achieved great results once again in 2020 with ten active mentees participating and two qualified mentors leading 32 weekly workshops focused on practical skills such as business canvas models, idea pitching, marketing plan development, coding fundamentals, website development and more.



Some noteworthy trips include a visit to The DMZ at Ryerson University, which is a world leading accelerator for start-ups in Canada, and a visit to the Toronto Reference Library for a workshop on 3D printing. These trips helped broaden the horizons of the youth and give them inspiration and guidance



into possible fields they could go into – all the while giving them hands-on experience with the tools of the trade, so that they can decide for themselves. This program produced great results, as the participants were able to use the skills they learned from their weekly workshops and apply them to create their own functioning applications (e.g. games, education tools, and social media tools). In addition, the project also produced a yearbook for phase 1, which showcased the participants taking part in the field trips and workshops. This helped give the youth a sense of belonging and a keepsake for the work they had done with their peers. Overall, the youth who graduated from the program left with a ton of new knowledge and experiences under their belt.

3. Summer Sports

Our Annual Summer Sports and Soccer Tournament, in partnership with Neighbourhood Youth Alliance (NYA), is one of the most successful youth events hosted by BCS. Now in its 17th year, the event serves to actively engage youth in the greater community through sports and friendly soccer tournaments to encourage them to get active and strengthen the bond of the community through sportsmanship.



This year, because of the pandemic, all activities were done in a socially-distanced and COVID-respecting manner. Similar to previous years, the event took place at the Dentonia Park, offering easy accessibility to the local community and extended community through its proximity to the Victoria Park Subway Station. In 2020, due to COVID-19, we had to limit our events to track and field and other various games. The organization hopes to continue this initiative for the following years as it has effectively engaged youth in sports, provided a positive environment to encourage socialization, and contributed to building a healthier community.



4. After School Tutoring Program (ASTP)

For young children and newcomers, our free After School Tutoring Program (ASTP) has provided supplementary education and extracurricular opportunities to children of families that could not otherwise afford paid services. Due to the pandemic, the sessions took place through Zoom starting in March 2020.

The main activities of the program are tutoring services and homework-help, both of which are conducted by youth volunteers.

The initiative now also features a children's dance program entitled "Dancing with Peacock dance group", as well as a South Asian Art program where children can learn about traditional and modern dances and South Asian arts & crafts for free. Additionally, students are offered free Bengali singing lessons from a professional singer, where they can use their skills to perform at the many large community cultural events that BCS hosts throughout the year such as International Mother Language Day, Canada Day, Pohela Boishakh, CBON Mela, Bangladesh Independence Day celebration, and many more. Since 2000, one of our most successful and longest-running initiatives, the ASTP program has enabled 50 volunteers to help 500 kids throughout the year. It is not only a platform for education, but it also helps students develop a sense of culture that can allow them to feel more closely connected to their community. All year around, BCS organizes art competitions, cultural celebrations, and many other events





where more than 1000 community members get the opportunity to showcase the skills they have acquired through the ASTP program, which allows youth to gain experience in exploring their artistic abilities and talents for free.

5. Youth Game Night / Youth Drop-In

The Youth Recreation Drop-In program provides youth from the Neighbourhood Improvement Areas (NIAs) of Taylor-Massey and Oakridge with an easily accessible weekly recreational drop-in within their community. Preliminary studies conducted in the community found that local youth had a desire to participate in sports and other recreational activities; however, they were limited by a lack of space and safety concerns, in addition to increasing costs. With the weekly drop-ins, youth could participate in leisurely and beneficial recreational activities such as card games, computer games, board games, and table tennis. Special events such as bowling nights and skating nights were also able to engage over a dozen youth. In addition to these activities, dinner or a light snack was also provided. The program provided youth with a safe space to relieve stress and connect with others in the community. This has been proven to be a positive deterrent from risky behaviors, resulting in a more vibrant and healthy community. Additionally, the frequency of the program makes it a great attraction for youth looking to engage with peers while attaining their volunteer hours. In 2020, we received more participants than ever as well as added 5 new board and card games to our inventory. An average night saw 10-12 children and youth participants attend the program as well as several volunteers. Often, many newcomers are able to develop friendships and ease the integration process into the community. Due to its success and traction, BCS hopes to continue this project for the indefinite future.



6. Toronto Public Health Diabetes Prevention

In 2020, youth leaders from BCS received formal training to carry out education and physical activity sessions in order to educate the community about the importance of diabetes prevention, and living a healthy and active lifestyle in general. We conducted six peer-led education sessions on diabetes prevention for a total of 88 participants, and four peer-guided physical activity sessions with 22 people in attendance. Through these sessions we taught adults and seniors from the community the importance of diabetes prevention and healthy living habits, as well as recruited more youth leaders to help run these programs.



Inter-gen Initiatives:

1. Danforth Intergenerational Group (DIG)

The Danforth Intergenerational Group (DIG) is funded by the New Horizons for Seniors Program, and was formed to narrow the intergenerational gap between youth and seniors in our community. An intergenerational group of ten seniors and five youths was formed to run meetings where both groups could learn about social issues from each other, particularly elder abuse. This was done through group discussions, plays and short films, demonstrations, etc. to create recommendations on how to handle elder abuse in South Asian communities. Additionally, six elder abuse workshops were held in which 100 seniors and 20 youth volunteers attended, which was more than our expected results. After all the meetings and workshops, the intergenerational group developed a module about elder abuse in order to be able to educate others in the community. Aside from the educational activities, the program provided many bonding opportunities for the youth and seniors such as the 12 arts and crafts sessions. About five youth and 12 seniors participated in designing memory boxes and other art pieces that were shared in December 2020 to an audience of 100 people. The memory boxes were a legacy activity that could hold information and materials in the boxes that could be passed down to younger generations. Due to the pandemic, an important activity that was implemented was teaching seniors computer skills in order to be able to attend our virtual programs. Seniors were taught through over-the-phone and socially-distanced in-person lessons that followed all Public Health Guidelines. On September 4th, 2020, BCS hosted an inter-gen outing that was attended by the respected seniors, adults, youth, and kids in our community. The purpose of this event was to give seniors a chance to interact with others in the community as they had been isolated at home due to COVID-19. The event was a success, as many seniors expressed their enjoyment, and everyone was maintaining social-distancing and following public health guidelines while at the park. To evaluate the project, five case studies and a mini survey were done to see what was learned and what was achieved. It was reported that all senior participants improved their knowledge on elder abuse and had learned about government policies they should know to protect themselves. The target for our project was to reach 50 seniors, but through a snowball technique, we ended up reaching 100 new seniors who had never participated in events prior to these, as well as 20 youths. To add, 16 seniors, four adults and seven youths achieved volunteer experience by outreaching to peers, making flyers, attending intergen meetings and planning events. The DIG has helped to grow the network of seniors for BCS, as well as connect other seniors to each other. Not to mention youth, adults and seniors alike were able to gain volunteer experiences and useful skills, all while building connections and bonding with each other.

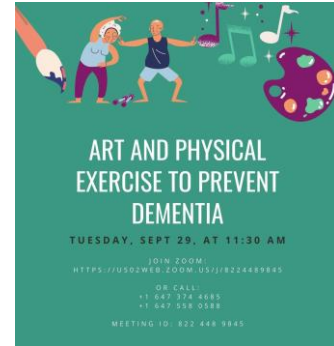


2. Leaders of Today and Tomorrow (LTT)

The Leaders of Today and Tomorrow (LTT) project was funded by WoodGreen and had two main aspects: active living and wellness, and youth-senior connections. The main goals of the project were to create a platform for youth and seniors where they could get active and implement intergenerational activities through exercise and games, and to raise awareness of the importance of intergenerational activities in community development. BCS started activities in October 2019 and ended in March 2020. In order to have seniors and youth build connections and collaborate to implement this project's activities, we created a Volunteer Leadership Council that consisted of ten seniors and five youth. For the active living and wellness aspect of the project, 12 exercise sessions and 12 intellectual and social games were done throughout the project timeline. These sessions took place on Thursdays and Saturdays, and included



storytelling, geography quizzes, movie night, etc., which gave seniors the chance to socialize and feel less isolated during quarantine. Additionally, there would also be discussions surrounding various topics such as art/music therapy, diabetes prevention, COVID-19, maintaining healthy hygiene, cultures, and social issues around the world. This initiative was very popular, as we had amassed an average of 40 seniors per session. The success of this program was evident through the snowballing growth of participants, as we started off with 29 seniors, and ended with 54. Many of our seniors had expressed positive feedback for this program as it was a chance for them to take control of their physical and mental health, and it made them feel less isolated and helpless during this unprecedented time.



Special Initiatives

Our special initiatives are meant to address current issues and situations such as COVID-19, racism, Islamophobia, etc. We take on such initiatives because there is an urgent need in the community to address these concerns, and our objective as an organization is to provide resources and support for our community members who are facing these adversities.

1. The Peacemaker Initiative (PI)

The Peacemaker Initiative (PI) is a new project that launched in 2019 and is funded by the Government of Canada until March 2021. It strives to combat Islamophobia, xenophobia and racism targeted towards women and girls in the Crescent Town and Oakridge communities through knowledge gaining and awareness activities. We also wish to reduce the knowledge gap rooted from misinformation to help everyone gain a sense of empathy and understanding of those who are different from them. Phase 1 of the initiative primarily focused on knowledge gathering and planning, whereas Phase 2, which began in January 2020, focused on implementation and awareness through activities such as community discussions, focus groups, awareness campaigns, and blogs. A team of 17 Peacemaker Ambassadors made up of mostly youth, but adults and seniors as well, worked to implement these activities, and launched a training module to further recruit ambassadors. This training module will also help our Ambassadors have a structured document to refer to when helping others understand their rights when dealing with discriminatory situations. The project's documented real experiences shared by community members and recommendations will be taken into account when updating the training module in the future. In 2020, the PI conducted two focus groups discussions involving youth and adults. Combined with the two focus groups from 2019, all four had approximately 60 participants in attendance. In 2020 and 2021, we held art competitions with the theme being Islamophobia and Racism, and we received many beautiful pieces from children and families. Another activity that was coordinated by the Ambassadors was a blog, which will extend our reach beyond the local communities BCS supports. Blogs were posted on a bi-weekly basis in order to explore Islamophobia in depth and use these written pieces to encourage rapport, ultimately hoping to build bridges. It explored a variety of topics related to addressing Islamophobia and xenophobia in our communities and around the world. These topics may include discussion points from our focus groups, personal stories shared by our community members or Peacemaker Ambassadors, current events, and everything in between. The objective of the blog was to reduce the knowledge gap that exists between Muslims and non-Muslims, racialized and non-racialized individuals, and immigrant and non-immigrant populations by promoting dialogue and learning, with a focus on women and girls as they are generally more visible when wearing religious and cultural clothing. Lastly, awareness materials such as

religious leaders, professionals, community leaders, to politicians who were all able to connect with participants in the audience, encouraging discussions and dialogue. Overall, all our events and activities in 2020 were very successful as we were able to increase awareness about racism, Islamophobia, and xenophobia within our community and Canada as a whole. In fact, 93.7% of participants in our workshops think that the BCS peacemaker initiative workshop has done well or very well in addressing how they understand Islamophobia/hate crime and increased knowledge many folds to handle the issues. Additionally, 85.7% of participants felt that they could use the knowledge and training they learned through the workshops to protect themselves from discrimination and racism. More than 4,000 Facebook followers were aware of the Peacemaker Initiative, and due to the pandemic, it has been easier for community members to participate in our initiatives online, or learn about activities through social media. Through this project we hope to give our community their voice so they do not feel isolated in the adversity they face as a result of their faith.

Peacemaker Initiative Project Learnings:



Experiences

- Youth faced discrimination and racism in the workplaces, and the seniors mostly faced in the subways, apartment building, and in the marketplaces
- 71% of participants think that people are afraid of Islam and Muslims and 75.5% think someone may not respect you because of the color or variety of your ethnicities
- The participants had no intention to move against discrimination, hate crimes, and racism unless it reached extreme measures

Reasons For Discrimination, Hate Crimes, and Racism:

- Poor understanding about racism and discrimination, and lack of initiatives to address the issues
- Negative misconceptions fueled by the media
- Lack of proper religious practices & knowledge gave the misinformation in the society that aggravated the hate crimes
- Lack of knowledge about rights and govt. policies to protect themselves against hate crimes, discrimination, and racism.
- Only 24.5% know the details of this policy

- 85.7% participants- PI workshops enhanced their knowledge and help them, or they can use the training to protect themselves from discrimination and racism
- 62.5% participants think that their community has a high level of responsibility in improving the understanding of anti-Islamophobia, and
- Community leaders have a positive impact in their neighborhood /city have on empowering community members to participate in anti-Islamophobia initiatives
- 93.7% think that the BCS peacemaker initiative workshop has done well or very well in addressing how they understand Islamophobia/hate crime and increased knowledge many folds to handle the issues

Experiences with Xenophobia/Islamophobia (Examples)

Being called a terrorist	Made fun of for their English	Treated differently based on race & religion
Not allowed to wear long clothes in a sauna at a community gym	"this is my country, go back to your country"	

Recommendations

Educate	Educate community members about their rights regarding discrimination and racism, and hate crimes
Improve	Improve the relationships between police and community members so that they feel comfortable going to the police to protect themselves from any hate crimes.
Initiate	Initiate discussions about these issues, and to run community activities between different groups on a regular basis in order to improve community relations



2. Immediate assistance to vulnerable South Asian seniors amid COVID-19 pandemic

The project titled “Immediate assistance to vulnerable South Asian seniors amid COVID-19 pandemic” aims to provide support to the community, particularly vulnerable seniors, in order to reduce isolation, anxiety and depression. One of the ways this was done was through on-the-phone training on how to use Zoom, which benefitted around 25 seniors. Alternatively, training had been done through video calls and demonstrated on tablets for 15 seniors. Through Zoom, over 18 sessions were conducted to address and meet needs of physical exercise, recreational activities, and social connections. In addition to these needs, seniors in the community have also expressed a need for emotional support. Many have been feeling isolated and lonely, so through our program we called 30 seniors twice a week in order to talk about their wellbeing, understand challenges seniors face, give information about government resources, connect them to social workers and food providers, and help them with medical prescription management and doctors appointments. Another part of the helpline was distribution, as we had handed out PPE to 55 members of the community, and given 30 members groceries. This was because many of them did not often leave the house, so these items would be useful to them.

In total, our project helped 800+ people develop their skills so that they may learn to adjust to life in a pandemic.

FREE FOOD PACKET DELIVERY

ARE YOU A SENIOR LIVING ALONE OR A SENIOR COUPLE WHO CANNOT GO OUT FOR SHOPPING?

BCS is delivering **FREE** essential packages (dry food, spices, drinks, exercise items, hygienic products and more!)

ON FIRST CALL FIRST SERVE BASIS

If you are a senior (55+ years), living alone or an isolated senior couple, Please call **647-608-5087** to book your packet. We will deliver to your location.

Line will be open till **June 20th, 2020**

BCS Ontario

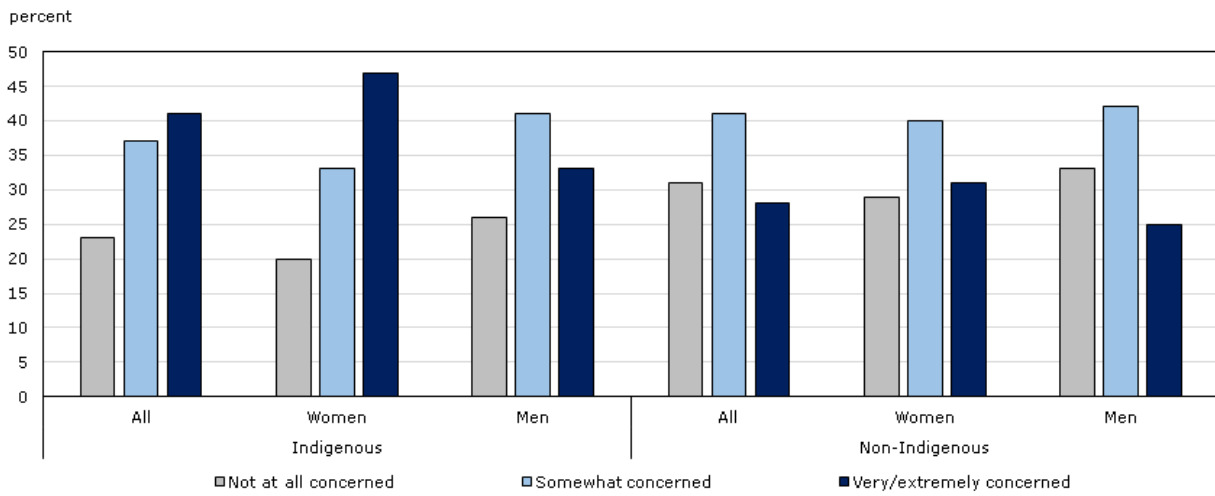
3. COVID - 19 : Helpline for South Asians in the GTA

The main objective of the helpline project was to connect vulnerable South Asian seniors with comprehensive information and resources regarding COVID-19, such as prevention, government benefits, re-opening, quarantine, food, etc., in the context of this pandemic. The project was a joint initiative involving five other South Asian organizations: CASSA, Tamil Civic Action, PCHS, SAWRO and SLACO. Through the project’s activities, the seniors were updated with the latest government information relating to COVID-19, and were aided in grocery delivery, as many seniors were homebound out of fear for their health. The helpline offered services in six different languages (English, Tamil, Urdu, Hindi, Panjabi, and Bengali) so as to make it as accessible as possible. The information given through the helpline such as health and hygiene tips, government benefits related to COVID-19, quarantine information, the stages of reopening, etc., had come from reliable government resources. The way the helpline operated was that anyone from the community could dial the helpline number and the information would be pre-recorded in the language of their choice. For example, in order to be provided services in Bengali, the seniors would press 4. BCS assigned one staff member to record and update all the information to put into the pre-recorded message system. Thus the seniors were updated with all the recent information regarding COVID-19 and associated information. Additionally, if any seniors faced challenges when buying groceries, they could leave a message on the helpline and our staff call them back to register them for a

food basket service. In case any seniors still needed clarification for a question, a member of our staff (intake specialist) was assigned to receive live calls on Wednesdays and Sundays.

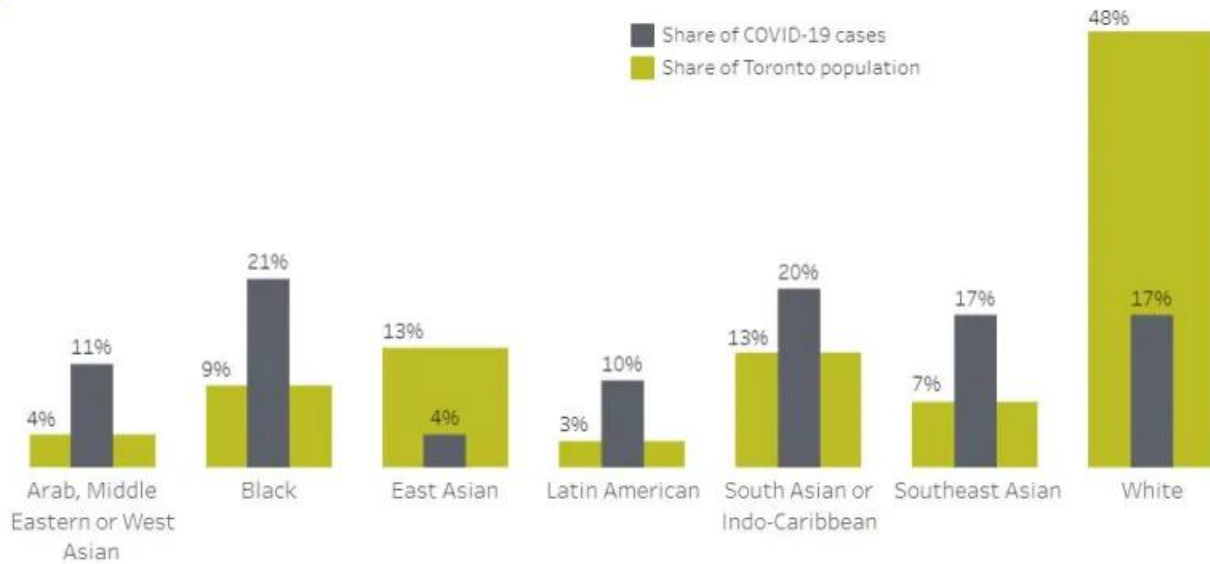


Chart 1
Concern about the impact of COVID-19 on family stress due to confinement, Indigenous and non-Indigenous participants, April 24 to May 11, 2020



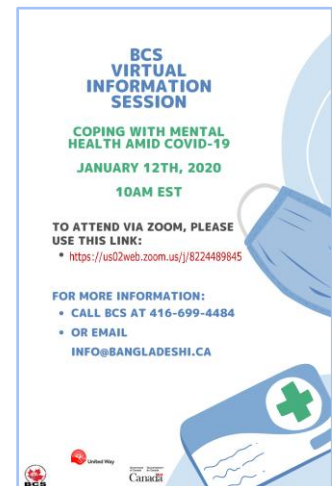
Source: The impacts of COVID-19 - Mental Health.

Share of COVID-19 cases among ethno-racial groups compared to the share of people living in Toronto, with valid data up to July 16, 2020 (N=3,861)



4. Health & Hygiene Preparedness (H2P)

Health & Hygiene Preparedness (H2P) is a program that aims to provide digital health and hygiene workshops to our community, as well as incite preparedness for the re-opening of socially-distanced activities at our community center. The project began in July 2020 as we recruited three dedicated staff and seven project volunteers to aid in the implementation of activities. H2P held eight monthly digital training sessions on health and hygiene issues related to the pandemic, as well as delivery of health and hygiene protection products and PPE (box of masks, box of gloves, hand sanitizer, face shield, goggles, fabric spray) to 150 adults who are essential workers. Additionally we provided a food and grocery delivery service. We also developed 100 resource pamphlets on staying safe outdoors from the virus in English and Bengali, and had 10 virtual outreach sessions per week from Monday to Friday at 10:00am to 4:00pm. In order to stay safe and hygienic ourselves, we had the office cleaned weekly in addition to following and enforcing adequate social distancing and protection measures. Some achievements of H2P is that we have helped some of the most marginalized populations get access to useful and correct health and hygiene information. Also, we found that from our participants, 80% reported that COVID-19 had an impact on their mental health. This program provided them with a virtual platform in order to stay connected, and this demand is still a very large one in our community, which is why the initiative was continued in 2021. Moreover, we managed to partner with some new community service agencies and were able to connect with all levels of government service providers.



Senior Programs/Initiatives

1. Weekly Exercise Sessions

The objective of the 'Weekly Exercise Sessions' is to maintain the physical and the mental wellness of seniors through various forms of physical exercises offered by BCS. This includes aerobic, muscle-strengthening, cardio, and stretches instructed by one certified recreation therapist (activation) who runs the program. The Weekly Exercise Sessions are 4 days a week (Monday, Tuesday, Thursday and Friday at 10 am) for 2 hours on zoom because of COVID-19. Every session is full of creative movements and music. Over 100 seniors from all around the world including North America, Europe, Asia, and Australia are participating in each session. Cumulatively, a total of 350-400 seniors attend each exercise session. The Weekly Exercise Sessions has positively impacted the senior's lifestyle and wellness by controlling diabetes and high blood pressure, and overall improving health and wellbeing of seniors.



2. Weekly Technology Sessions

The objective of the 'Weekly Technology Sessions' is to engage seniors in a workshop for learning technological knowledge and improving skills to use computers as communication purpose, searching information online, and connecting with the world through online. The seniors are taught about MS word, basic computer operations, opening email, Facebook, Viber applications, etc. Every session includes 10-15 seniors. The program happens every Monday at 3 pm. During the pandemic time, we run the project in three levels: on phone, on zoom, and in person. During this pandemic, we do not have regular sessions; however, who need technological support, we provide them with support on phone or zoom instantly. We make schedules for in person service, and reach seniors to maintain public health measures to prevent the COVID spread. During the COVID time, we supported more than 50 seniors. Sometimes, we organize cyber safety workshops to teach seniors how to protect their information from fraudulence. About 150 seniors attended the cyber safety workshops last year.

3. Senior Group and Meeting

BCS has a senior group consisting of 10 seniors (five men and five women). The main objective of the group is to identify the social problems that affect the seniors' life. The group talks about elder abuse, chronic diseases and healthcare, psychosocial outcomes of COVID, the strategies of wellness for seniors housing issues, hate crimes and discrimination, etc. BCS organized the monthly meeting in the office; however, it is being conducted on zoom during the pandemic time. The outcomes of the meetings (information) are being used for writing funding proposals.



4.A Series of Health Education Workshops

During the pandemic time, we are providing seniors with health information about COVID, hygiene, nutrition, chronic diseases (like diabetes, high blood pressure and cholesterol management, chronic pain, dementia, and mental health, etc.) virtually (on zoom) on a weekly basis. These workshops aim to help seniors to increase the knowledge to manage seniors’ chronic health conditions. Sometimes, BCS invites different organizations, such as South Riverdale, Alzheimer’s Society, East End Community Health Centre, Flemingdon Health Centre, Canadian Mental Health Association to conduct the health workshops. Before the pandemic, BCS organized a workshop that was designed with comprehensive information and conducted by trained and certified healthcare providers, too. The workshops were held on a monthly basis. The seniors were provided with transportation opportunities to attend the workshops. The prior registration was required to ensure the spot. 20-25 seniors attended each health workshop until closure of the office because of COVID (in March, 2020). The participation increased over the time period. BCS also assigned certified interpreters to support the seniors to make the workshop effective in terms of communication. Any senior from GTA has access to health workshops.

5.A Series of Elder Abuse Workshops

BCS initiated a series of elder abuse workshops under New Horizon and Seniors Community Grants (MSAA). So far we have completed 14 workshops in the last one year. More than 40 seniors attended each session. We have gathered information about the different forms of abuse that they faced.



6. Monthly Issue Based Workshops

BCS organizes monthly issue based workshops or sessions. The main objective is to improve the knowledge about the current social problems and to identify the solutions for other seniors. Around 30 seniors attend the workshop to make it effective. They mostly focus on social problems, such as vaccine engagement challenges, age friendly community, family relationship, tutoring challenges, unemployment, etc. It is an ongoing project and is being run on zoom.



7. Weekly Recreational Activities

BCS has weekly recreational activities for seniors. The recreational activities are based on six domains, such as physical, intellectual, emotional, social, spiritual and vocational. The recreational activities include trivia, singing along, art and color therapy, quiz, travel show, documentaries, art and crafting, etc. BCS had recreational activities in two different places: BCS office and Dentonia park ClubHouse. Currently BCS is running all recreational activities virtually or on zoom.



8. Home Support

Before COVID, BCS had the regular home support services. BCS sent volunteers to seniors' homes to chat with them, to engage in game activities with seniors, to cook light meals, to help seniors clean their homes, etc. Currently, we are not providing the home services because of the safety of seniors during this pandemic time.

9. Accompaniment Supports (for interpreter, travel assistance, etc.)

BCS had the accompaniment services before the COVID. The service helped the seniors to bring them to healthcare systems like hospitals, doctors, dental care, physiotherapist. The volunteers went to the point where seniors and volunteers met, and they went to the healthcare system. The volunteers also acted as interpreters between the seniors and doctors. During this pandemic, we have this service, but in a limited way.

10. Senior Outdoor Visits

The Intergenerational team creates Outdoor Visits that happen all along the year. These outings aim to bring all of the family members including seniors and children around the community from all ages together to have meaningful and lasting memories and relationships with others. These Outdoor Visits allow individuals to socialize and experience places they may have never been. Many members enjoy

these experiences and continue to look forward to the next ones.



11. Meditation for Seniors

BCS facilitates Meditation for Seniors in order to make seniors relaxed and comfortable, the mediation session is designed with Tibetan, mountainous, instrumental, and natural music. The mediation program heals internal emotional erosion that could affect health and wellness. The session is half an hour duration. It is held on Thursday at 4:30 pm at Dentonia Park Clubhouse. Meditation has significantly improved an individual's mental health such as stress, anxiety, and challenges with them.



12. Volunteer Opportunity for Seniors

The BCS's different projects provide seniors with a great opportunity to work for BCS and the community as volunteers for implementing the senior activities. It is an ongoing process. The aim is to empower seniors to run seniors' activities in the community and neighborhood. The volunteers work in three different levels in the community: the seniors work in the senior cabinet/or ambassador group, work for disease advocacy groups, and work as door-to-door workers. To be a volunteer, the senior has to fill out the application form. More than 60 volunteers will provide services in 2020 towards senior's wellbeing.

Zoom Link For Seniors Exercise Program: <https://us02web.zoom.us/j/8224489845>

Time: Every Monday's, Tuesday's, Thursday's and Friday's at 10am to 12pm



Women/Girls Initiatives

1. WOMEN IN STEM (WIS)

Women in STEM (WIS) was founded in 2019 through the Identify N' Impact grant from the City of Toronto. WIS aims to support underserved female youth between the ages of 15- 25 across Toronto and is committed to investing in and inspiring the next generation to explore STEM fields.

Many youth, especially female youth, face societal and familial pressures and do not feel they have a safe space to connect. Our main goal is to provide a safe space for youth and families to gather and explore their interests in STEM, while also engaging them in discussions on how to build resilient communities.

WIS created the “Speak Up” campaign, which was an anon submission series for women to share their experiences of discrimination in STEM fields. The Anti-Racism in STEM blogs/Instagram posts was developed to raise awareness on historical racism in academia/STEM fields and create discussions on dismantling systemic racism within STEM.

Overall, all youth expressed having a positive experience with this project. Our midterm survey was conducted among 10 participants. There, when asked to rate how much their knowledge on STEM fields improved compared to the start of the program.

One individual success story includes one of our youth who started off as a regular participant and through her active involvement and interest in our project, she joined the core volunteer team as the Community Engagement Assistant. She attended nearly every workshop we conducted, placed 2nd place on our STEM Fair, wrote multiple blogs, took a leadership role for our anti-discrimination and racism campaigns, and was responsible for managing our presence on Instagram. When prompted to share some skills she learned or improved through this program the following was stated: “[I learned] presentation and digital marketing skills (through social media management). I also picked up a lot of great advice on work life balance from the speakers Q&A sessions.”

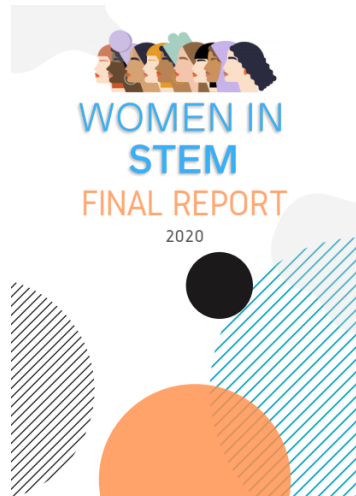
Participants also learned more about the STEM fields, which either reaffirmed their interests in certain fields or exposed them to new ones. For example, one participant stated the following: “Being a part of the WIS program has got me more inclined towards the Engineering aspect of STEM than anything related to medicine. I really enjoyed The Mechatronics and Engineering workshop sessions provided by this program. It gave me greater insight on the field and drew me towards those careers.”

When participants joined the program, the majority of the participants noted in the intake survey that they had an interest in exploring and pursuing STEM careers. However, they did not have the necessary skills/resources to successfully get into their fields of interest.

Furthermore, participants hoped to learn programming, robotics, leadership, fields in STEM, coding, public speaking, networking, and presentation skills. All soft skills were addressed in our programming (e.g., individual presentations, networking opportunities, etc.). However, hard skills such as coding and robotics were changed to adapt to a virtual format. Instead, we provided participants with insights from individuals in those fields as well as online resources to develop the skills on their own time at home.

During our WIS program, we provided monthly Speakers Sessions with STEM professionals, virtual field trips, and STEM Fair, which helped to give insight into different STEM careers. During the midterm survey, while participants expressed a positive experience with the project, they requested professional development and mental health workshops in the second half, which were implemented.

Women In STEM (WIS) Report



PROGRAM OUTCOMES

Overall, all youth expressed having a positive experience with this project. Our midterm survey was conducted among 10 participants. There, when asked to rate how much their knowledge on STEM fields improved compared to the start of the program, we scored an average of 4.5 out of 5.

In our final feedback survey conducted among 7 participants 100% of participants were very satisfied with the program arrangement/organization.

86 VERY SATISFIED WITH THE QUALITY OF LEARNING OPPORTUNITIES

86 VERY SATISFIED WITH THE QUALITY OF WORKING WITH FACILITATORS

86 VERY LIKELY TO RECOMMEND THE PROGRAM TO OTHERS

When asked to rate how much their knowledge on STEM fields improved compared to the start of the program, we scored an average of 4.43 out of 5.

Component	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Virtual field trips (Speakers)	100%	0%	0%	0%	0%
Virtual field trips (Workshops)	100%	0%	0%	0%	0%
Workshops (Speakers)	100%	0%	0%	0%	0%
Workshops (Workshops)	100%	0%	0%	0%	0%

PROGRAM OVERVIEW

Women in STEM

Women in STEM (WIS) was founded in 2019 through the Identify N' Impact grant from the City of Toronto. WIS aims to support underserved female youth between the ages of 15-25 across Toronto and is committed to investing in and inspiring the next generation to explore STEM fields.

Many youth, especially female youth, face societal and familial pressures and do not feel they have a safe space to connect. Our main goal is to **provide a safe space for youth and families** to gather and explore their interests in STEM, while also **engaging them in discussions on how to build resilient communities.**

PROGRAM OVERVIEW

THE INITIAL PROJECT CONSISTED OF:

- Speakers Series:** 9 virtual speakers series with 1-3 professional speakers each
 - Past speakers can be found here: <https://www.wis.toronto.com/learn-the-team>
- Participant series:** WIS participants researched their own STEM topics of interest and presented to peers
- Field Trips:** Participants attended virtual field trips in lieu of in-person ones due to pandemic
- Professional Development Workshops:** Offered 4 resume/CV and Cover Letter review and provided workshops before speaker series events
- Mental Health Workshops:** Conducted 2 online mental health workshops incorporating ways to deal with COVID-19 and/or discrimination
- STEM Fair and End of Year Event:** participants presented their STEM Fair projects at the Annual STEM Fair and End of Year Event
- Social Media:** WIS team built online social media presence on Instagram, LinkedIn and through our personalized website
- Anti-Discrimination Campaigns:** WIS created the "Speak Up" campaign, which was an anon submission series for women to share their experiences of discrimination in STEM fields. The Anti-Racism in STEM blog/Instagram posts was developed to raise awareness on historical racism in academia/STEM fields and create discussions on dismantling systemic racism within STEM

PROGRAM OUTCOMES

One individual success story includes one of our youth who started off as a regular participant and through her active involvement and interest in our project, she joined the core volunteer team as the Community Engagement Assistant. She attended nearly every workshop we conducted, placed 2nd place on our STEM Fair, wrote multiple blogs, took a leadership role for our anti-discrimination and racism campaigns, and was responsible for managing our presence on Instagram. When prompted to share some skills she learned or improved through this program the following was stated:

"I learned presentation and digital marketing skills through social media management. I also picked up a lot of great advice on work-life balance from the speakers Q&A sessions."

Others stated learning the following skills:

- Advocating for under-represented populations in STEM
- Networking
- Communication and social skills
- Confidence
- Planning
- Organization
- Critical thinking

Participants also learned more about the STEM fields, which either reaffirmed their interests in certain fields or exposed them to new ones. For example, one participant stated the following:

"Being a part of the WIS program has got me more inclined towards the Engineering aspect of STEM than anything related to medicine. I really enjoyed The Mechanics and Engineering workshop sessions provided by this program. It gave me greater insight on the field and drew me towards those careers."

PROGRAM OUTCOMES

Some other participants noted their positive experiences and what they learned during the WIS program, as commented below:

"I've really got to immerse myself in something if you want to get a feel for what you enjoy. Even if it doesn't always work out, you've gained at least something from that experience. Through this program I was introduced to so many aspects of STEM I would've never known about otherwise, and this has opened so many opportunities for trying new things and narrowing down a path of careers I'd like to see myself in the future with STEM."

"I learned to keep your options open, you don't have to stick to one thing. It will help you find new opportunities and get you out of your comfort zone."

"I learned that networking can get you really far. Not only are you getting the best tips from people who have already reached the goals you want to reach, but it also gives a contact that you can maybe refer back to in the future."

"I learned the importance of having a mentor in your field."

"One valuable information I have learned from all the speakers is that they all had a goal, they all worked very hard, made themselves stand out, and continuously worked towards their goal. They also gave tips on how you can do that and create opportunities for yourself such as networking."

"One valuable information I have learned from all the speakers is that they all had a goal, they all worked very hard, made themselves stand out, and continuously worked towards their goal. They also gave tips on how you can do that and create opportunities for yourself such as networking."

In summary, participants were satisfied with the quality of the project and content and learned new skills as well.

CHANGES FOR PARTICIPANTS

When participants joined the program, the majority of the participants noted in the intake survey that they had an interest in exploring and pursuing STEM careers. However, they did not have the necessary skills/resources to successfully get into their fields of interest.

In our intake survey, participants expressed the following barriers to pursuing STEM:

- Lack of female role models
- Not encouraged to pursue STEM from an early age
- Believed they were less likely to succeed in STEM
- Believed women were in general less interested in STEM than men
- Faced discrimination in recruitment, hiring, and promotion in STEM
- Difficulty to maintain a work-life balance

Group	Percentage
Disabilities and/or learning needs	4 (30%)
Immigrants and refugees	3 (23%)
Indigenous and Métis	2 (15%)
Low-income families and households	1 (7%)
Black African-Caribbean	1 (7%)
Other	2 (15%)

CHANGES FOR PARTICIPANTS

Furthermore, participants hoped to learn programming, robotics, leadership, fields in STEM, coding, public speaking, networking, and presentation skills. All soft skills were addressed in our programming (e.g., individual presentations, networking opportunities, etc.). However, hard skills such as coding and robotics were changed to adapt to a virtual format. Instead, we provided participants with insights from individuals in those fields as well as online resources to develop the skills on their own time at home.

During our WIS program, we provided monthly Speakers Sessions with STEM professionals, virtual field trips, and STEM Fair, which helped to give insight into different STEM careers. During the midterm survey, while participants expressed a positive experience with the project, they requested professional development and mental health workshops in the second half, which were implemented.

CHANGES FOR PARTICIPANTS

Participants became aware of jobs and careers they were previously unaware about, as displayed through their comments below:

"The exposure to a range of professions that exist within STEM that I'd never even heard of until recently. Students are often familiar with the Engineer, Researcher, etc. roles and what they entail as opposed to being a product designer, or how one would prep for said career."

"I have realized that many people had to work very hard to get where they are, and how their previous career altered as they went on with their life and they chose to work in an environment that they enjoy. With that information it helps me with sorting out my life as well."

"During one of the virtual conferences, a speaker told her experience of how her gender impacted the value of her ideas that she brought to the table, and her boss wasn't being fair. Then, she continued on saying how she acknowledged the situation respectfully and stood to her point. From her experience, I've learnt to never ignore STEM workplace inequalities especially if it had something related to gender."

CHANGES FOR PARTICIPANTS

Some participants noted the WIS program had inspired them to consider changing their future/career plans:

"... the presentations encouraged me to take other programs into consideration when applying to undergraduate programs at universities that I wouldn't have applied to if not for my part of WIS."

"WIS has definitely opened my eyes to the possibilities that STEM has to offer. Although I do not plan on changing my immediate plans/field of study after high school, I am more inclined to go into a career that works closely with STEM in facilities such as hospitals."

"WIS challenged me to see beyond the goals I had initially set for myself through exposure to stories of (step, minority) women in fields that are pretty much white/male dominated. I do feel very confident with changing paths in the future given the advice received in the workshops."

"Being a part of the WIS program has got me more inclined towards the Engineering aspect of STEM than anything related to medicine. I really enjoyed The Mechanics and Engineering workshop sessions provided by this program. It gave me greater insight on the field and drove me towards those careers."

"Participating in WIS has made me even more interested in pursuing a career in STEM fields - it has made me feel empowered as I was able to listen and talk to other female leaders in the industry."

In summary, participants gained insights, resources/supports, and mentors through their involvement in the WIS program.



PROGRAM TEAM OUTCOMES

PROGRAM STAFF



Saadia Sarker



Fariha Khan

PROGRAM VOLUNTEERS



Akosua A. Owusu-Ansah



Rawdat Rouf



Zahra Ahmed






PROGRAM TEAM OUTCOMES

SPEAKERS





April 2020: Session 1 - Engineering
Fahim Morover





May 2020: Session 2 - Science
Dr. Aranya Banerjee, Christina Parung,
and Saadia Sarker




June 2020: Session 2 - Mathematics
Joy Yu




July 2020: Technology
Leah Davidson and Lynn Chayo




August 2020: Engineering
Saabira Chowdhury and Matzima Zahid




September 2020: Science
Ednan Abukar and Ava Ghods

PROGRAM TEAM OUTCOMES

SPEAKERS




October 2020: Science
Dr. Danica Quickfall and Dr. Tahmina Ahmed





December 2020: Undergraduate
STEM Panel
Radia Kamal, Uyen Dam, Shrayasree
Saha, and Saabira Chowdhury

PROGRAM OUTCOMES

TOTAL WORKSHOPS DELIVERED: 17
 Actual number of workshops delivered = 17
 (9 Speakers Series Sessions (including Orientation)
 + 2 Participant Series Workshops
 + 4 Professional Development Workshops
 + 2 Mental Health Workshop)

TOTAL MEETINGS/ACTIVITIES/EVENTS: 33
 Actual number of meetings/activities/events = 33
 (2 meetings for staff/career volunteers per month
 x 15 months
 + 1 End of Year Event
 + 2 Virtual Field Trips)

WHAT OUR GROUP LEARNED FROM RUNNING THIS PROGRAM:

- Learned to adapt to a changing environment
- Social media skills
- Problem-solving skills
- Outreach skills
- Project management skills
- Budgeting skills
- Leadership skills
- Organizational skills
- Delegation skills
- Responsibility
- Design skills (powerpoint, guides, resources, website development)
- Grant writing
- Writing skills (blogs)

PROGRAM DATA AND STATISTICS

How many events did you attend?



How many do you plan to attend?



What is your current education level and how have completed the process of completing it?



How many STEM events have you attended in the last 12 months?



How many STEM events have you attended in the last 6 months?



How many STEM events have you attended in the last 3 months?



PROGRAM MATERIALS, TOOLS AND RESOURCES

INTERNATIONAL WOMEN'S DAY
March 8 - 10 (2020)

PROFESSIONAL DEVELOPMENT: Cover Letters

PROFESSIONAL DEVELOPMENT: Resumes

STEMPOWER: DISCRIMINATION IN STEM

LEADERSHIP & APPLYING TO OPPORTUNITIES IN STEM

Mental Health During COVID-19

Speak Up

A campaign to hear stories of lived experiences on discrimination faced while studying/working/pursuing STEM careers.

Overview:
 An anonymous submission series of experiences of discrimination and racism faced by BIPOC in getting and staying in STEM fields
 • An awareness campaign which would provide a call to action for allies
 • Timeline:
 • Launch: End of July
 • Close: End of August
 • Content creation: August - September

Social Media Post Captions:
 Do you identify as being BIPOC? Are you from an underserved and marginalized community?

Speak Up is a campaign to hear YOUR stories of lived experiences on discrimination faced while studying/working/pursuing STEM careers. We hope to share your anonymous submissions across WIS platforms and networks to shine a lens on this issue while also building a resilient network of empowered individuals.

Join the movement and 'Speak Up' through the submission link in our bio or at bit.ly/WIS-SpeakUp





Speak Up

This blog series will build awareness on racism in Academia/STEM fields and create discussions around how to work towards dismantling systemic racism within STEM, especially in the context of Women in STEM.

Timeline: Monthly blogs August - December

EXAMPLE OF BLOG TOPICS

- History of Henrietta Lacks and HeLa Cells
- Lack of health data hurting Black Canadian women (i.e. higher mortality rates during childbirth, under-screening for cervical and breast cancer in Black communities)
- Annie Easley, Mathematician and Rocket Scientist

PROGRAM SUMMARY
CHALLENGES AND UNEXPECTED RESULTS

The COVID-19 pandemic changed the scope and implementation of our project. While we were able to pivot to an online format, we had to forego many of our original ideas such as in-person workshops and field trips. Participants' expectations for the project shifted as they had originally joined for hands-on workshops in addition to speakers series, but mostly received the latter.

We were able to include a larger community by engaging with participants across the city and professional speakers across North America because of the virtual format. This was a positive, yet unexpected outcome from when we had originally submitted our proposal.

Learn about STEM.
Develop leadership skills.
Expand your network.

APPLY NOW!

Application link:
bit.ly/WISApplication2020

Deadline: Feb 23, 2020 @ 11:59 PM

Participants must be between the ages of 15-25.

Funded by
 TORONTO

STEM PROFESSIONALS WANTED!

Are you a professional in the field of Science, Technology, Engineering, or Math? We're looking for you to speak to a small group of female youth about your journey and experiences in a STEM related field for a one-hour online session.

A small honorarium will be provided!

Please email womeninstem.toronto@gmail.com or message us directly for more information.

Funded by
 TORONTO

2.Active Living for Girls

The Girls Active Living Program created awareness about the importance of active living and healthy eating amongst adolescent girls and empowered girls to implement the necessary lifestyle changes. This was done via health promotion workshops focusing on food literacy (using Canada’s Food Guide) as well as activities such as beach days, yoga lessons, all girls sporting events, etc. which brought 20-30 south Asian girls per event.

It is important to create programs specifically for girls such as the Active Living for Girls project because it allows girls to feel more comfortable about what they want to do without feeling like they need to restrict their ability when the opposite gender is present. Especially for active living as some girls are taught at a young age that sports and activities are not valued in south asian communities and are usually permissible for boys to do. Which is not correct as it is important for all youths to be active as it is key for their health. Programs like these can educate girls on the importance of active living as well as help build a safe place for girls to do so.

RESEARCH

We do research to have authentic information that is scientifically proven and that our community members can rely on. It also helps us find solutions to different social problems. It also helps us figure out the program impacts and evaluations for the activities we organize. Research is the reliable source for us to identify new issues to work on and serve our community better. With the effects of Covid-19, BCS also has made great efforts to find the most updated and reliable information so that we are able to inform our community members as much as we can. With the vaccine engagement efforts, getting the right information and being able to answer questions and direct people in the right direction was a priority.

SETTLEMENT SERVICES

BCS has always been an advocate for immigrants whether it is about having equal rights or eliminating the discrimination that they face. We provide information on how to survive and prosper in Canada, how to navigate legal procedures, healthcare settings and offer translation services. We also assist at



least 4000 individuals and newcomers find the correct information, help in filing forms, apply and secure social benefits, receive ODSP, get their health cards and their SIN numbers and many more services that newcomers might need. Our services are aimed at newcomers who find it difficult to settle down in Canada and navigate the Canadian systems. BCS is proud to work with individuals who are brave enough to make a new life for themselves in Canada.

Sociocultural Events

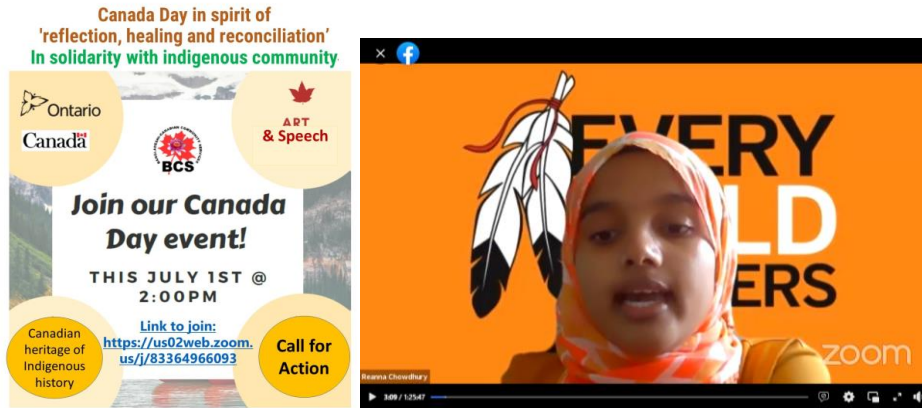
1. BANGLA NEW YEAR

The Bangla New Year was a wonderful and entertaining celebration with fun activities and performances such as dancing, singing and drama for all community members to enjoy. BCS was fortunate to see over 300 visitors attend the event. It continues to celebrate and share our culture with the community. We have included art competitions, cultural dances and food to share with everyone. This event displayed the bengali culture and heritage to the community in order for more people to be more familiar with their beautiful tradition. As well as the bengali group to feel more accepted within their community.



2. CANADA DAY

BCS celebrates Canada Day every year in July to show gratitude towards our Country. This year BCS Celebrated Canada day by showing solidarity with indigenous people and communities. With the tragic events of finding bodies of children buried in many residential schools, Canada was in grief. So BCS decided to stand in solidarity with indigenous people and talk about the micro and macro level issues and problems of indigenous people. For this tragic event, BCS had a zoom meeting and encouraged people to learn and give support to indigenous lives. This allowed BCS to spread awareness on these issues and the importance of understanding the history of the indigenous people to those who joined the event.



3. WORLD NO TOBACCO DAY

World No Tobacco Day is an event that is coordinated annually by Youth Eliminates Smoking. This event allows to spread awareness on the taboo subject on smoking tobacco and the negative effects. It is held annually in the community since 2019. Held at Access Point Danforth, WNTD is a day where the community brings awareness against the dangers of tobacco use. This year 60+ community members attended including our esteemed councilor, along with having the youth and kids participate in the competitions and interactive activities. World No Tobacco Day inspired others to inform those who may know someone who deals with Tobacco and advise them the negative impact Tobacco has on their health and their loved ones.



4. IMLD (International Mothers Language Day)

International Mother Language Day events seek to celebrate the Bengali language movement. The event hosted a series of beautiful performances that included dances, poetry recitation and singing for all community members to enjoy. The event also hosted an art competition where many kids created a piece representing the Bengali language. BCS was fortunate to have over 400 visitors attend the event. IMLD urged others to be more confident about their culture and heritage they come from which made individuals a lot more comfortable about their unique differences in this western society.

SAT, FEB 20, 2021, 2:00 - 4:00 PM
ZOOM LINK IS IN THE CAPTION

INTERNATIONAL MOTHER LANGUAGE DAY

- Art Competition
 - Grades 3-8
 - Theme: "My language, my pride"
 - Email art submissions to info@bangladeshi.ca
 - Deadline for submissions: Feb. 15th, 11:55 PM
- Cultural performances
- And more!

REGISTRATION LINK IS IN THE CAPTION!



5. The Taste of Taylor Massey – Multicultural Food Fest

The Taste of Taylor Massey is a multicultural food festival BCS, and Access Alliance hosts every year. This event's goal is to showcase a variety of food and meals from around the world to their community. Although, this year's event had to be altered and held online due to covid gathering restrictions. The team developed creative and fun activities that could be delivered through an online statue that can be enjoyable for all, even though a screen. Over 70 individuals joined the zoom event for this memorable, exciting experience. The Taste of Taylor Massey encouraged others to try new foods and experience other ethnic cultures they may not be familiar with, as well as bringing more diversity into the community.



6. Walk Against Hate

The Walk Against Hate was held by BCS to have a peaceful walk along the Danforth to show solidarity with #OurLondonFamily and the community, and to stay visible and confident walking in public in Toronto on Friday June 11. The Walk Against Hate was done to spread awareness on the hate issue that happens to the Muslim Community and the importance to stand against islamiphbia. Fortunately many political leaders, organizations, and newscasts came to support the Walk Against Hate. The Walk started from the BCS office at 2899 Danforth Street, took a pitstop at the Danforth Park to talk about the hate crimes against Muslims, the london family that was murdered by a terrorist man as well as the next steps to ensure the safety of all Muslims in Toronto and what the citizens can do to help. Lastly, the walk ended in Baitul Aman Mosque where everyone came to support the lives that were lost due to Islamophobia. This walk had over 300 supporters to show their condolence and to honor the Muslim community while still maintaining Covid restriction guidelines



Ongoing programs 2020-2021

Vaccine Engagement Initiatives

BCS, with the support from the City of Toronto and CASSA, has worked with 11 organizations who have formed the South Asian Vaccine Engagement Collaborative (SAVEC). Above all, SAVEC develops culturally specific messaging to inform Toronto-based South Asians on vaccine-related information. The goal here is to work alongside ethnic media, local influencers, and community leaders to educate individuals and dispel misinformation – a task most effectively done by meaningfully connecting with communities and responding to their demands.

1. Vaccine engagement as Vaccine Ambassadors with East Toronto Health Partners

The main objectives of this project were to raise awareness in the community about vaccination accessibility, to assist in pop-up clinics to ensure all activities run smoothly, and to engage community ambassadors and volunteers along with other partnering organizations to implement the project in different pockets of East York and Scarborough.

One of the most important steps to ending the pandemic is vaccine engagement. With the help of the City of Toronto, Woodgreen Community Services, Access Alliance, and The Neighbourhood Organization (TNO), BCS has made great efforts to help the pop-up clinics in terms of registering people on laptops, directing people to vaccination sites, directing people to stand in line, and giving away PPE (personal protective equipment) to make sure our neighbourhood is safe and healthy. Our staff members and volunteers also offered translation services to people who were finding it challenging to navigate the information given at pop-up clinics. Based on information from weekly reports from BCS's Vaccine Ambassadors, such as how many people are engaged with weekly, it is evident that the work they have been doing has truly been making a difference in our community.





2. Outreach

Outreach has been a big part of our work this year, as it is crucial that we get as many people vaccinated as possible in order to stop the spread of COVID-19. To do this, we held various town halls and information sessions where we highlighted the importance and safety of receiving vaccines. Thanks to our efforts, most of the BCS members are fully vaccinated. With the help of our other community partners like Woodgreen Community Services, Access Alliance, and The Neighbourhood Organization (TNO), we still continue our efforts in bringing vaccination opportunities to priority neighbourhoods. We have also handed out flyers and masks during our other events, gone door-to-door in priority neighbourhoods, and had volunteers and staff call in community members to provide information and offer support in these difficult times. This is an ongoing project, as our goal is to engage the religious communities and create a sense of duty and civic pride around getting vaccinated.

Since last Saturday (July 3), dozens of multi-lingual community ambassadors have fanned throughout Taylor-Massey to share information, answer questions, and encourage people to get vaccinated.

WoodGreen (WG) Community Services, with the support of The Neighbourhood Organization (TNO), Access Alliance, Bangladeshi-Canadian Community Services, and other East Toronto Health Partners agencies, is leading and coordinating this effort, which has seen teams knock on upwards of 1,800 doors and hand out more than 1,200 vaccination appointment cards.



3. Registration

Some community members wish to get vaccinated, but either do not have the time or find the registration process a hassle. Along with our



community service partners, BCS has been making efforts to ensure that the registration aspect of getting vaccinated is easy and more accessible by going door-to-door to offer help in booking vaccine appointments, or walking/standing around priority neighborhoods and offering help to book tickets for local pop-up clinics. BCS alongside other community service volunteers, both created stronger alliances with service providers and service users.

Ongoing 2021

Vaccine Engagement Projects

1. South Asian Vaccine Engagement Committee (SAVEC)

The South Asian Vaccine Engagement Committee (SAVEC) is a committee including BCS, CASSA and other South Asian Organizations who target South Asian groups, specifically Bengali residents in the community such as Scarborough and Taylor Massey as well as extending in the GTA too. This is to help engage them with the Covid-19 vaccine. SAVEC offers info sessions such as zoom call, town halls and FGD in order to educate those who are unsure about the vaccine and hesitant

Bangla Town Hall
All You Need To Know About COVID-19 and The Vaccine
বাংলা টাউনহল - কোভিড-19 এবং এর টিকা বা জ্যাক্সিন সম্পর্কে আপনি যা জানতে চান

Friday May 28th, 2021: 6:30pm - 7:30pm
বাংলা ভাষায় আপনার প্রশ্নের উত্তর পেতে এই সভায় যোগ দিন নীচের লিংকে:

Zoom Link: <https://zoom.us/j/927448896> Or join us on Facebook Live: <https://m.facebook.com/bangladesheroyasidhan>

 Dr. Shafi Hossain Professor at School of Occupational and Public Health, Ryerson University, Toronto Global Doctors Lions Club	 Imam Fakhruddin Religious scholar, Fund-raising consultant, Inter-faith & Social justice advocate, Daeereth Islamic Center
 Nejeen Karim APGD Hub Manager, Access Alliance, MHCS	 Abdul Halim Akhlaq Editorial Chief, The Weekly Bangla Mail

Access Alliance, বাংলাদেশ, CASSA, Toronto

If you have any questions, please contact info@bangladesh.ca or 416-960-8309



about receiving the vaccine. SAVEC attempts to answer questions and concerns individuals may have and correct any misunderstandings people have heard through flyers and social media posts so it can be accessible for all. Our goal is outreach to as many people as we can including those who have language barriers.

2. Vaccine Engagement Committee

The Vaccine Engagement Committee of EYDV Cluster in Crescent Town and Taylir Massey area helps to outreach residents in that area to receive their Covid 19 vaccine. The Vaccine Engagement Committee supports the community by going door to door to inform residents about nearby pop up clinics, helping register people, giving out PPE such as masks and hand sanitizers around the community and assisting at the pop up clinics by handing out water bottles, directing people and answering questions people may have. Our goal is to increase the number of vaccinations in those communities.



3. Vaccine Challenge Campaign

The Vaccine Challenge Campaign aims to achieve advocacy and promote vaccine engagement activities with the slogan “For me. For the. Get Vaccinated.” By the end of this campaign we hope to reach out to as many people who still have not gotten vaccinated yet and encourage them to get the vaccination which will not only help themselves but the people around them as well.



4. Community Coordination Plan For Food Security

Through the work of the East York/Don Valley (EYDV) Community Cluster, the EYDV Food Security Project aims to provide capacity support to grassroots groups engaging in place-based food security work in East York/Don Valley. The six geographies identified as areas of focus are 9 Haldon and 266 Donlands, Lumsden and Dawes Road, Teesdale and Crescent Town, Greenwood Towers, Broadview Manor, Blake Boulton, and Frances Beavis Manor, Wynford, Spanbridge, Main Square, and Barrington.



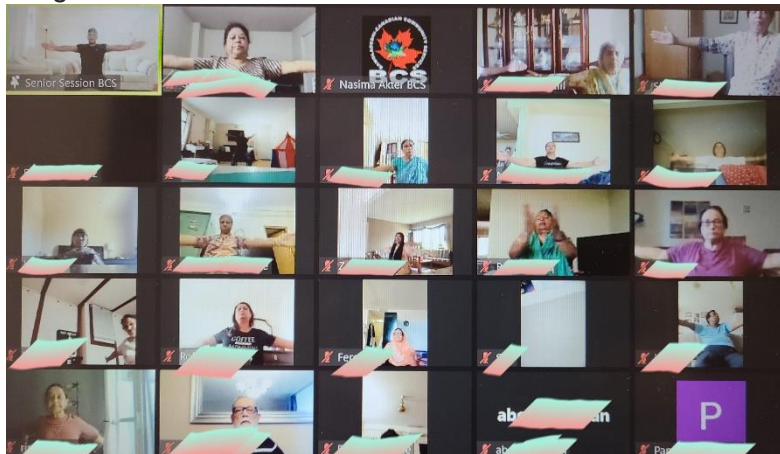
Community Conveners will be tasked to identify and meet with grassroots groups doing food security work in those 9 communities. Community Conveners will survey and assess the needs of grass groups and support with the implementation of capacity building supports such as training or workshops, or material supports such as tents, PPE, or other needs as identified.

Community Conveners are expected to perform the following responsibilities such as developing an engagement plan. identify and establish relationships with existing food networks/grassroots partners within the geography, identify the food needs of the grassroots partners with the geography and identify existing assets within the geography. Complete work plan and budget template and lead implementation of work plan and track progress. As well as attend monthly meetings, completing reports and other duties as assigned and provide accurate, up-to-date information, updates and any issues to the staff team.



5. Senior's Virtual Active Club

Funded by the New Horizon, the main objectives of this Intergern project is to connect seniors to each other to break social isolation and to bring health benefits through physical movements/activities on the virtual way or the online platform. The staffs will make a clear plan about the project activities. Thus, the projects will include online physical activities (zoom activities) and social networks for the seniors throughout the project period (if COVID continues). This is the best solution to get seniors connected online. Online activities are creative body movement/ seated exercise and social chat for two days in a week, a total of 72 sessions during the project periods (if in-person, 36 sessions). The physical activities will be conducted by activationist, intergen committee (seniors and youth/adult members) will assist implementation, and partners will help in reaching seniors in their catchment areas. The project will reach seniors who are more than 55 years, live alone or couples who have no support to help them to maintain daily life during COVID situation. Around 50 seniors will be targeted directly to obtain the benefits from the projects. The project anticipates that it has positive impacts on reducing isolation, improving social networks online (to get connected), leading a very active life (through physical activity) and making a life free from anxiousness.





6. Enhancing Social Inclusion in Ethno-Cultural and Diverse Communities Grant 2021/22

Funded by WoodGreen, the main goal of the project is to increase social inclusion, health and wellness of homebound seniors through virtual programs. At least 80% of project participants (out of 100- seniors) will express being more conscious of active living and wellness after participating in the project. At least 80% of seniors will express being active and well after attending the project. At least 80 % of seniors are more conscious of convenient ways to maintain a healthy life and stay active. At least 80% of seniors will attend a minimum 30 sessions out of 40 sessions. This is to reduce social isolation from each senior who is connected with five seniors through virtual media (100% of seniors). At least 60% of seniors are being involved in more physical activity each week than before. At least 40% of senior participants will be more willing to pursue leadership opportunities (known from other seniors in the community than before).

Event calendar 2021-22	
Event	Date
International Mother Language Day Event	February 21, 2021
Bengali New Year's Event	April 14, 2021
World No Tobacco Day Event	June 1, 2021
Multiculturalism Day (Taste of Taylor Massey)	June 29, 2021
Canada Day Celebrations	July 1, 2021
BCS Annual General Meeting for 2020	September 09, 2021
Vaccine Challenge Annual Sports & Soccer Tournament	28 & 29 August 2021
Bangladesh Victory Day Celebrations	December 16, 2021 (on 18 Dec)
BCS Volunteer's Dinner	TBA

Announcement: Volunteer opportunity

Volunteer Opportunities

We are also looking for volunteers! Contact information is below.

If you have any questions or concerns, please call the BCS Office at 416-699-4484 between the hours of 11 am and 4 pm (Mon-Fri) or text/email Nasima Akter at Tel. 416-699-4484, Fax: 416-698-8127, E-mail: nakter@bangladeshi.ca. Whether you need hours for high school or a professional reference, contact us and we can help. BCS volunteer trainee shall serve for a period of minimum 3 (three) months.

YOU CAN ALSO GO TO <https://www.bangladeshi.ca/donate>.



Minimum one day per week with a minimum of 10 hours per month as scheduled by the organization. Volunteers only eligible to an Official certificate after serving a minimum of 30 hours in 3 months. Ask for supporting letter of reference for admission or job applications 3-5 days ahead you need. The volunteer should maintain health and safety measures prescribed by the Toronto Public health (for COVID). Always maintain social distancing and wear masks and other PPE as required while on duty and in office.

Donation link

Without donations from people like you, we could not offer the many free projects, programs and services to the community.

Donating to BCS is very simple. You can donate right now by completing the form in our website.

<https://www.bangladeshi.ca/donate>

Or you can send a cheque, made payable to "Bangladeshi-Canadian Community Services", to our office at 2899 Danforth Ave, Toronto, ON, M4C 1M3.

We are a registered charity and will provide a receipt for tax purposes.

Our Charity Registration No: 86691 4013 RR0001 Thank you for your generosity!

Get Involved

Interested in volunteering or donating? See below for details on how to get involved and help the community.


Your Donation Goes a Long Way

Without donations from people like you, we could not offer the many free projects, programs and services to the community.

Donating to BCS is very simple. You can donate right now by completing the form opposite.

Or you can send a cheque, made payable to "Bangladeshi-Canadian Community Services", to our office at 2899 Danforth Ave, Toronto, ON, M4C 1M3.

We are a registered charity and will provide a receipt for tax purposes. Thank you for your generosity!

Make a donation 


DONATION DETAILS

AMOUNT*

Donate Now Donate Monthly

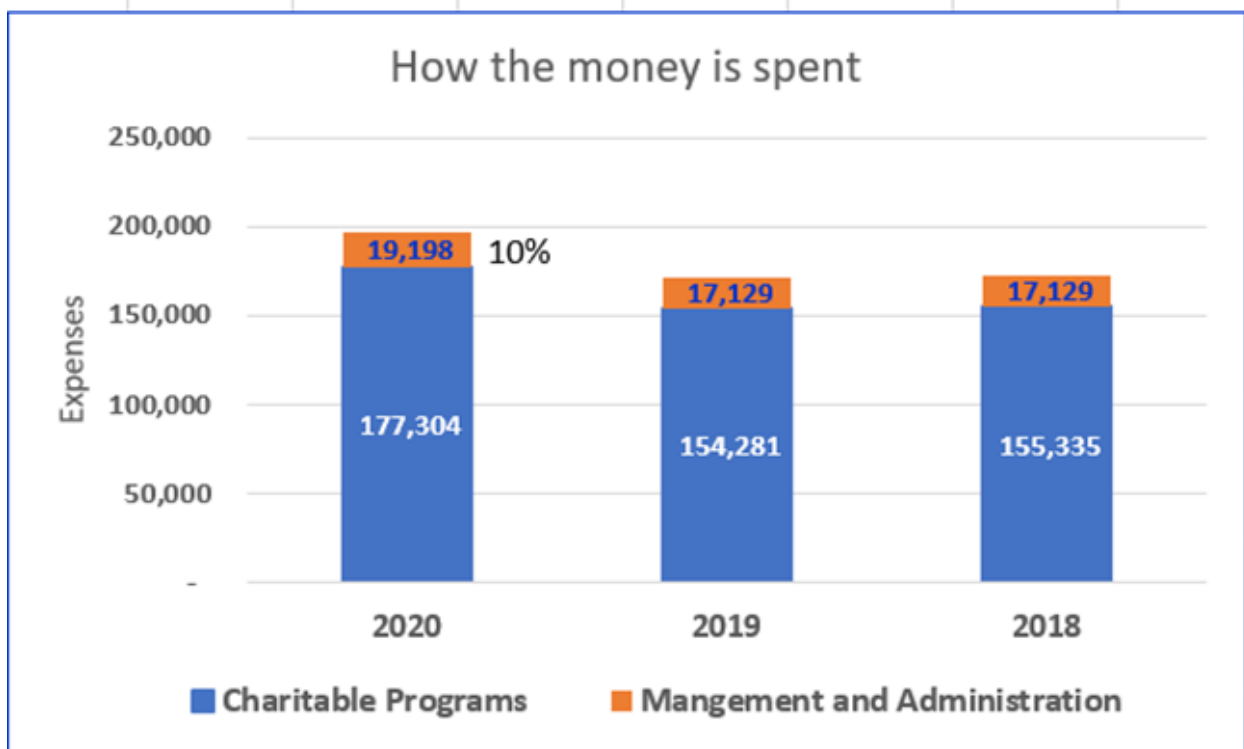
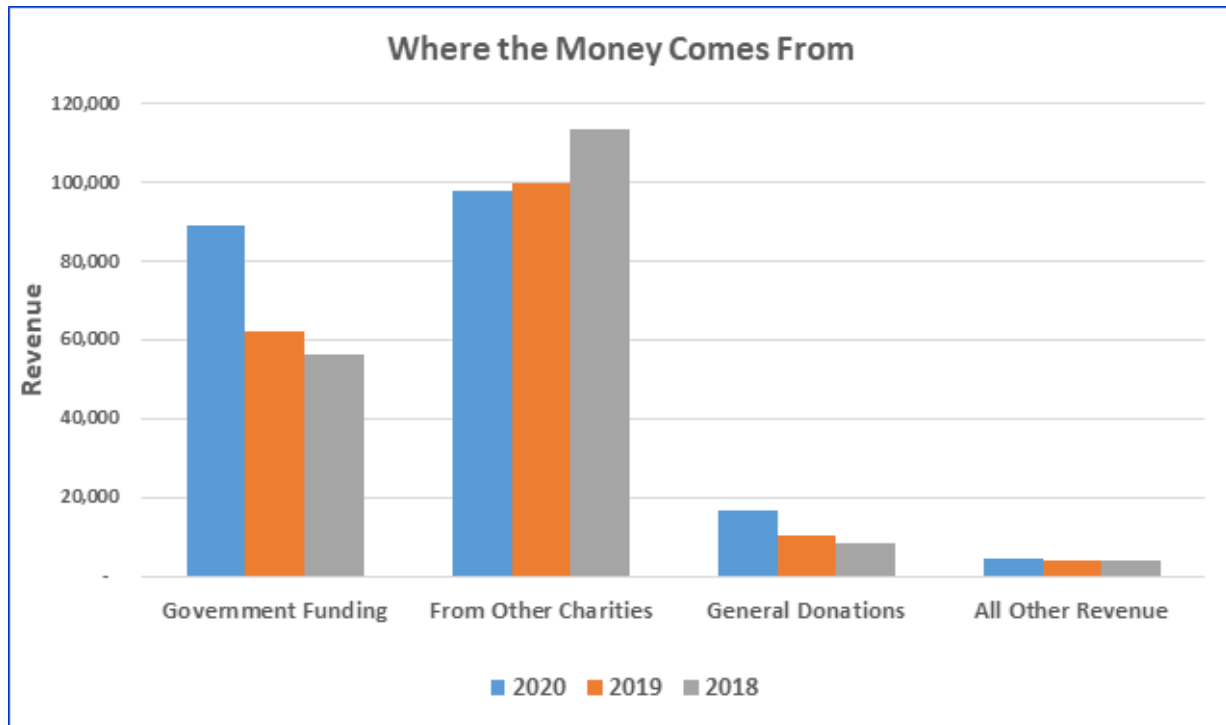
MESSAGE FOR BANGLADESHI-CANADIAN COMMUNITY SERVICES (BCS) (OPTIONAL)

DEDICATE YOUR DONATION

In memory of In honour of No dedication 



FINANCIAL OVERVIEW: Year ended 31 Dec 2020





Bangladeshi - Canadian Community Services (BCS)

Statement of revenues and expenses
year ended December 31, 2020

	2020	2019
	\$	\$
Revenues		
City of Toronto	12,801	10,904
Trillium Foundation	31,135	71,707
United Way of Greater Toronto	32,975	-
Contributions from other charities	33,896	27,990
Provincial and Federal Government grants	76,205	51,089
General donations	17,015	10,610
Other income	4,002	2,915
Membership fee	530	1,090
	208,559	176,305
Expenses		
Salaries and benefits	138,518	111,940
Materials and supplies	23,619	19,995
Rental expenses	20,361	20,634
Travel and transportation	3,319	7,919
Professional fees	3,673	3,893
Advertisement and promotion	3,028	2,285
Insurance	1,510	1,539
Telephone and internet	2,004	1,229
Bank charges	351	303
Other expenses	105	1,654
Amortization	15	19
	196,503	171,410
Excess of revenues over expenses	12,056	4,895

Auditor: GVP Chartered Accountants



OFFICE EXECUTIVES

Executive Director	Dr. Nasima Akter
Project Coordinator	Qazi Shafayetul Islam
ASTP Coordinator	Syeda Shamima Ahmed
Youth Coordinator	Areeba Islam
Senior Outreach Worker	Mohammad Sohel
Technical & Web Coordinator	Fariha Bakht
WIS Coordinator	Fariha Khan
Program Adviser	Dr. Mahbub Hasan
WIS Coordinator	Saadia Sarker
Admin Assistant	Ahsen Ayan
Outreach coordinator	Sadia Rahman
placement student	Ritwick Kumar
placement student	Ritish Kumar
placement student	Bidhan Roy
placement student	Shamima Nasrin
placement student	Kevine Mbila Masalu

YOUTH LEADERS & Volunteer		
Afia Semonty	Reanna Chowdhury	Areeba Islam
Nirjala Priodorshini	Shaira Tasnia	Smita Basak
Zara Karim	Nafisa Tasneem	Kashifa Nahar
Mohammed Kaiyyum	Syeda Nusaiba Mahdia	Arishi Maisara
Sharia Hoque	Ayan, Qazi Ahmed	Sonali Chowdhury
Maisha Mahbub	Samaha Ahsan	Khulood Mohammed
Nourin Dyanat Edee	Nashwan Ashraf	Sadman Mahbub
Inara Akbor	Rahil Anwar	Irina Anam
Arion Tarik	Alam, Tamima	Laiba Chata
Zayed Chowdhury	Huq, Maheer	Arvan Kayal
Nuren Nawar	Ridika Tabassum	Suha Lee
Archita Pal	Tahmid Hassan	Sazid Rahman
Sumyya Rahman	Tasnuba Tabassum	<u>Afria Musarrat</u>



Tawsif Mirza	Amreen Hoque	Fariha Khan
Mafriaz Ul Alam	Shairi Islam	Tabia Sobhan
Saadia Sarker	Sumaiyyah Moral	Fariha Bakht
Labiba Bakht	Sakib Sarker	Rawdat Rouf
Arpita Pal	Sahat Khandaker	Masrur Fakhruddin
Aushesh Alam		

SENIOR VOLUNTEERS

Jahanara Khanam	Rafika Hakim
Farid Uddin Ahmed	Rina Sen Gupta
Rezaul Haque	Khorsheda Ahmed
Kamil Hossain	Monowara Begum
Anthony Gomes	Lutfunnesa
Sraboni Sarker	Tahmina Akter
Mohammad Mufazzal Hossain	Rani Haque
Feroza Aziz	Shilpi Bhatta Charjee
Parvin Rokeya	Nazma A. Khanam
Sultana Ahmed	Aleya Begum
Akter Ahmed	Shamsun Nahar Abedin
Sultana Jesmin	Nawajish Ara
Salina Khan	Rabiul Islam
Gulnaz Azad	Rokeya Begum
Parul Malik	Sawkat Ara
Lutfunnesa	Shila Halder
Taslima Hasan	Halima Hasan
Nargis A Begum	Hasina Talukdar
Md Moyeen Chowdhury	Rehana Akter

ADULT VOLUNTEERS

Nahil Nazala	Kamrun Nahar
Sarmila Taz	Rehana Islam
Naeem Hassan	Rabeya Akter
Azad Kalam	Kaniz Fatema
Mohammad Sohel	Rozina Bhuiyan
Seema Akter	Theslema Poly
Pia Roy	Mirza R Rahman
Bilkis Begum	



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Nadira Tabassum	Rahat Zaman
Samshul Arefin	Rezaful Hoque
Sraboni Sarkar	Bidyut Sarkar
Rokeya Begum	Moinu A Siddique
Akhter Ahmed	Sutana Ahmed
Anthony Gomes	Ashraf Hussain
Gias Uddin Ahmed	Shahara Banu

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Shamail Rahman	Tasnuha Tabassum
Sumaiya Datta	Arvan Kaya
Shelly Niles	Sammy
Ramis Khan	Samin Siddque
Victoria Huang	Safwan Khan
Nuha Talukdar	Krishna
Rafeed Nazmul	Reanna Chowdhury
Samiha Ahsan	Juris Ahmed
Afia Semonty	Sakib Tania
Mohammed Raian Zaman	Refah Nanziba
Raiyan	Sumaiya Rahman
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Nazifa Tasnim	Arman Mohummad
Nafisa Tasneem	Abrar Sarash
Tahmid Hassan	Anam Mohammad
Saad. R.	Syed Tawsif Ahmed
Wasti	Many more names.....

Peacemaker Ambassadors

Shamima Ahmed	Afia Simonty
Fariha Khan	Reanna Choudhury
Fariha Bakht	Mahmuza Rimi
Sakib Sarker	Mohammad Sohel
Saadia Sarker	Rahat Zaman
Tahmid Rouf	Rina Sen Gupta
Sumaiyah Moral	Mafriaz Ul Alam
Shairi Islam	Rabia Tahir

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LIFE MEMBERS

BCS Thanks all life members for all their continuous support.

Abid Choudhury



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City of Toronto
Toronto Public Health
Ministry of Seniors and Accessibility
Ministry of Citizenship and Immigration
OCASI
LaidLaw Foundation
Wood Green
Canadian Heritage
United Way
Public Health Agency of Canada



PARTNER AGENCIES/AFFILIATIONS WITH OTHERS

Access Alliance Multi-Cultural Health and Community Services (AAMHCS)	Opening Doors Project, CMHA
Association of Bangladeshi Professionals in Accounting & Finance (ABPAFC)	Flemingdon Community Health Center
Bangladesh Center and Community Services (BCCS)	Young Diplomats
Bangladeshi Students Association – Universities: McMaster/ Ryerson / UTSG/UTSC/York/ Waterloo	East Toronto Health Link
Birchmount Bluffs Neighborhood Centre	Toronto District School Board (TDSB)
Bloor Information and Life Skills Centre (BILS)	South Riverdale Community Health Centre
Children's Peace Theatre	Fairlawn Avenue United Church
City of Toronto, Parks, Forestry & Recreation	Harmony Hall Center for Seniors
Council of Agencies Serving South Asians (CASSA)	Heart & Stroke Foundation
Crescent Town Club	Neighborhood Link Support Services (NLSS)
Crescent Town Youth Support Network (CT-YSN)	Settlement Assistance and Family Support Services (SAFSS)
Danforth Islamic society	Heart & Stroke Foundation
Dixon Hall Neighborhood Services	Teesdale Support Network
Family Service, Toronto	The Neighborhood Organisation (TNO)
Hindu society	
Neighborhood Link	Young Bangladeshi-Canadian Professionals
Regent Park tenant association	Youth-In-Action
South Asian Women Right Organization (SAWRO)	Danforth Village Community Association (DVCA)
Holistic & Sustainable Development Network, International (HSSDN,I)	
Sunshine Centre For Seniors	Toronto Community Housing (TCHC)
West Scarborough Neighborhood Community Centre	WoodGreen Community Services



Contact Us:

BCS (Bangladeshi-Canadian Community Services)

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(416) 699-4484

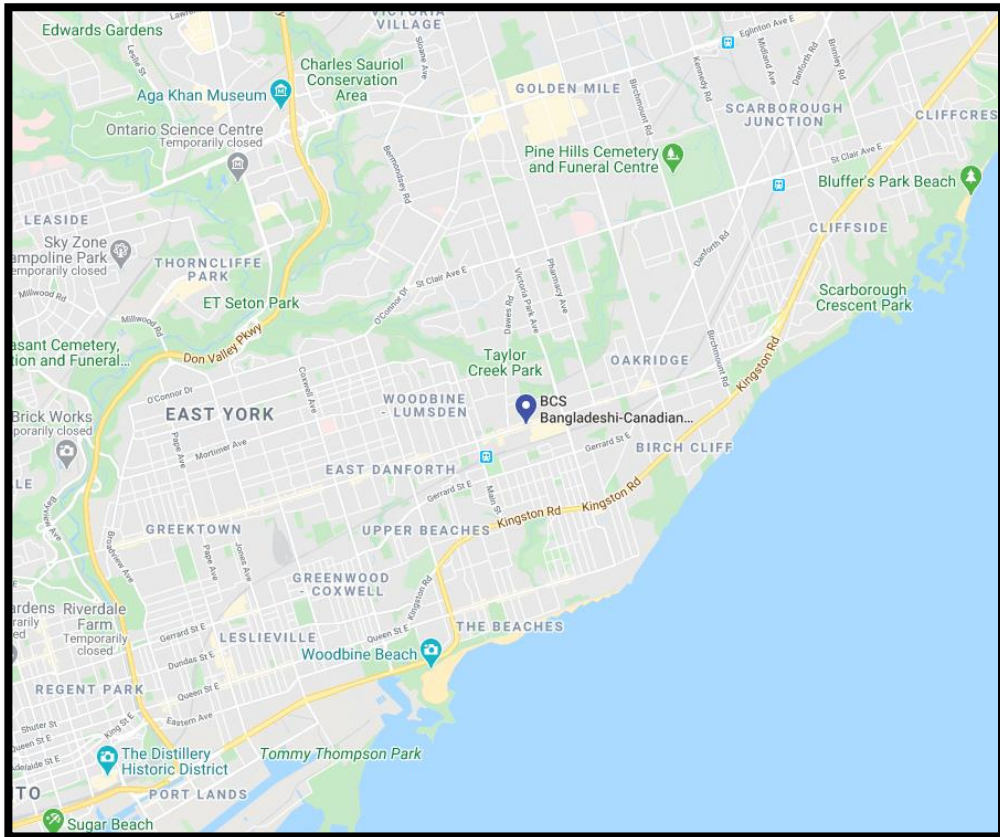
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