



ANNUAL REPORT 2022



BCS: HELPING PEOPLE HELP THEMSELVES SINCE 2000

Say **N** to Tobacco
আসুন ধূমপান সহ সকল তামাক দ্রব্যকে "না" বলি

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MESSAGE FROM THE BOARD CHAIR

July 20 , 2023

Distinguished guests, ladies and gentlemen,

It is with great pleasure and honor, I welcome you all to the 22nd Annual General Meeting (AGM) of Bangladeshi-Canadian Community Services (BCS), a non-profit, charitable organization that has been providing services to the community for the past 23 years. BCS have assisted and supported the needs of thousands of youth, seniors, volunteers, and women over the years by developing and delivering programs and services of importance to them. The Annual Report 2022-2023, prepared by the Executive Director, will provide full details of the programs and services offered by BCS and where most successes have so far been achieved.

Like many other non-profits, BCS had a “roller-coaster” ride in 2022. With funding challenges and other uncertainties being felt due to the effect of COVID, 2022 was not a very pleasant year for BCS. In the past, while BCS programs and services have relied on direct, face-to-face interaction with the client, whether they were seeking help in the areas of language training, after-school tutoring, seniors’ programs, or advice on how to navigate their new home, COVID-19 has changed the world by bringing in the new “virtual” world called “Zoom” where we have found ways on how to stay connected with each other and to further reach out to our community.

Our Board and staff have worked diligently during this critical period by attending all Zoom meetings and staying connected to each other. I express my sincere appreciation for their hard work and dedication, taking on these challenges and steering the course.

BCS has had a dedicated pool of volunteers. Volunteers help the organization in many ways on a daily basis. In fact, they are the life-blood of this organization. We thank them for their contributions and look forward to working with them more closely in the near future.

Most importantly, I would like 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 them.

Lastly, 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 Zoom meeting and for your unwavering support.

Sincerely,



Kazi Sadrul Hoque, Ph.D.

Chair, BCS Board of Directors



MESSAGE FROM THE EXECUTIVE DIRECTOR

July 20 , 2023

Good evening distinguished guests, partners, community members, BCS members, life members, our staff and volunteers, and most importantly our beloved seniors and youth leaders. I welcome you all to our 22nd Annual General Meeting. My sincere gratitude to all community services providers, frontline and community ambassadors, volunteers who have been working so selflessly to bring positive changes in the community.

Last 2 years we have witnessed and experienced health & wellness challenges in addition to socio-economic and employment challenges due to COVID and related impacts on our daily lives. BCS in partnership with many other organisations provided various services to the community to ensure health & safety concerns during COVID and increase vaccine coverage in our community. With coordination and partnership with City and other organisations, we raised the vaccine coverage above the City's average and significantly reduced the COVID-19 hospitalisation rates during the pandemic peak (Access Alliance, 2023). This coordination model also gives us an opportunity to work closely with other organisations and funding agencies, and get wider exposure beyond our working area.

In 2022, we had 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, Vaccine engagement Team with AA, Youth Vaccine Engagement with WG, and SAVED with CASSA. This year's inter-gen outing, youth beach day, and Summer Sports focused on Vaccine Challenge & awareness. Our team continuously worked to raise the community awareness and increase vaccine coverage in our community in various ways: PPE distribution, flyers and one in one connection, translation/ interpretation, booking the appointment, organising Townhall and information sessions in Bengali, and many more. Our 25 designated Ambassadors and 15 youth leaders continuously worked to increase vaccine coverage and reduce the risk of virus infections in our community.

Our inter-gen group is organising weekly mental health & inter-gen engagement sessions every Friday evening to create a safe space for seniors. Adults and youth who are facing mental health challenges during this COVID pandemic and to address long COVID effects.

There are over 400 seniors who participate in the various health support services, recreational activities, weekly exercise, and educational programs we offer. Our different inter-gen projects have provided a platform for the seniors & youth to come together in harmony. Through this, they can practice their empowerment, improve their independence and self-esteem and explore their potential to make a friendly environment for a safer community. These project activities allow seniors and youth to mingle and share their space in capacity building and recreational activities. We have successfully formed an 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.

Continuing with the mandate of working with immigrant and racialized women and girls for their socio-economic, political, and economic empowerment, our WAGE Project, "Fighting Misogyny and Stereotypes against Racialized Women and Girls in Toronto (Fighting Misogyny) successfully recruited 28 feminist leaders (FLs), trained and equipped them with Fighting Misogyny resources. Those FLs recruited and oriented around 300 racialized women to raise their awareness, share resources, and build their capacity. This project is generously funded by the Women & Gender Equity Canada.

Our other new initiative Youth wellness program funded by UWGT is engaging Bengali and Tamil youth to address mental health & wellness. Through this program we have reached 774 youth in the first year (virtual 186 and in person 588) both Bangali and Tamil youth. We have been continuing our activities in the second year as well.

This year we had several youth & inter-gen projects focusing on sports, recreation and wellness eg. Community challenge cricket, Next play- girls sports, Vaccine challenge, Unity is my strength and many more. Apart from this, our regular virtual youth drop-ins and youth engagement activities are going on.. In addition, our After School Tutoring Program (ASTP) and Summer Sports programs have been well regarded and supported by the community for the last 22 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, placement students, and board members. The support of our partner organisations and funders have been significant to our operations. I am proud to be a part of such an excellent team of BCS families! My sincere thanks and appreciation to all our community members, seniors, adults, and youth leaders! Your continuous support has brought us what we are today!

Thank you indeed for all your support.

Please get vaccinated & protect your family, your community and the country!

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 organisation 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 5000 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

In 2022, BCS organized numerous events/ initiatives primarily through virtual platforms, focusing on engaging young individuals. Our dedicated youth workers and volunteers played a vital role in coordinating these events and hosting their initiatives specifically designed for youth. The youth initiatives targeted marginalized and racialized young individuals, aiming to foster healthy lifestyles, positive habits, and stronger community connections. Despite the challenges posed by the

pandemic, we provided a secure environment for youth to develop interpersonal skills. By participating in and organizing these events, young people honed their leadership, management, communication, and technological literacy abilities. Our active youth programs/ initiatives, such as the After School Tutoring & Cultural Heritage Program (ASTP), Youth Eliminated Smoking (YES), youth wellness, and summer support program, ensured that young individuals remained connected, received academic assistance, and maintained their well-being through engaging activities. Additionally, we established weekly drop-in sessions to create a safe space for youth to share their experiences related or unrelated to COVID-19 and interact meaningfully with their peers. More recently, we launched a project called the Youth Vaccine Engagement Team (YVET) and youth wellness funded by United Way to raise awareness and improve vaccine coverage among South Asian youth, improve physical and mental wellness, and connect with youth through youth networks. Over 400 young individuals actively participated in various activities at BCS throughout the year, offering them opportunities for learning, networking, professional growth, mentorship, and volunteering.



SENIOR INITIATIVE

Commencing in April 2020 with a modest group of five seniors, our virtual senior sessions for health and recreational activities have experienced remarkable growth. In 2022, the number of attendees surged to over 200 seniors, showcasing the significant impact of our virtual engagement platform on their health, wellness, and overall quality of life during the COVID-19 pandemic. These virtual sessions took place three days a week—specifically, on Tuesdays, Thursdays, and Fridays—bringing together 200 seniors who actively participated in various activities and exercises. Presently, around 250 seniors engage in diverse non-pharmacological interventions, both in-person and online on Monday, Wednesday, Thursday, and Saturday. To meet the increasing demand, we expanded the senior programs to four days per week. This virtual session initiative has not only fostered improved social connections among seniors but has also promoted their mental and physical well-being.

In 2016, BCS successfully established a senior cabinet with ten members, which has now grown to include 20 seniors. The cabinet plays a pivotal role in designing and planning activities tailored to

seniors' needs, acting as a bridge between seniors and the services provided by BCS. Through this cabinet, BCS can offer enhanced programs that address gaps and meet the evolving requirements of our senior community. In these challenging times, BCS provides multifaceted support to our senior population. Recognizing that many seniors are isolated and lack family support due to health conditions, we have consistently organized virtual sessions to ensure their inclusion and well-being. At BCS, we believe in equality and equity, striving to cater to the needs of every senior through our programs. These programs encompass exercise, recreation, workshops, networking opportunities, technical and emotional support, peer engagement, intergenerational activities, and more.

Our initiative primarily focuses on keeping seniors physically and mentally healthy, with a particular emphasis on individuals who face discrimination in Canadian society. We actively collaborate with those who experience racism, sexism, ableism, and ageism. BCS is dedicated to debunking stereotypes about the capabilities of seniors, as our community members are eager to learn and improve themselves. Each senior takes pleasure in acquiring new knowledge and enhancing their skills. Our program offerings for seniors include health and wellness sessions, weekly virtual drop-ins (during the COVID-19 period), Good Morning calls, interpretation services, access to basic health information and tips, and resource sharing. Every year, over 500 individual seniors attend our events, benefiting from the expertise of numerous professionals associated with our programs. Through BCS, seniors have a platform to discuss their daily challenges and connect with others. Our ongoing virtual exercise sessions provide seniors with the freedom to remain active and safe within the comfort of their homes, while also allowing them to engage in various community activities. Although we initially conducted virtual exercise sessions four times a week, we now offer them three times a week. These sessions serve as a substitute for in-person interactions as much as possible. Additionally, seniors have the opportunity to enhance their technical skills and participate in events that teach them how to navigate technology, ensure online safety, and avoid scams.



INTERGEN INITIATIVE

BCS has a long history of implementing intergen activities in the Taylor Massey neighborhood. During COVID-19, every Friday inter-gen safe space drop-in on Zoom was one of our very successful initiatives to keep seniors and youth busy and happy. In 2022, we initiated "My home is my peace" and "Nourishing the Souls of Seniors", the intergen initiatives. The seniors and youths meet every Tuesday and Thursday at the BCS office and Dentonia clubhouse. In every session, 20-25 seniors, adults, and youth participate in the activity. In these projects, seniors and youths share the space for exchanging their experiences, good times, bad times, and how to overcome the situations. They were supportive of each other.

These projects promote volunteerism in seniors and youth and make youth and seniors socially responsible and empowered in the Crescent Town Bengali community. These projects or initiatives aim to identify factors and minimize the 'intergenerational gap' between seniors and youth in the community. Our intergenerational initiatives revolve around getting many people at various stages of life and giving them a safe and fun space to interact. Bringing everyone together in one event and offering them freedom and an excuse to have fun together is the goal of our intergenerational programs. Most intergen initiatives include inter-gen drama, tours, art and craft, educational workshops, generational exchange, cultural exchange, family relationships, etc. These programs strengthen family relationships, provide space for healthy cultural exchange, bring people of all ages together with arts and crafts, and encourage conversation between individuals.

In May 2023, BCS held its first intergen in person program at Dentonia park. This was a very exciting experience as seniors and youths were able to participate in outdoor activities that promote bonding. This day saw seniors, youths and children express their experience about covid and the covid vaccine through Art. Prizes were given to the best team, as everybody enjoyed refreshment and games.



WOMEN/GIRLS INITIATIVES

In 2021, BCS embarked on two significant projects focused on women and gender equity. The first project, Women And Gender Equity (WAGE) received funding from the Federal Government. The second project centered around women's and girls' circles and was supported by the Safer, Stronger Grant from the Canadian Women's Foundation, with Skills for Changes leading the initiative. Both projects were completed in early 2023.

BCS clearly mandates empowering immigrant and racialized women and girls, addressing their socio-economic, political, and economic needs. In Toronto, women and girls from South Asian backgrounds often face various forms of oppression, discrimination, and violence within their families, communities, and workplaces. Guided by anti-oppressive and feminist frameworks, BCS

actively works with women, girls, and their families through organized discussions, community events, employment and settlement counseling, and referrals tailored to their specific needs. BCS adopts a culturally sensitive approach to educate the community on women's and girls' rights. Through peer support and leadership training, women and girls at BCS are equipped to mobilize the community and challenge misogyny and gender stereotypes.

BCS offered a range of programs specifically designed for women and girls. These initiatives aimed to support and empower female community members. For instance, "Women in Stem" (WIS) program encourages women to pursue careers in male-dominated fields. The virtual format of our Women in Stem program allowed us to expand our reach by engaging participants from across the city and hosting professional speakers from North America. This unexpected outcome of transitioning to virtual events was a positive development that enabled greater community involvement.



RESEARCH

The purpose of BCS research is to have authentic information about the impact of the programs and social issues that are scientifically proven so that our community members and partner organizations can rely on research results. Recently, BCS initiated a research unit to support the programs to evaluate the progress. Research also helps us find solutions to different social problems and determines and evaluates the activities we organize. Research is a reliable source for us to identify new issues to work on and serve our community better. BCS collaborated with Access Alliance, Queen's University, and McMaster University to accomplish various research projects. In the future, we will collaborate with more institutions to implement community-based research projects to see the overall impacts of activities on our South Asian Bangladeshi community. Last year, we published four research articles and two book chapters in peer review journals. BCS also disseminates the research outcome to a greater audience, including policymakers and political leaders.



SETTLEMENT SERVICES

BCS has consistently advocated for immigrants, whether about having equal rights or eliminating the discrimination they face. We provide information on how to survive and prosper in Canada, navigate legal procedures and healthcare settings and offer translation services. We assist any individuals and newcomers to find the correct information. We help community people and newcomers to fill out essential government documents and forms. Furthermore, we assist to apply and secure social benefits for community people. Again, we work with the people, newcomers, to receive ODSP, health cards, SIN numbers, and many more services that newcomers might need. Our services aim at newcomers who find settling down in Canada and navigating the Canadian systems difficult. BCS is proud to work with individuals who are brave enough to make a new life for themselves in Canada.



SPECIAL INITIATIVES

BCS strives to provide services that are responsive to our community's prevailing circumstances and needs. The impact of COVID-19 has been multifaceted, affecting various segments of our society. We recognized that many individuals, particularly the elderly, required support in navigating the technological aspects of life post-COVID-19. We approached this challenge with a patient and welcoming approach, offering tech support and guidance to ensure everyone felt comfortable with the technology.

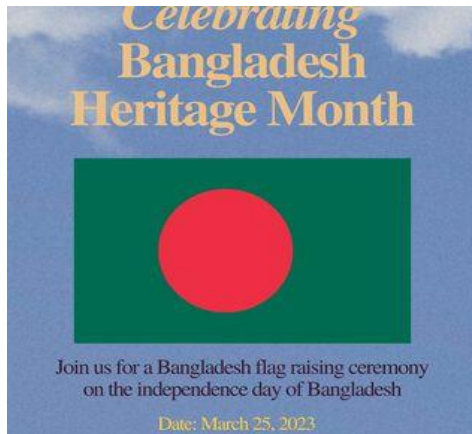
Ensuring the safety and well-being of our community is always our top priority. Therefore, we place great emphasis on promoting vaccination not only for individual health but also for the collective well-being of the entire community. We aim to foster a sense of civic pride in practicing safety measures such as social distancing, mask-wearing, and vaccination during the pandemic.

Recognizing the pressing issues faced by our community, we have taken special initiatives to address immediate needs related to hate crimes, racism, discrimination, the COVID-19 pandemic, and vaccine engagement. Canada has witnessed disturbing hate crimes targeting marginalized communities, and we actively work to combat these social problems. The year 2022 highlighted the ongoing impact of the pandemic, particularly on marginalized groups, and our programs directly address these issues.

BCS has launched several projects to tackle current social challenges head-on. We immediately assisted vulnerable South Asians through initiatives like Food Assistance in 2022. We also established Health & Hygiene Preparedness (H2P), South Asian Vaccine Engagement (SAVEC), and the Vaccine

Engagement Team of EYDV (VET) among our projects dedicated to ensuring vaccine awareness and engagement.

Our society grapples with deep-seated issues such as racism and discrimination based on citizenship status and language, and we actively confronted and addressed these concerns. We strived to create a more inclusive and equitable community by tackling these societal challenges head-on.



SOCIOCULTURAL EVENTS

BCS placed great importance on maintaining human connections. Despite the difficulties posed by the pandemic, our social programs remained a crucial component in fostering community engagement and safeguarding the mental well-being of all individuals involved. BCS enthusiastically celebrated various special occasions alongside our community members, ensuring meaningful connections and joyful moments were not compromised in 2022.

We were determined not to let the pandemic overshadow our holidays and festivities. BCS recognized the significance of upholding our traditions and finding ways to have enjoyable celebrations amidst the challenges. In 2022, we marked numerous holidays and events, including Bangla New Year, Canada Day, the Taste of Taylor Massey food festival, Independence Day, IMLD (Ekushey February), World No Tobacco Day, Victory Day of Bangladesh, Women's Day, Truth & Reconciliation Day, and many more. By embracing our cultural heritage and still finding ways to have fun, we emphasized the importance of resilience and thriving in difficult circumstances.



2022 AT A GLANCE

BCS has leveraged its understanding of cultural norms and values to optimize its impact through tailored services for newcomers, youth, and seniors. With a growing number of beneficiaries, surpassing 5000 individuals, our organization has become increasingly relied upon for its valuable services. Here are some notable accomplishments we achieved in 2022.

Initiatives for Youth	
Youth Eliminates Smoking (YES)	
World No Tobacco Day Celebrations 2021	60+ Participants (as it was in-person with social distancing)
Anti-Tobacco Pledge Signing/drawings	~25 participants

2022 Summer Sports	
Track & Field Day	20 registered participants plus visitors
Practice Sessions	10-15 Youth
Soccer Tournament Weekend	80 registered participants plus visitors
BCS youth Leadership	
Monthly Leadership Meetings	15-20 Youth
Weekly Board Game Night/ Virtual drop-ins	15-25 Youth
Initiatives for Seniors	
Activity	# of participants per session
Weekly Exercise Sessions (3 days a week)	160 sessions (60-70 Seniors)
Technology supports	More than 50 seniors
Senior Cabinet Meeting	10 meetings (20 members)
Monthly/ weekly issue based and health education workshops	24 issue based workshops (Average 20 participants), 10 mental health and brain workshops (20-25 seniors/session), 48 weekly basic health workshops
Home Support	300 members (grocery, COVID information drop off, technological support)
International Mother Language Day	100 Seniors
Accompaniment Supports (<i>for interpreter, travel assistance, etc.</i>) by seniors	162
Senior Outdoor activities (<i>Mall visits, picnic, etc</i>)	180 seniors
Coffee and Chat sessions	10-15 per session
Meditation for Seniors	36 sessions, 15-20 per session
Non-communicable disease profile of seniors	210 Seniors participated

Program Impact survey done by Queens University	52 seniors joined
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After School Tutoring & Heritage Program (ASTP)	
Activity	# of participants
Free weekly tutoring sessions on Zoom	10-15 students joined per session as well as 40 volunteers throughout the year (6-8 volunteers on average per session), one-in-one zoom room for student learning support
Weekly game/online entertainment	Youth & children Session which is half an hour of events such as Ka hoot, trivia and half an hour discussion on their weekly activities & events

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	100 Visitors on zoom joined by even more participants
International Mother Language Day Performance	More than 100 participated in-person
Victory Day Cultural Show	80+ participants
Canada Day event (Parade and activities)	60 Participants
Taste of Bangladesh/Taylor-Massey	90+ Participants on Zoom
Inter-gen outing	60 youth and seniors
Vaccine Challenge walk	60 in-person

BCS Programs 2022

Youth Initiatives:

1. Youth Eliminates Smoking (YES)

Since 2009, BCS Youth Eliminates Smoking (YES) has been a dedicated youth group working towards raising awareness about tobacco use and prioritizing tobacco prevention through various strategies each year. Following the successful completion of Phase 11 with funding from the City, we have continued our activities even without ongoing financial support. Our ongoing initiatives have included engaging activities such as smoke-free movie nights, trivia, games, and the celebration of World No Tobacco Day (WNTD). During the WNTD Celebration, youth leaders and local political figures delivered speeches and presentations.

The program's accomplishments are significant. Youth participants have gained a deeper understanding and appreciation for active and healthy lifestyles, and they have solidified their commitment to rejecting tobacco use by adding their signatures to the Say No To Tobacco pledge. As of 2022, the pledge has garnered over 300 signatures from community members, dignitaries, as well as provincial and federal policymakers.

2. Summer Sports

The Annual Summer Sports and Youth Soccer Tournament is an immensely popular event organized by BCS, particularly among the youth, and receives funding and support from the Neighbourhood Youth Alliance (NYA). For nearly 18 years, this event has successfully motivated boys and girls in the community to embrace an active lifestyle, fostering camaraderie and sportsmanship among participants. Throughout August, practice sessions were held every weekend in preparation for the main event, which took place on August 27th and 28th, 2022. Despite the challenges posed by COVID-19 restrictions, more than 100 players enthusiastically took part in the soccer tournament.

As in previous years, the tournament was held at Dentonia Park, strategically located near the Victoria Park Subway Station, providing easy accessibility for both the local and extended community. In compliance with provincial health guidelines, we introduced a new event structure to ensure safety. Instead of the usual four large teams, we implemented a six-team tournament schedule, spreading out the games throughout the day to avoid large crowds. In addition to the soccer tournament, the event featured track and field stations, obstacle courses, and a dedicated area for children with hula-hoops, jump ropes, and bubbles.

During the award ceremony, we had a local MPP's presence, who graciously distributed medals to the winning teams and participation certificates to all players. BCS aspires to continue this initiative in the coming years, as it has proven to be an effective means of engaging youth in sports, providing a positive environment for socialization, and contributing to the development of a healthier community. Notably, this year's summer sports event embraced the theme of the vaccine challenge, highlighting the importance of vaccinations.





3. After School Tutoring Program (ASTP)

To cater to young children and newcomers, BCS offers the After School Tutoring Program (ASTP), a free educational support and extracurricular opportunity for families who may not have the means to afford paid services. In 2020-2021, the program was conducted online via Zoom due to the pandemic. However, we started in-person activities in 2022.

The ASTP primarily focuses on providing tutoring services and homework assistance, which are facilitated by dedicated youth volunteers. However, the program has expanded to include engaging extracurricular activities, such as offering children the chance to learn traditional and contemporary dances, as well as the South Asian Art program, where children can explore South Asian arts and crafts. Additionally, professional singers provide free Bengali singing lessons to students, enabling them to showcase their skills at various community cultural events hosted by BCS throughout the year. These events include International Mother Language Day, Canada Day, Pohela Boishakh, CBON Mela, Bangladesh Independence Day celebration, and more.

Since its inception in 2000, the ASTP has been one of BCS's most successful and enduring initiatives, benefiting 500 children annually with the support of 50 dedicated volunteers. Beyond providing an educational platform, the program also fosters a sense of cultural connection among students, allowing them to feel closer to their community. BCS organizes art competitions, cultural celebrations, and numerous events throughout the year, providing over 1,000 community members with opportunities to showcase the skills they have acquired through the ASTP program. This initiative enables youth to explore and develop their artistic abilities and talents free of charge.



4. Youth Game Night / Youth Drop-In (Virtual)

The Youth Recreation Drop-In program offers a convenient and accessible weekly recreational drop-in for youth residing in the Neighbourhood Improvement Areas (NIAs) of Taylor-Massey and Oakridge. Even in the virtual format, the program has expanded its reach, welcoming youth from

other areas as well. Through preliminary studies conducted within the community, it was discovered that local youth expressed a strong desire to engage in sports and recreational activities. However, they faced limitations such as lack of space, safety concerns, and increasing costs.

The weekly drop-ins provided an opportunity for youth to participate in various leisure and beneficial recreational activities, including card games, computer games, board games, and table tennis. Special events such as bowling nights and skating nights were organized, attracting a considerable number of youth participants. In addition, dinner or light snacks were provided during the sessions. By offering a safe and supportive environment, the program enabled youth to relieve stress, foster connections within the community, and serve as a positive deterrent from engaging in risky behaviors. The program's regular schedule made it particularly appealing for youth seeking to socialize with peers while fulfilling their volunteer hours.

In 2022, an average of 10-15 youth participants, along with several volunteers, actively engaged in the program through virtual platforms. The program has also facilitated the formation of friendships among newcomers, aiding their integration into the community. Given its success and the positive response it has garnered, BCS is committed to continuing this project indefinitely, ensuring ongoing opportunities for youth to connect, have fun, and thrive within their community.



Senior Programs/Initiatives

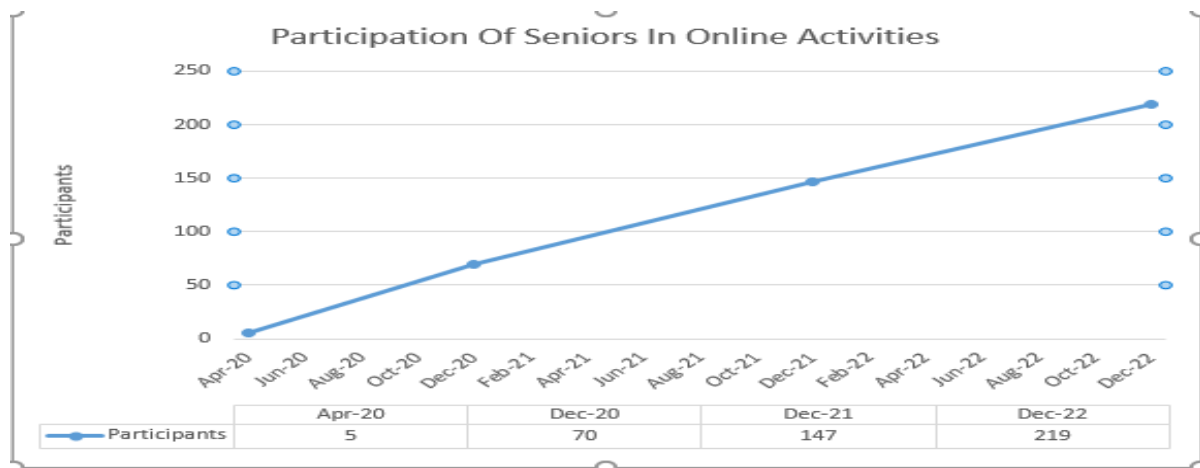
1. Weekly Exercise Sessions

The primary goal of the 'Weekly Exercise Sessions' is to promote the physical and mental well-being of seniors by offering a variety of physical exercises facilitated by BCS. These exercise sessions, led by a certified activationist, encompass aerobic exercises, muscle-strengthening activities, cardio exercises, and stretches. The sessions are conducted virtually, either through Zoom or other virtual platforms, and take place three times a week on Monday and Wednesday at 7 pm (evening), and Saturday at 10 am. Each session lasts for 2 hours, providing ample time for seniors to engage in the

exercises. In 2022, BCS completed 160 exercise sessions, and each session 60-70 seniors participated.

The Weekly Exercise Sessions are designed to be engaging and enjoyable, incorporating creative movements, fun activities, and even exercises accompanied by music. Seniors from various parts of the world, including North America, Europe, Asia, and Australia, actively participate in these sessions, with an average of 60-80 seniors joining in for each session. It is worth mentioning that these exercise sessions have been consistently conducted for over two years without any interruptions.

The impact of the Weekly Exercise Sessions on seniors' lifestyles and overall wellness has been remarkable. By participating in these sessions, seniors have experienced improvements in their health and well-being, including better control of diabetes and high blood pressure. The sessions have proven to be beneficial for seniors' physical fitness and have contributed to enhancing their overall quality of life.





Zoom Link For Seniors Exercise Program: <https://us02web.zoom.us/j/83515622543>

Time: Every Monday, Wednesday at 7-9 pm, and Saturday at 10 am to 12pm

2. Weekly Technology Sessions

The primary objective of the 'Weekly Technology Sessions' is to actively engage seniors in workshops aimed at enhancing their technical knowledge and improving their computer skills, particularly in the context of online accessibility. These sessions provide seniors with the opportunity to learn and develop the necessary skills to effectively utilize computers for communication purposes, online information searching, and connecting with the digital world. During COVID-19, our weekly technology session was interrupted, however, we supported the seniors with the knowledge of technology in 2022 years at home (in person), on phone. BCS continues to serve seniors by providing technical support through various means, including home visits (in-person), virtual sessions on platforms like Zoom, and assistance over the phone. In order to ensure public health safety measures are maintained, schedules for in-person services are carefully organized to prevent the spread of COVID-19.

Throughout the pandemic, BCS has provided technical support to over 60 seniors, assisting them in accessing and navigating online programs. Additionally, the organization has organized cyber safety workshops to educate seniors about protecting their personal information and guarding against fraudulent activities. These workshops have been attended by more than 120 seniors in 2022, demonstrating the commitment of BCS to promote online safety and security within the senior community.

3. Senior Group and Intergenerational Meeting

BCS maintains a senior group or senior cabinet comprising 20 members, consisting of ten men and ten women. Also, 10 youth attended the senior cabinet meeting, hence called intergenerational meeting. This group plays a crucial role in identifying and addressing the social issues that impact the lives of seniors. Through regular discussions, the group focuses on topics such as elder abuse, chronic diseases, healthcare concerns, and the psychosocial effects of COVID-19. Additionally, they explore strategies to promote wellness among seniors, address housing issues, combat hate crimes and discrimination, and advocate for age-friendly communities. In 2022, there were 10 intergenerational meetings.





To facilitate these discussions, BCS organizes monthly meetings, which have currently transitioned to virtual platforms like Zoom to ensure the safety and well-being of participants in light of the ongoing COVID-19 situation. The intergenerational nature of these meetings fosters meaningful exchanges of information and ideas. The insights gathered from these meetings play a pivotal role in shaping the organization's approach to addressing the identified issues and are utilized when crafting funding proposals to secure resources for supporting senior-focused initiatives.

BCS recognizes the importance of the senior group in amplifying the voices of seniors and effecting positive change within the community. By actively engaging with the concerns and perspectives of seniors, BCS strives to create an environment that supports the well-being and empowerment of this demographic.

4. A Series of Health Education Workshops

During the pandemic, BCS has taken proactive measures to provide seniors with essential health information virtually, focusing on topics such as COVID-19, hygiene practices, nutrition, and the management of chronic diseases including diabetes, high blood pressure, cholesterol, chronic pain, dementia, and mental health. These weekly health workshops, conducted on Zoom, are designed to enhance seniors' knowledge and empower them to effectively manage their health conditions. In 2022, there were 24 issue based workshops, 10 mental health and brain workshops, and 48 weekly basic health workshops done.

To ensure comprehensive and specialized guidance, BCS collaborates with various organizations such as South Riverdale, Alzheimer's Society, East End Community Health Centre, Flemingdon Health Centre, Canadian Mental Health Association, Access Alliance, as well as family physicians, epidemiologists, and experts. These experts are invited to facilitate the workshops, sharing valuable insights and expertise.

In line with safety protocols, the workshops are currently conducted virtually, allowing seniors from the Greater Toronto Area (GTA) to easily access and participate in the sessions. BCS shares workshop information on social media platforms, and interested seniors can register by contacting BCS via phone. Prior registration is necessary to secure a spot in the workshops.



BCS understands the importance of effective communication and inclusivity. Therefore, certified interpreters are assigned to ensure effective communication during the workshops, creating an environment where seniors can fully engage and comprehend the information shared. BCS also provides translated versions of vaccine-related updates, sourced from Toronto Public Health and the City of Toronto, to assist seniors in staying informed about vaccination efforts.

Before the pandemic, BCS organized in-person workshops and even offered transportation opportunities to enable seniors' attendance. However, due to the current circumstances, virtual platforms have become the primary medium for delivering these valuable health workshops, ensuring the safety and well-being of all participants.

5. A Series of Elder Abuse Workshops

BCS has taken the initiative to conduct a series of elder abuse workshops supported by New Horizon and Seniors Community Grants (MSAA). Despite the lack of funding, we have continued to organize these crucial workshops for seniors and their family members. In 2022, we have successfully conducted 20 seminars, workshops, and focus group discussions (FGDs) to address the pressing issue of elder abuse.

Each session attracted significant participation, with an average attendance of 30-40 seniors, predominantly women. These workshops serve as a platform to raise awareness about the various forms of abuse that seniors may encounter in their lives. By gathering valuable information and insights from the participants, we aim to compile a comprehensive report highlighting the scope and nature of elder abuse. This report will play a vital role in advocating for change and ensuring that policymakers have a clear understanding of the issues at hand. With the gathered information and recommendations, BCS aims to actively engage with policymakers, providing them with the necessary insights to develop effective measures that address elder abuse and protect the well-being of seniors in our community. Despite the absence of funding, BCS remains committed to this important cause, working diligently to combat elder abuse and promote the safety and dignity of seniors and their families.

6. Monthly Issue Based Workshops

BCS arranges monthly workshops or sessions that address relevant and pressing social and mental health issues. The primary aim of these workshops is to enhance knowledge and understanding of current social and mental health problems while also seeking solutions that benefit seniors and other community members. Each workshop typically attracts an audience of approximately 30 seniors, ensuring an effective platform for meaningful discussions and engagement. These workshops foster an intergenerational environment, allowing both seniors and youth to benefit from the shared knowledge and insights.

The sessions primarily focus on key social issues that impact seniors and youth alike. Topics of discussion include challenges related to vaccine engagement, the importance of age-friendly communities, family dynamics, mental health concerns, bridging cultural gaps, addressing tutoring challenges, unemployment, and much more. These workshops serve as an ongoing project and are currently being conducted via online platforms such as Zoom to ensure accessibility and safety for all participants. In 2022, we completed 10 issues based workshops.

BCS remains dedicated to providing a valuable forum for seniors and the wider community to explore and address critical social issues. Through these workshops, participants can gain knowledge, share experiences, and work collaboratively towards creating positive change in our society.

7. Weekly Recreational Activities

BCS offers a range of engaging weekly recreational activities tailored for seniors, designed to foster connections, provide support, and combat social isolation. These activities are thoughtfully designed, incorporating six key domains—physical, intellectual, emotional, social, spiritual, and vocational—to ensure a well-rounded experience for participating seniors. In 2022, BCS completed 52 recreational sessions.

The recreational activities encompass a variety of enjoyable options, such as trivia games, interactive sing-alongs, art and colouring sessions, quizzes, travel shows, documentaries, art and craft projects, and more. Previously, these activities were hosted at two different venues: the BCS office and Dentonia Park Clubhouse. However, in response to current circumstances, all recreational activities are currently conducted virtually, using platforms like Zoom to ensure accessibility and participation.

By providing a diverse array of recreational activities, BCS aims to create a supportive environment that fosters meaningful connections among seniors. These activities not only promote social engagement but also contribute to the overall well-being and enjoyment of participating seniors. BCS remains committed to offering these valuable recreational opportunities, even in virtual settings, to support the happiness and fulfilment of seniors in the community.



BCS had regular home support services before COVID, and this support continues. In 2022, BCS covered more than 300 seniors with our home support. BCS sent volunteers to senior residences to talk to them and play board games with them. The volunteers cleaned their homes and prepared light meals like soup. To ensure the safety of seniors during this pandemic, we are limited to providing home services. We helped the seniors learn technological issues at home to connect people online, helped seniors buy groceries, and provided them with important information. However, continue to call the elderly to talk to them, discuss their emotional issues, and remind them to take their medications.

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

BCS provides accompaniment services. The service helps seniors get to dental, physiotherapy, hospital, and other healthcare facilities. The volunteers schedule an appointment with the seniors and choose a convenient location to meet them—typically the location closest to their homes. Seniors sign a disclaimer form that volunteers set up. After that, they go to the healthcare facilities together. Additionally, the volunteers serve as translators between older people and doctors. We

also formed a senior network, which helps seniors go to healthcare systems (hence called peer support). This way, we reached 162 seniors to help them go to the health care system.

10. Senior Outdoor Visits

The Intergenerational team organizes throughout the year Senior Outdoor Visits. The primary objective is to bring together every family member, including seniors and children from the community, so they can make memories that will last a lifetime and form relationships with other people in the open spaces. People can meet new people and see new places during these outdoor excursions. A trip to national parks, national libraries, museums, monuments, architectural structures, cinemas, shopping malls, restaurants, and beaches is planned by BCS. Seniors look forward to the next adventure and enjoy these. All trips are planned to adhere to strict safety protocols to ensure everyone's safety. In 2022, the seniors visited malls, and parks. About 180 seniors participated in the mall and park visits.



11. Meditation for Seniors

BCS continues to lead mindful meditation (meditation) sessions to help seniors feel at ease. These sessions aim to heal internal emotional erosion that affects health and wellness and feature Tibetan, mountainous, instrumental, and natural music. Before COVID-19, the session lasts for half an hour. It

happened at the Dentonia Park Clubhouse on Thursday at 4:30 p.m. In 2022, we also continued it on Zoom. The seniors reported that meditation sessions significantly reduced stress, anxiety, and other mental health issues. In 2022, we completed 36 mediation sessions. BCS hopes this program will continue to promote the health and wellness of community members.

12. Volunteer Opportunities for Seniors

The various projects of BCS offer seniors an excellent opportunity to volunteer for BCS and the community to carry out senior activities. This ongoing process aims to give seniors the ability to run senior activities in the neighbourhood and community. The workers work at three levels locally: the seniors working as door-to-door workers, for disease advocacy groups, and in the senior cabinet or ambassador group.



The senior must complete the application form to volunteer. In 2020, we had 25 senior volunteers; in 2021, we had more than 40 senior volunteers. In 2022, more than 60 senior volunteers contributed to senior projects. Seniors interested in volunteering should get in touch with the BCS office



Inter-gen

Initiatives continuing in 2022:

1. Pathways to Wellness of South Asian Seniors on Virtual World

The project aimed to boost homebound seniors' social inclusion, health, and wellness over a virtual program. WoodGreen Community funded the project. BCS has been getting funding from WoodGreen for senior business activities for 11-plus years. This assignment (2020-22) included seniors actively participating in virtual activities (priority one), intergenerational project-accomplishments, such as outreach, meetings, intercommunication materials development, and technological assistance to make the online easier to enter. The task involved the seniors in virtual activities like recreational activities like music, fun fitness, social discussion, reminiscing, etc. The project was successful because we arrived at 120 seniors (beyond our estimation or targets), and they attended over 46 session activities in 2021.

The project's 2nd phase (2021-2022) was to boost homebound seniors' social inclusion, health, and wellness over virtual programs. More than 100 seniors and 15 youths participated in the project activities. More than 60 seniors reported that they reduced social isolation after attending the project activities. 70 seniors attended recreational activities regularly and basic health workshops. 20 seniors reported that they engaged in the project activities as volunteers.

Furthermore, the project organized workshops on mental health issues specifically for youth and seniors during the pandemic time. The youths and seniors organized 16 workshops. Around 20 seniors and ten youths regularly attended the sessions. They came up with ideas and strategies to cope with mental health issues in a way that is most beneficial to them.

2. Senior's Virtual Active Club (SVAC)

Like everyone else, COVID took away seniors' social and family life. Our experience from the South Asian community was that during COVID, Bangladeshi Canadian seniors were homebound (95%), physically inactive (> 90%), and anxious about the Coronavirus. Social isolation, inactivity, and anxiety led to a deterioration of health in 80% of seniors (sources: seniors and family members). The Bangladeshi Canadian seniors needed a social connection and physical exercise to maintain their quality of life and make them active and cheerful during this COVID period.

BCS received funding from the New Horizons, Government of Canada, to connect seniors (to break social isolation) and bring health benefits through physical movements/activities on the virtual or online platform. This funding allowed us to have a project that included online physical activities (zoom activities) and social networks for the seniors throughout the project period. Furthermore, the project hosted an intergenerational meeting every month to discuss some social issues to connect and create a strong bonding between the seniors and youth. The project successfully formed an intergenerational team (five youths and ten seniors). The team worked together to complete eight intergenerational sessions. BCS conducted 96 physical exercises and recreational activities (the target was 72) and eight issues-based workshops related to social problems. There were more than 25 and expected 10 participants in each session. In the proposal, our target was to

reach out to 50 seniors. However, we served 100 seniors and 20 youth, which was more than we projected. The SVAC was a success, and the community members felt its impact.

3. Cultural Community Support Program (CCSP)

The pandemic mostly affected seniors' daily lives and posed health risks to them. In the COVID crisis, we discovered that 95% of seniors are housebound and inactive. Due to their confinement at home, they struggle to obtain daily necessities, consumables, and physical activity. They also have uncontrolled chronic ailments. 76% of people do not have access to Bengali-language health information, and 80% of elders experience verbal and physical abuse, the latter of which is more common during COVID scenarios. In addition, getting help for one's mental health still carries a lot of stigma within the South Asian community. As a result, interventions for mental health that are inclusive and sensitive to cultural differences are required.

The project's goal was to lessen the strain on our community that was brought on by mental health issues, a lack of social interaction, food insecurity, and overall support are all important in fostering a sense of community. The initiative was supported by United Way. The project includes biweekly virtual drop-ins for mental health and intergenerational engagement activities where young people and elderly may interact and build relationships. Additionally, it offered low-income families in Crescent Town and the neighbourhood a monthly food and shopping delivery service, including culturally appropriate meals and consumables. More than 56 elderly were reached out to and given a month's worth of groceries (a basic necessity), 26 intergenerational drop-in sessions were completed, and a total of more than 750 participants signed up. The seniors and young people talked about coping mechanisms for dealing with feelings of loneliness, isolation, mental anxiety, sadness, and mental deterioration.



Women/Girls Initiatives

BCS has been mandated to support the empowerment of immigrant and racialized women and girls in terms of their socio-economic, political, and economic progress. Racialized women and girls with South Asian backgrounds in Toronto have been subjected to various forms of oppression, discrimination, and violence within their families, communities, and workplaces. Following anti-oppressive and feminist principles, BCS collaborates with women, girls, and their families by facilitating discussions, organizing community events, providing tailored employment and settlement counseling, and making appropriate referrals. BCS employs a cultural approach to educate the community about the rights of women and girls. Additionally, BCS offers training in peer support and leadership to women and girls, fostering community mobilization to combat misogyny and gender stereotypes. Numerous BCS programs exclusively focus on the empowerment of women and girls. We have implemented various initiatives to support and empower women and girls in our

community. For instance, our Peacemaker initiative creates a space for discussions on the impact of Islamophobia on women, while our "Women in STEM" (WIS) program encourages women to pursue careers in male-dominated fields. Our virtual event titled "Combating Islamophobia and Racism" brought together numerous participants, including five guest speakers and multiple ambassadors from the Peacemaker initiative, to share their perspectives on Islamophobia within their communities. The Women in STEM program reached a broader audience by engaging participants from across the city and featuring professional speakers from North America, thanks to its virtual format. This unexpected outcome was a positive development. In 2021, we launched the Women And Gender Equity (WAGE) project, which received funding from the Federal Government. Additionally, we initiated another project focused on women and girls circles as part of the Safer, Stronger Grant from the Canadian Women's Foundation, with Skills for Changes leading the effort.

1. Fighting Misogyny and Stereotypes against Racialized Women and Girls in Toronto

"Fight Misogyny and Stereotypes against Racialized Women and Girls in Toronto" was an initiative led by BCS and funded by the Government of Canada in collaboration with Women and Gender Equality Canada. This project spanned over 18 months from October 2021 to March 2023, with the



ing a feminist response and facilitating recovery in Toronto's east neighborhoods, the project aimed to support girls, who had been adversely affected by the

identified the presence of misogyny and gender inequality in Canada's economic, social, and political spheres. The project targeted youth, women, and seniors, which further addressed violence and discrimination within families and communities exacerbated by the COVID-19 pandemic. In fact, on February 15, 2021, CBC News reported a rise in domestic and intimate partner violence during the pandemic.

Project Update:

The Fight Misogyny project was aimed at empowering racialized women and girls in Toronto's east-end neighborhoods to recognize and fight gender-based oppression and violence in their families, schools, workplaces, and communities. The project involved the recruitment and training of 33 facilitators, who were trained in leadership modules covering 9 topics from October 2021 to April 2022. Of these facilitators, 28 completed three circle meetings, engaging 295 participants, mostly women and girls.



The project conducted nine workshops as a part of the leadership training from January to March 2022, with eminent academicians, professors, women activists, journalists, and social workers leading the sessions. According to survey data, over 90% participants rated these training/workshops as highly practical for them. The project team also conducted training on community organising, peer support, and various concepts such as gender, misogyny, and oppression.

During the project, 295 racialized women and girls engaged in dialogue with feminist leaders and became aware of their rights while identifying causes of gender-based oppression and violence. Community Partners - Access Alliance, CASSA, SAWRO, BCCS - supported the feminist leaders in conducting community conscientization, engaging family and male counterparts. However, five participants were withdrawn from the project due to their work/study schedules.

Two forum meetings were organized on March 08 and August 30, 2022, to educate and address root barriers preventing gender equality. The March 08 forum meeting was attended by 109 people, including MPP Doly Begum and MPP Rima Burns, Toronto City Councillor Brad Bradford, and all BCS partners. The August 30 meeting was attended by 90 participants, where feminist leaders presented their key learnings working with 295 women and girls regarding gender equality issues. Based on community needs, Barrister Chayanika Dutta provided legal information in dealing with gender-based oppression and seeking help and access to the justice system.

Fight Misogyny, Achieve Gender Equality



Guest speaker:
Barrister Chayanika Dutta



Listen to stories

Feminist leaders will share stories from their circle meetings while respecting confidentiality



Learn about laws

Information will be shared about current laws and legislation that protect girls and women's rights



Meet leaders & policy makers

An opportunity to meet institutional leaders and policy makers that can change issues affecting girls and women



August 30th, 2022 at 6:30pm - 8:00pm

<https://us02web.zoom.us/j/81994435200>



Femmes et Égalité
des genres Canada

Women and Gender
Equality Canada

On June 6, 2022, BCS feminist leaders met with six community media groups in Toronto's east-end neighborhoods to address women's issues. They shared their journey as community leaders with NRB TV, Bangla Mail, Bangla Kagoj, Notun Desh, Probashi Konto, The Radio Metro Mail, and CBN. These media outlets reached over 20,000 audiences in Toronto by sharing the Fight Misogyny campaign through social media, online, and print news.



BCS organized a virtual community dialogue on March 15, 2022, to celebrate International Women's Day. The event, themed "DigitALL: Innovation and technology for gender equality," had over 130

attendees, including policymakers. City Councillor Brad Bradford, MPP Doly Begum, and TDSB Trustee Neethan Shan participated and discussed topics such as misogyny, women's rights, gender parity, and eliminating discrimination.

Notable guests like FinTech Specialist Ayan Hagar, TDSB Trustee Malika Ghous, and BCS Board of Director Janet Davis discussed women's inclusion in the tech industry, addressing barriers and risks. They expressed support and willingness to collaborate with BCS to address the raised issues.

Project Results Summary:

The Fight Misogyny project successfully empowered racialized women and girls in Toronto's east-end neighborhoods to recognize and combat gender-based oppression and violence. BCS conducted a project evaluation and the key achievements and results include the following:

Knowledge Enhancement: The project provided comprehensive training modules and resources covering various topics such as gender analysis, feminist theories, community organizing, and leadership. Participants reported significant improvement in their knowledge and skills.

Gender Equality Awareness: Survey results showed that participants demonstrated a strong understanding of gender equality concepts, emphasizing the importance of equal rights and the collective responsibility for promoting gender equality.

Resource Development: The project developed valuable resources addressing COVID-19 and gender-based discrimination, harassment, and violence. Participants found these resources helpful in increasing their knowledge and skills, and they shared this information with others in their communities.

Safe Space Creation: The project successfully created a virtual safe space for women and girls impacted by COVID-19. Participants felt supported through collaboration, sharing of information and resources, and reported high levels of participation.

Raising Public Awareness: The project effectively raised public awareness about the impact of misogyny and gender stereotypes on women's rights. Participants reported significant changes in their perceptions and understanding of misogyny and gender equality.



Community Partnership and Collaboration: The project successfully built collaborations with community partners to engage racialized women and girls. Participants recognized the project's success in establishing strong partnerships.

COVID-19 Recovery Support: The project provided support and resources to help participants respond to the impacts of COVID-19, including addressing isolation and providing access to vaccine-related information.

Leadership and Activism: Participants acquired feminist leadership skills and the ability to confront gender-based discrimination, enabling them to make positive changes in their communities.

Outcome at Policy and System Levels: The project engaged with policymakers to address barriers and promote inclusive policies and practices in response to the impacts of COVID-19. Participants expressed satisfaction with the project's dialogues with policymakers.

Outcome at Community Level: Community members reported positive changes in their perceptions and understanding of misogyny and gender equality as a result of their involvement in the project.

These achievements demonstrate the Fight Misogyny project's effectiveness in empowering racialized women and girls, raising awareness, and fostering positive change in Toronto's east-end neighborhoods.

RESEARCH

We conduct thorough research to gather authentic and scientifically validated information that our community members can trust. This research not only aids in finding solutions to various social issues but also helps us assess the impact and effectiveness of our organized activities. By relying on research, we can identify new challenges and address them more effectively, thereby serving our community in a more efficient manner. Given the impact of the Covid-19 pandemic, BCS has exerted

considerable efforts to access the most up-to-date and reliable information. This enables us to provide our community members with comprehensive and accurate guidance. In our pursuit of vaccine engagement, prioritizing the acquisition of accurate information and effectively addressing inquiries were of utmost importance. We actively shared our research publications with stakeholders, partners, and the community to ensure that valuable insights were disseminated. In 2023, we jointly organised a conference, “Sustainable Public Health” with HSDN and four organisations. BCS also presented a paper about challenges in food accessibility in the Taylor Massey neighbourhood.



HSDNI AT TMU PRESENTS:

HSDNI'S 7TH SUSTAINABILITY COLLABORATIVE CONFERENCE-2023

Theme: Sustainable Public Health

Sub-themes: Food Security, Public Health, and Emergency Response

<p>Opening Speaker Dr. Nancy Walton</p> 	<p>Associate Dean, Student Affairs, Graduate Studies, Toronto Metropolitan University</p> 	<p>Keynote-Food Security Dr. Sarah Elton</p> 	<p>Assistant Professor, Department of Sociology & Director, Food Health Ecosystems Lab, Toronto Metropolitan University</p> 
<p>Keynote-Public Health Dr. AHM Alamgir</p> 	<p>Director of Knowledge & Learning at Access Alliance (Toronto), an Adjunct Professor, Faculty of LAPS at York University</p> 	<p>Keynote-Emergency Response Stephanie Etlin</p> 	<p>Emergency Management Coordinator, Office of Emergency Management, City of Toronto</p> 

May 23, 2023-10 am-5 pm-Toronto Metropolitan University
DCC, 7th Floor, Collab Space.

RSVP: May 20, 2023 for free admission (limited space) <https://forms.gle/SVqdpC XcGUcu9hLh6>



Recent Research publications:

A Qualitative Study about the Psychosocial Issues Perceived by the South Asian Bangladeshi Senior Immigrants Living in Toronto,

Islam, Q. S., & Akter, N. (2021). A Qualitative Study about the Psychosocial Issues of COVID-19 Perceived by the South Asian Bangladeshi Senior Immigrants Living in Toronto, Ontario. *Asian Journal of Medicine and Health*, 19(10), 133-145. <https://doi.org/10.9734/ajmah/2021/v19i1030389>

Abstract

People stayed home and got isolated during the pandemic time (COVID-19). The pandemic passed more than a year ago, and it is still ongoing. There is not enough information about the psychological and social issues of the COVID-19 on the South Asian senior immigrants living in Toronto. The study aimed to explore the description of COVID-19 from the experience of the South Asian seniors and to understand the perceived psychosocial issues of COVID-19 on them. It helps policymakers develop adequate policies and initiatives for the South Asian Bangladeshi senior immigrants during and after the pandemic. The study applied open-ended questions for the phone interview with 52 seniors (>55 years). It used thematic analysis for the interpretation of qualitative data. Each interview took 45-60 minutes to complete. The seniors described COVID-19 in medical, mental, and social aspects. They described COVID-19 as ‘viral and pandemic infections,’ ‘health problems,’ ‘lack of treatment,’ and ‘death.’ They also described COVID-19 as ‘worrying,’ ‘dangerous,’ ‘isolated society,’ ‘lack of recreation,’ ‘staying home like a prison,’ and ‘shut down everywhere.’ Many seniors felt lonely as the pandemic disconnected them from the family members and the outdoor activities. They were also

scared to get infected, were worried about seeing deaths and the shortage of vaccines worldwide and were sad as they could not meet people in person. Many seniors stayed home for months. They could not go outside for worship, doctors, shopping malls, and they felt that they had an unusual lifestyle. Based on findings, adequate information, mental health supports, and virtual programs are needed to address the psychological and social issues of COVID-19.

Intervention is Urgently Needed to Address Poor Awareness of South Asian Family Caregivers for Dementia Care: A Qualitative Study.

Islam, Q. S., & Akter, N. (2021). Intervention is Urgently Needed to Address Poor Awareness of South Asian Family Caregivers for Dementia Care: A Qualitative Study. *Asian Journal of Medicine and Health*, 19(12), 70-81. <https://doi.org/10.9734/ajmah/2021/v19i1230418>

Abstract

“The National Dementia Strategies” in Canada emphasizes improving the knowledge of formal and informal caregivers for better care for the person living with dementia. This study aimed at exploring awareness and the attitudes of South Asian Bangladeshi family caregivers towards dementia care. It was purposive sampling and a qualitative study. The study included 45 family caregivers (>55 years) for the face-to-face interviews in Toronto, Ontario. The study used semi-structured questions. The duration of the data collection was between February and March 2020. The study included the three areas related to dementia, such as a) the awareness of dementia, b: awareness of prevention and treatment as well as the awareness of caregivers about what is needed for better dementia care, and c) attitudes of caregivers towards dementia care. Many caregivers described dementia as memory loss and forgetfulness. According to the caregivers, anxiety, depression, and ageing were the risk factors of dementia. The caregivers commonly perceived dementia as an unpreventable and incurable disease. Moreover, many caregivers did not know about the appropriate health providers who diagnosed and treated dementia, and they were not aware of non-pharmacological care of dementia. The caregivers perceived dementia as a shameful disease. They would not go for diagnosis if they had risks for dementia and would hide their dementia after diagnosis. Many caregivers confessed that training was essential to improve knowledge about dementia, but they did not want to be a caregiver for the person living with dementia. The South Asian Bangladeshi family caregivers had not enough awareness about dementia, prevention, and treatment. Dementia was associated with shame, and they had less interest in dementia care. Urgent educational training is needed in their language to improve knowledge, reduce stigma, engage them in dementia care, and achieve the goals of the National Dementia Strategies.



Asian Journal of Medicine and Health
19(12): 70-81, 2021; Article no. AJMAH.80882
ISSN: 2456-8414

Intervention is Urgently Needed to Address Poor Awareness of South Asian Family Caregivers for Dementia Care: A Qualitative Study

Qazi Shafayetul Islam^{a*} and Nasima Akter^a



Asian Journal of Medicine and Health
19(10): 133-145, 2021; Article no. AJMAH.76701
ISSN: 2456-8414

A Qualitative Study about the Psychosocial Issues of COVID-19 Perceived by the South Asian Bangladeshi Senior Immigrants Living in Toronto, Ontario

Qazi Shafayetul Islam^{1*} and Nasima Akter¹

Barriers of Local Organizations for Providing Free Food Support in the Priority Neighborhood, Toronto: What We Need Further

Islam, Q. S., & Akter, N. (2022). Barriers of Local Organizations for Providing Free Food Support in the Priority Neighborhood, Toronto: What We Need Further. *European Journal of Nutrition & Food Safety*, 14(6), 11-21. <https://doi.org/10.9734/ejnfs/2022/v14i630505>

Abstract

The provincial and federal governments provided emergency funding to local community organizations for free food support to people affected by COVID-19. The study's goals were to explore the barriers of the people and the organizations while receiving and providing free food support and what further was needed to give the people food support in the priority neighborhood.: Nine representatives of the local community organizations and 15 volunteers participated in the community conversation or the extensive group discussion. They shared their experiences about barriers and what we further needed to provide food support for the priority neighborhood like Taylor Massey. Two note-takers obtained data from the community conversation. This is a qualitative study. It used a thematic approach to analyze the data and interpretation. Information lacking about free food, language barriers, the social stigma associated with free food support, and fear of COVID-19 were the barriers of community people to receiving food support. On the other hand, the community organizations lacked information about who needed real food support, lacked enough transportation support to distribute the food, enough empty spaces to store food, and enough numbers of committed and trained volunteers to help with the food distribution. Also, the community organizations had limited funding to meet people's food needs. The local community organizations needed an assessment to understand the available resources so that local organizations could use the resources for an effective food program. Furthermore, the organizations required coordination and extended food funding to affected families. In addition, the local organizations needed to work with community gardens, community kitchens, and food banks to support and meet the community's demands. People and local organizations had information and communication, social, structural and systemic, and financial barriers while receiving and providing food in the priority neighborhood. The study indicated what were needed to make the food support program effective.

Chapter 7 Print ISBN: 978-81-961090-2-8, eBook ISBN: 978-81-961090-6-6 Awareness and Attitudes of South Asian Family Caregivers in Dementia Care in Toronto

Qazi Shafayetul Islam a* and Nasima Akter a DOI: 10.9734/bpi/pramr/v5/17749D

ABSTRACT

This study explored awareness and the attitudes of South Asian Bangladeshi family caregivers toward dementia care. The study included 45 family caregivers (>55 years) purposively for the face-to-face interviews between February and March 2020 in Toronto, Ontario. The study used semi-structured questions and applied thematic content analysis. Three main themes emerged related to dementia: a) caregivers' awareness of dementia, b) awareness of prevention and treatment and needs for dementia care, and c) caregivers' attitudes towards dementia. Many caregivers defined dementia as memory loss and forgetfulness. They also perceived anxiety, depression, and ageing were risk factors for dementia, and dementia was an unpreventable and incurable disease. Moreover, many were unaware of the appropriate health providers for diagnosing and managing dementia and of non pharmacological care for dementia. The caregivers perceived dementia as a shameful disease, and they would not go for a diagnosis even if they had risks for dementia and would hide their dementia after diagnosis. Many did not want to be a caregiver for a person with

dementia in the family. Many caregivers confessed that training was essential to improve their knowledge about dementia. There was a lack of knowledge about dementia, its prevention, and treatments among South Asian Bangladeshi family caregivers. Dementia was associated with shame, and they had less interest in caring for the person with dementia. For the purpose of enhancing awareness, lowering stigma, and involving people in dementia care, educational instruction in their native tongue is required. Keywords: Family caregivers; awareness; dementia; stigma; memory loss; anxiety; depression.

Chapter 7 Print ISBN: 978-93-5547-831-3, eBook ISBN: 978-93-5547-832-0

COVID-19 and Challenges in Food Accessibility and Security in the Priority Neighborhood, Toronto: We Need What Further

Qazi Shafayetul Islam a* and Nasima Akter a DOI: 10.9734/bpi/ecafs/v7/3489C

ABSTRACT

The provincial and federal governments provided emergency funding to local community organizations to reduce food insecurity and improve food accessibility to people affected by COVID-19 by giving free food support. The study explored the challenges of people and the local organizations in receiving and providing free food support and what further was needed to achieve food accessibility and security in the priority neighborhood. Nine representatives of the local community organizations, 15 volunteers, 10 community members (food recipients) participated in the community conversation or the extensive group discussion. They shared their experiences about challenges in food accessibility during COVID-19, and what we further needed to improve the food accessibility in the priority neighborhood. Two note-takers obtained data from the community conversation, and it was a qualitative study and used a thematic approach to analyze the data and interpretation. Lack of information on free food, language issues, the social stigma attached to requesting free food support, and fear of COVID-19 were obstacles for community members seeking free food support. The community organizations, on the other hand, lacked knowledge of those who truly needed food assistance, adequate transportation, enough room to store food, and sufficient numbers of dedicated and qualified volunteers to assist with food distribution. Additionally, there was a lack of funds for community organizations to supply people with food. The local community organizations needed an assessment to understand the available resources so that local organizations could use the resources to improve food accessibility in the community. Furthermore, the organizations required coordination and cooperation with each other and extended food funding to affected families. In addition, the local organizations needed to work with community gardens, community kitchens, and food banks to support and meet the community's demands for improving food accessibility.

Rising Dementia Cases in Bhutan Needs Non-Pharmacological Interventions.

Qazi Shafayetul Islam a* and Bebak Adhikari a a Bangladeshi-Canadian Community Services, BCS, 2899 Danforth Avenue, Toronto, M4C 1M2, Ontario, Canada, 34(22): 322-325, 2022; Article no.JAMMR.92555 ISSN: 2456-8899 (Past name: British Journal of Medicine and Medical Research, Past ISSN: 2231-0614, NLM ID: 101570965)

ABSTRACT

It is becoming increasingly clear that pharmacological treatments for dementia should be used as a second-line approach and that non-pharmacological options should, in best practice, be pursued first. This study examines current nonpharmacological approaches. Bhutan needs a national

assessment to determine dementia at the community level to identify the exact number of persons living with dementia. Bhutan health department can develop a standard training module on non-pharmacological interventions based on the context and lifestyle

Noncommunicable Disease Profiles of Bangladeshi Immigrants Aged >55 Years Living in Toronto: Access to Health Workshop and Needed Support for Management.

Qazi Shafayetul Islam a* , Nasima Akter a and Krishna Prasad Sharma a

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ABSTRACT

Objectives: The study explored the profiles of noncommunicable diseases (NCDs) of South Asian Bangladeshi immigrants aged > 55, access to health workshops about NCDs for self-care, and the types of support they needed to control and manage their NCDs. **Methods:** The study was cross-sectional. The participants were Bangladeshi immigrants aged > 55 living in Toronto. They attended an ethnic community organization for services from January to March 2020, and the study included participants from them (purposively). Pretested structured and semi-structured questionnaires were applied to collect the information. The study used chi-square and logistic regression for data analysis. **Results:** The study included 191 participants; among the participants, males and females were 44.0% (84) and 56.0% (107), respectively, more than half of them (53.4%, 102) were aged > 60 years, and the majority (69.6%, 133) lived in Canada for more than five years. The frequently mentioned NCDs by gender perspective were diabetes (male vs. female: 51.2% vs. 57.9%), high blood pressure (male vs. female: 48.8% vs. 54.2%), and high cholesterol (male vs. female: 33.3% vs. 36.4%). They also mentioned arthritis/chronic joint pain (22.0%, 44), anxiety and depression (16.2%, 31), and heart disease (15.2%, 29). Females, compared to males, were more likely to have multiple NCDs, AOR= 1.62, 95% CI: 0.86, 3.04. Also, the participants aged > 60 years were 2.53 times more likely to have multiple NCDs than those who were < 60 years (95% CI: 1.34, 4.77), and the participants who arrived in Canada in five years were more likely to have multiple NCDs, AOR=1.42, 95% CI: 0.72, 2.83) compared to the group more than five years. Furthermore, 51.8% (99) of participants had no access to health workshops/ health information about NCDs for selfmanagement. Most needed caregiver support from family members (59.7%, 114) to manage NCDs. Also, they required accompaniment support to go to health care providers (40.3%, 77), needed a doctor's cooperation (34.0%, 65), prescription management support (28.3%, 54), and home support (26.7%, 51) for managing the diseases. **Conclusion:** The profile of NCDs of Bangladeshi immigrants aged > 55 years were high blood pressure, diabetes, and high cholesterol. Gender and sociodemographic variables changed the profile of NCDs in Bangladeshi immigrants. Participants needed better health information access and family care support to manage NCDs. Local ethnic community services can design a community-based health, home, and caregiver support approach to address the NCDs of Bangladeshi immigrants.

The Impact of Seniors' Programming in the Bangladeshi Community within the Greater Toronto Area

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ABSTRACT

A significant proportion of seniors reported experiencing some level of pain. Specifically, 41.2% of seniors reported some pain, while 37.3% reported a lot of pain. After participating in these programs, the proportion of seniors reporting no pain significantly increased to 78%. Because the majority of respondents attended BCS' Weekly Exercise Sessions. According to the overall statistics, 7.8% of seniors reported having no social interaction (with 76.5% reporting some and only 15.7% reporting a lot) before participating in any of BCS's programs. The data which shows the results after having participated in these programs paints an entirely different picture: 0% of seniors reported having no social interaction, while 7.8% reported some and an overwhelming 92.2% reported having a lot. This conclusion is further confirmed by a question asking how much the programs helped the participants' social wellness, with 92.2% answering 'yes' and 7.8% answering 'no'. More than 62% of seniors felt no intergenerational connection before the program, while only about 35% felt that they had some connection. This is in stark contrast to the results after the program where almost 55% of seniors felt that they had a lot of connection. Of the seniors interviewed, 0% indicated that they were "Very Capable" of coping with stress before accessing BCS's programs, 82.4% indicated that they were "Somewhat Capable" of coping with stress, and 17.6% indicated that they were "Not at All Capable" of coping with stress. After accessing BCS's programs, 46% endorsed being "Very Capable" of coping with stress, 46% endorsed being "Somewhat Capable" of coping with stress, and 0% endorsed being "Not at All Capable" of coping with stress. Of participants interviewed, 0% reported a high quality of life before attending BCS services, 49% reported a medium quality of life, and 51% reported a low quality of life. After attending BCS programs, 25% of respondents endorsed having a high quality of life, and 75% of respondents endorsed having a medium quality of life ; 0% of respondents indicated that they had a low quality of life after attending BCS programs. Over 90% of participants reported that BCS improved their physical, emotional, and social wellness, in addition to their health conditions.

SETTLEMENT SERVICES

As a community agency, BCS is an advocate for immigrants whether it is about having equal rights or eliminating the discrimination that they face. BCS provide information on how to survive and prosper in Canada, how to navigate legal procedures, healthcare settings and offer translation services to newcomers and community members. We assist approximately 4000 individuals and newcomers find the correct information, assist with 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 and the services that are provided helps them integrate into Canadian society.

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.

Vaccine Engagement Initiatives

1. Get the booster to boost your immunity & uphold social responsibility: **Vaccine Community Innovation Challenge – Second Round**

We have successfully completed the first round of vaccine challenge funding in 2021. Our main message that was “For You. For Them. Get Vaccinated” reached more than 12,000 individuals with social media and in person engagements. We distributed flyers with PPE to 1920 people. Hosted an outdoor event with 80 inter-gen participants on vaccine challenge information event. Another vaccine outdoor outreach event for youth (community walk & beach day) attended by 25 participants, Vaccine challenge sports outreach event attended by 110 players plus 30 volunteers and audiences around 150 audiences. Our social media post reached around 9000 viewers. All these activities helped to increase the vaccine coverage in our area and reduced vaccine hesitancy.

After successful completion of the first round, we have received funding for the second round in 2022-2023. With the slogan of “Get the booster to boost your immunity & uphold social responsibility” , this year objectives are:

-To design and run campaign to create awareness of parents, youth, adults, and seniors about the importance of booster shots.

-To engage community volunteer in activities to express their understanding of booster shots, to learn about their importance, and to get experienced in spreading the information to the community

Our campaign will convince people in our community that getting booster dose against COVID is a personal responsibility that protects everyone and to show your social responsibility to protect the community & the country.

2. 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.



5. Vaccine Engagement Team (VET)- with Access Alliance

The Vaccine Engagement Committee of EYDV Cluster in Crescent Town and Taylor Massey area helped 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 was to increase the number of vaccinations in those communities. Our vaccine ambassadors dropped off flyers in mailboxes in the houses, called people, held weekly information sessions, and distributed flyers with masks. We were able to distribute about 100/day flyers with 3-5 volunteer ambassadors.

In 2021-2022, we supported at least 40 pop-up clinics including pop-up support, distribution flyers, registration door to door, guiding people to the clinics, outreaching through local businesses, etc. We sometimes had 2 ambassadors in one pop-up clinic support work. We also did pop-up support with the partners, we also separately distributed bottles of hand sanitizer, wipes packets, masks packets, pop-up flyers, and vaccine promotion flyers in Bengali and English. We had many vaccine outreach events both indoor and outdoor. BCS still continues its vaccine engagement efforts.

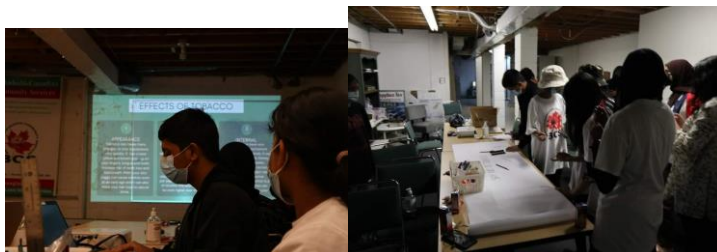


Youth Vaccine Engagement Team- With WoodGreen Community Services

We have successfully started a Youth Vaccine Engagement initiative in collaboration with WoodGreen Community Services. This is to raise awareness and engage South Asian youth to increase vaccine coverage among the youth. Our youth ambassadors spend 4 hours every week doing outreach by distributing flyers, masks, hand sanitizers, and face shields. In total, we have distributed about 1040 flyers. This team of ambassadors also does meetings that are for strategic planning for events and brainstorming more ways to engage the community. We also held numerous fun events from 2022 to 2023, which are listed below with the amount of participation we got from the community. BCS youth have planned fun and friendly events to get more community members to

Participation of Community Members in Events Specific to Vaccine Engagement

1. May 31, 2022: Say no to tobacco (13 Participants)



2. June 4, 2022: Game night event (56 Participants)



3. June 14, 2022: Vaccine March (15 Participants)



4. June 24, 2022: Dentonia Park event: (157 Participants)



5. June 28, 2022: Taste of Taylor-Messey (75 Participants)

6. July 1, 2022: Canada Day Vaccine March (25 Participants)



7. July 7, 2022: Orientation/volunteer training and check-in (23 Participants)

8. July 21, 2022: Intergen Picnic (90 Participants)



9. August 11, 2022: Vaccine Biking Event (15 Participants)



10. August 19, 2022: First Bengali Vaccine Information Session for youth (17 Participants)

11. August 27, 2022: Sport Tournament Vaccine Clinic and outreach event (105 youth participants)

12. August 28, 2022: Sport Tournament Day 2 Vaccine Clinic and outreach event (105 youth participants)



13. September 16, 2022: Youth Wellness Clinic Game night (35 Participants)

14. October 21, 2022: Youth vaccine engagement and game session (10 Participants)

15. November 25, 2022: Volunteer appreciation dinner (36 Volunteer Participants and Staff)



- 16. December 17, 2022: Career and University event (30 Participants, 11 professionals, 15 volunteers)
- 17. February 7, 2023: Mental health wellness workshop 1 (14 Participants)
- 18. February 21, 2023: Mental Health Workshop 2 (14 Participants)
- 19. February 25, 2023:
- 20. March 18, 2023: Vaccine Engagement Team Appreciation and March Break Event (around 200 people including Volunteers)
- 21. May 13, 2023: Intergen Art WorkShop (Vaccine Themed) (85 participants)

Distributing Masks, hand sanitizers

BCS youth Ambassadors were in action. Distributing masks, hand sanitizers, wipes, pop-up flyers, and vaccine challenge flyers at Danforth Ave at least 2-3 times per week as a continued effort for the last several months to increase vaccine coverage in our community. Majority of the days our youth ambassadors are able to deliver 100/day vaccine information flyers to all age groups while giving incentives with it. A lot of the people really appreciate our youths’ efforts and are grateful for their service as they get updated information and get their questions answered. Aside from distributing masks and hand sanitizers during the week, our youth ambassadors also give out these incentives to everyone that attends our vaccine engagement events. Below are the numerical figures that we collected to track how many people we have served and how many Personal Protective Equipment kits we provided.

2022:

<p>May:</p> <p>PPE distributed around 450 Around 500 flyers were distributed.</p> <p>June:</p> <p>PPE distributed around 700 Around 530 flyers were distributed.</p> <p>July:</p> <p>PPE distributed around 65 Around 200 flyers were distributed.</p> <p>August:</p>	<p>PPE distributed around 700 Around 1200 flyers were distributed.</p> <p>September:</p> <p>PPE distributed around 300 Around 500 flyers were distributed. 4 flyers were made from BCS: Bivalent Vaccine English flyer, Bivalent Vaccine Bengali flyer, Youth wellness clinic flyer, and Media Info Session Flyer.</p> <p>October:</p> <p>PPE was distributed to around 200 Around 450 flyers were distributed.</p>
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Many flyers were made by BCS volunteers with information of Toronto health guidelines

Around 167 flyers were distributed.

November:

PPE distributed around 50

December:

PPE was not distributed by youth ambassadors this month.

Around 205 flyers were distributed.

2023:

January:

400 PPE kits distributed

February:

500 PPE kits distributed 500 flyers distributed

March:

More than 500 PPE kits were distributed and around 500 flyers distributed.



Vaccine pop up clinic support

In 2022, a total of three vaccine clinics were supported by BCS Youth Vaccine Engagement Team in 2022 and 25 pop-up clinics were supported throughout the year for the general Vaccine Engagement Initiative. We held various vaccine engagement planning meetings throughout the year to plan out engagement strategies, events, and information sessions. A separate Youth Vaccine Engagement Team has been created this year that has successfully worked on creating activities and information sessions for Youth and children in the community since May 2022.

In June 2022, the youths were engaged in a workshop where they learned more about Covid-19 vaccines and treatments eligibility for vaccination, the side effects and where they can get the vaccines. It was held by the BSC Youth Engagement Team. Painting and ccess games were played and later participants shared.



Sociocultural Events

1. BANGLA NEW YEAR

The Bangla New Year was a wonderful and entertaining celebration with fun activities and performances such as art competition, 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

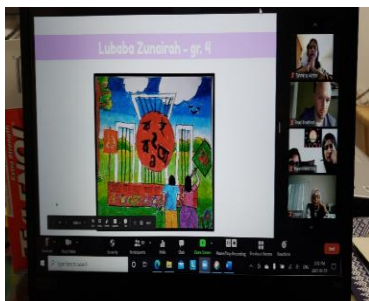
World No Tobacco Day is an event that is coordinated annually by Youth Eliminates Smoking. This event allows to spread awareness on the taboo subject on smoking tobacco and the negative effects. It is held annually in the community since 2019. Held at Access Point Danforth, WNTD is a day where the community brings awareness against the dangers of tobacco use. This year 60+ community members attended including our esteemed councillor, 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.



In May 2022, the World No Tobacco Day took place at 2899 Danforth Avenue, Toronto M4C 1M2 at the BSC office. The youths were invited to participate in all the fun activities and food.

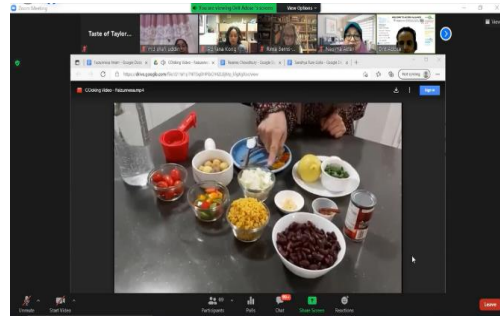
4. IMLD (International Mothers Language Day)

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.



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. 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 islamophobia. 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.



7. National Day for Truth & Reconciliation on 30th September 2022:

On September 30, 2022 we organized an after school information session for youth to learn more about Indigenous people, their culture, the history of what they have been through, and discuss some ways they can work with Indigenous communities and include them as part of our communities and reconcile for things we have done knowingly and unknowingly as settlers. Youth sat down and discussed what they want to do in the future in programs to help make our programs more Indigenous Friendly.



Purpose of setting a day for reconciliation

The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process. - Canada.ca

This day is not only to recognize that the Indigenous Peoples of Canada have been tortured and abused in the past, but is a day where we gather and reflect on historic impacts that effect everyday life on Indigenous people today and what we can do to help them heal and get their rights back.



8. Bangladesh Independence Day & Victory day of Bangladesh:

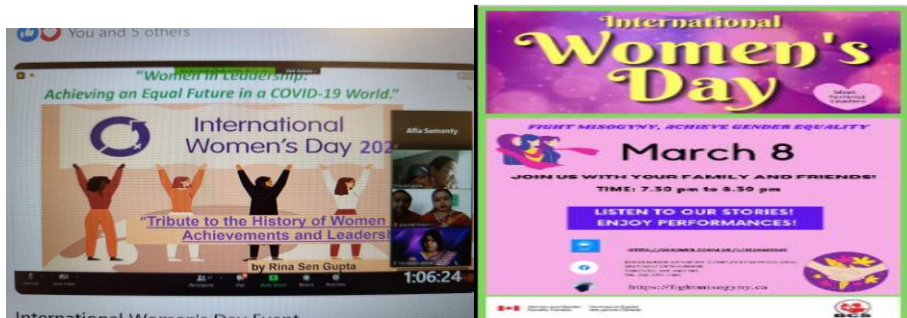
Every year BCS celebrates Bangladesh independence day & victory day with the community. We have discussions on the liberation war, sharing memories by freedom fighters, feelings of new generations, cultural performances etc. to pay tribute to the freedom fighters and show our respect and solidarity to our motherland Bangladesh. For the last 2 years we have celebrated the day virtually.



9. International women's day celebration

Every year we celebrate International Women’s day with other community partners. 7 to 8 partner agencies organize this event with invited speakers, speech and discussion by community leaders and performances. The 2022, International Women’s Day saw the BSC

was privileged to have Ms. Samya Hasan, Executive Director of Council of Agencies Serving South Asians (CASSA), provide a keynote speech. Elected representatives, community leaders, educators, and women rights activists also participated in the event that took place on March 8, 2022.



10. Newcomer Day

Every year, Toronto Newcomes Day is celebrated and Bangladeshi-Canadian Community Service helps in welcoming the newcomers to Toronto. It is an event to allow them access a wide range of services as well as celebrate their contributions to the city. On May 2, 2022 BSC held the 8th annual Toronto Newcomers Day. The event took place at Nathan Phillips Square from 10 am to 3pm. There were family fun and entertainment, information fair, newcomer marketplace, newcomer food fair, and cultural performance.

Alongside the event the TPH hosted a Mobile Vaccine Clinic for everyone who was interested to receive Covid-19 Vaccine.



New initiatives in 2022

1. Nourishing the souls of seniors

BCS's recent study showed that family members and caregivers neglect Bangladeshi seniors with cognitive impairment (Islam & Akter, 2021). During the pandemic, these seniors (63%) with mental issues became helpless, isolated, depressed, and inactive at home (leading a life like a prison). COVID-19 has been continuing for more than two years. Recently, BCS conducted a workshop with 30 seniors and community members to understand the needs of seniors (improve the social isolation and engagement of seniors having mild cognitive issues) to improve their active living quality of life. Then BCS initiated a project in July 2022 named "Nourishing the Souls of Seniors (NSS) and completed it in March 2023. Through the project activities, BCS promoted seniors' active living and wellness through creative body movement and recreational activities like a sing-along, drama, and

social chat; strengthened the intergenerational connection between seniors and youth through community group walks; and created opportunities for social inclusions and engagement through program participation, outreach, and meeting engagement. Also, the overall achievement of the project was to improve the ability of the seniors to live in community activities in the post-pandemic environment. More than 100 seniors participated in the project activities in 42 body movement and recreational sessions. On average, in every session, 50-60 seniors attended. Moreover, the staff continuously phoned them to reduce the isolation and connected them to other seniors to make a social network. An intergen group comprised ten seniors and five youths who implemented the project activities. The intergen group met five times to evaluate the progress of the project activities. BCS successfully achieved the targets and completed the project on time. The project was funded by WoodGreen community services.



2. My Home is my Peace during COVID-19 Pandemic

This project aimed to address anxiety, depression, and dementia and help seniors manage these issues at home and make their homes peaceful. The project was initiated in April 2022 and completed in March 2023. Around 67 seniors directly participated in the project activities. The objectives of the projects were:

1. To engage seniors in virtual activities to ensure social inclusion and participation.
2. To engage the seniors in workshops/ role play/ demonstrations to understand anxiety, depression, and dementia.
3. To learn coping strategies and maintain well-being.

New Horizons for Senior program, the Government of Canada, funded this project. We also had two outdoor activities for the seniors, like a picnic and Mall visit. To implement the activities, the project created an intergenerational group of ten seniors and five youths. We had regular recreational activities on Thursday and Friday at 9:15 am. We completed 36 recreational sessions. In the recreational session, the seniors did fun activities like Sina Along, dance, storytelling, and social chat. Youth joined seniors in recreational activities over the project period. We delivered ten mental health workshops (dementia, Psychological issues) over the project period.

3. Youth Well-Being: Art, Cultures, and Wellness

The United Way Greater Toronto funded the three-year " **Youth Well-Being: Art, Cultures, and Wellness**" project initiated in June 2022. BCS and TCCCA offer weekly activities under the youth mental wellness project on Zoom and in person. The activities include arts, games, educational discussion, cultures, parent interaction, recreational activities, cultural programs, community events, /workshops, etc., that improve youth's social and emotional well-being. The activities are mainly based on the South Asian arts, language, and culture. In addition, every month, Bangladeshi and Tamil youth meet on Zoom to exchange ideas and cultures and make a network. The social workers with counseling capacity provide the youth with the resources to overcome mental health challenges. The program supports South Asian youth, mainly Tamil and Bangladeshi communities. We plan to support youth to help them build their self-esteem and confidence. It will help address inter-generational conflict by allowing both generations to come together to celebrate their roots. The program will increase access to mental health support for the youth as healing through arts/art therapy will be part of the ongoing program. The project recruited ten youth ambassadors from BCS and ten from Tamil Canadian Centre for Civic Action (TCCCA). Weekly sessions are running at both BCS and TCCCA. Interested youth participants can contact the BCS office.

Youth Well-Being: Art, Culture, and Wellness

- Interested youth 13-24 years are eligible to apply.
- The project duration is 3 years.
- Monthly 4 hours commitment for this project
- The project activities include youth drop-in consisted of art, culture, and wellness.
- Ambassadors need to work with other South Asian ethnic group.

Interested applicant contacts Nasima Akter (nakter@bangladeshi.ca) or Qazi Islam (qsislam@bangladeshi.ca) for making an appointment for an interview

United Way Greater Toronto BCS

Youth Well-Being: Arts, Culture, and Wellness

Bangladeshi-Canadian Community Services (BCS) invites any interested youth to join the Youth Well-Being: Arts, Culture, and Wellness!

Join every Friday @ 6 pm for weekly drop-ins of fun activities like **arts, colouring, games, discussions, and more!**

If interested, please contact BCS: 416-699-4484 2899 Danforth Avenue, Toronto, M4C1M2 or email qsislam@bangladeshi.ca

United Way Greater Toronto BCS

4. Research project

BCS continues research activities at its own capacity to learn and understand community needs, and find probable recommendations for policy implications as well as to improve the quality of our programs. In 2022, BCS joined with Access Alliance as a community organization partner for research on "HEAL - Hubs for Expressive Arts for Life". Access Alliance Multicultural Health and Community Services (Access Alliance) are working with peer researchers, community members as well as academic and community organization partners (project team) to implement HEAL, an inter-sectoral, creative, culturally safe, multi-pronged capacity enriching project. This co-design, mixed method, community based participation action research is focused on vulnerable newcomer populations who are survivors or at risk of domestic violence in the City of Toronto.



BCS started Heal activities like training, meetings, discussions, and outreach in March 2023. In June, BCS began to collect information from the participants. Around 15 participants are attending 12 sessions from June to August 2023. The participants learn art techniques to improve their mental health and empower them to establish their rights. The project activities will be completed (final data collection) in March 2024).

5. Community Coordination Plan For Food Security

BCS is a partner of East York Don Valley Cluster for this initiative. The Purpose of this initiative was to conduct community consultation to address the community demands for food programs, challenges that organizations face while implementing the food security program, what resources we had, and what we needed further to run the food program activities in Taylor Massey Neighbourhood. In this phase we have trained selected residents on balcony gardening, distributed materials for balcony gardening initiative and giveaway ethnic grocery gift cards for these 12 residents.

We are collecting weekly information/data on various indicators of gardening that are related to recreational, mental, and physical wellness.



New project in 2023

1. Unity is our strength

BCS started the "Unity is Our Strength" project in April 2023. The project aims to improve social participation, engagement, and home support to reduce social isolation and improve social and mental wellness. **Thus**, the project addresses two objectives: it helps seniors with social participation (social activities created by BCS). It provides them with adequate space to engage seniors in the activities so they are included (not isolated). In addition, the project promotes volunteerism among seniors for seniors and other generations (through creating and planning social activities by seniors) for being active and for improving social and mental wellness. The project's activities are knitting (**knitting and stitching**) , baking sessions (**cooking n talking**), and city tours in the summer (**seniors on the go**), and these activities ensure social participation, engagement, and volunteerism. The project also addresses one national priority, such as helping seniors age in a place where senior groups visit other seniors' houses for a social chat and help other seniors do a home activity (**my friends n me**). Every Thursday, BCS organizes the senior session at 1 pm. The project will be completed at the end of March 2024.

2. Communi



23



In partnership with Ontario School Counsellors Association (OSCA), and ParticipACTION Community Challenge (PCC) this initiative was initiated to engage cricket loving communities and promote active living in our community. This initiative brings youth, parents, grandparents all together to participate in cricket and get active with various fun activities.



3. The Next Play : Canadian Women & Sport 2023:

The goal of this initiative is to (a) help South Asian girls get support to explore recreational activities and have fun while learning more about their physical health and incorporating healthy recreational activities in their life in the long run. (b) Educate girls and their families on the importance of recreational activities and fight the misogyny and stereotypes around girls being in sports.



4. Resilient Youth for Change - Empowering racialized youths to become self-reliant and building an inclusive Toronto

We are thrilled to announce our upcoming project, "Resilient Youth for Change," dedicated to empowering racialized youths, promoting inclusivity, and building an

inclusive Toronto. This incredible initiative has received funding through the Canada Service Corps Program - Micro-grants stream.

Resilient Youth for Change aims to provide comprehensive support to 50 racialized youths, aged 15 to 30, from the South Asian and Black communities living in Toronto East. Over the span of 10 months (July 2023 to March 2024), this project will focus on nurturing leadership and entrepreneurial skills among South Asian and Black youths. Moreover, participants will have the opportunity to access micro-grants of up to \$5,000 each, fostering the creation of social enterprises aimed at combating racism, homophobia, Islamophobia, and generating impactful educational and employment opportunities.

The micro grant may cover the following areas:

- Supporting your community education campaign addressing social issues such as racism and discriminations.
- Supporting your education and training endeavors.
- Supporting your start-up or business ventures.

This project is a stepping stone towards building a stronger, more inclusive Toronto. Together, we can create a community that celebrates diversity, equality, and resilience.

5. Education & Allyship Program (EAP):

The Canadian Heritage funded EAP will develop and deliver a speaker series and a resource toolkit on topics addressing racism, discrimination, and prejudice. The project coordinator will also oversee a group of ten education and allyship program ambassadors who will assist in organizing and hosting events, creating digital content, and oversee the promotion of the initiative. The project will help increase capacity within the Bangladeshi community to address racism and discrimination and promote allyship. The project will take place from October 10, 2023 to March 31, 2025.

Event calendar 2023

Event	Date
International Mother Language Day Event	February 21, 2023
Bengali New Year's Event	April 14, 2023
World No Tobacco Day Event	May 31, 2023
Multiculturalism Day (Taste of Taylor Massey)	June 27, 2023
Canada Day Celebrations	July 1, 2023
BCS Annual General Meeting for 2023	July 20, 2023
Annual Sports & Soccer Tournament	26 & 27 August 2023

Bangladesh Victory Day Celebrations	December 16, 2023
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 trainees 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 are only eligible to an Official certificate after serving a minimum of 30 hours in 3 months. Ask for a 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 on our website.

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

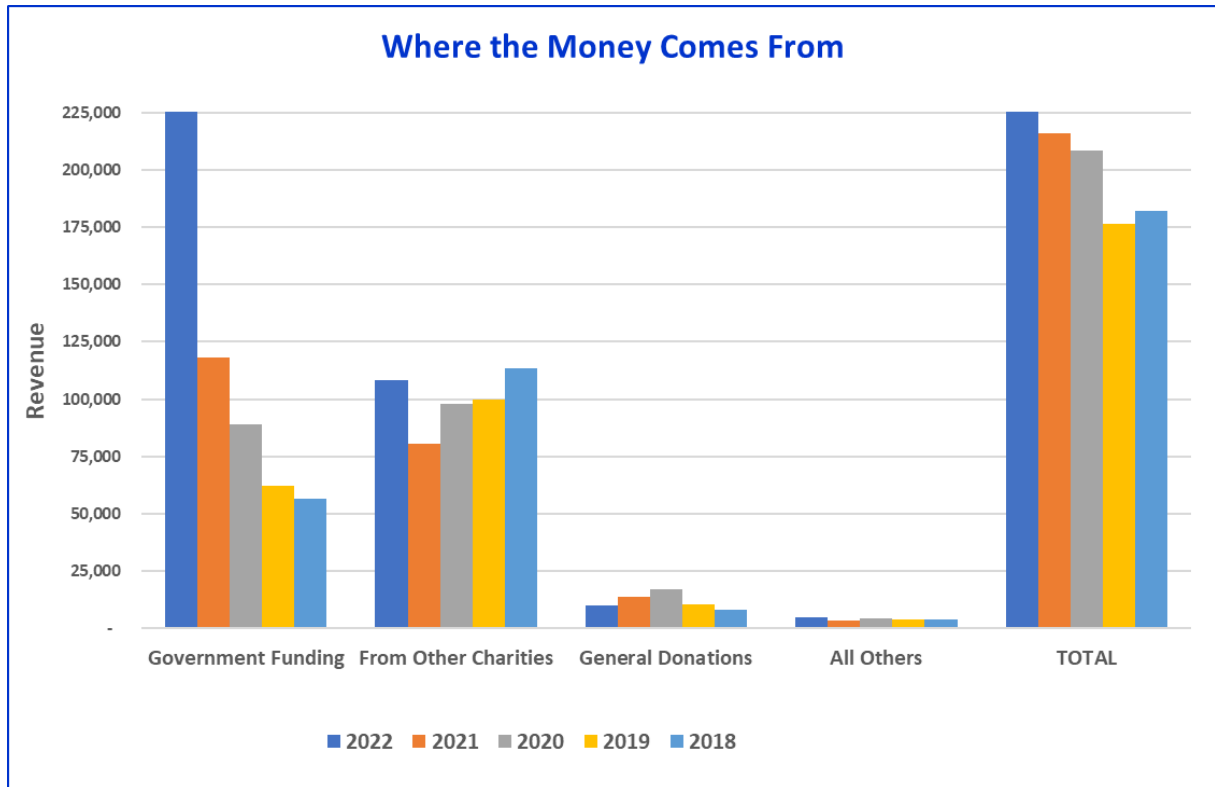
Or you can send a cheque, made payable to "Bangladeshi-Canadian Community Services", to our office at 2899 Danforth Ave, Toronto, ON, M4C 1M3.

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!

FINANCIAL OVERVIEW:

Year ended 31 December 2022



Bangladeshi - Canadian Community Services (BCS)

Statement of revenues and expenses year ended December 31, 2022

	2022	2021
	\$	\$
Revenues		
Provincial and Federal Government grants	161,258	112,684
Program revenue	78,031	-
Contributions from other charities	56,742	49,702
United Way of Greater Toronto	29,719	28,062
City of Toronto	26,253	5,547
General donations	9,775	13,699
Other income	4,369	3,168
Membership fee	470	305
Trillium Foundation	-	2,946
	366,617	216,113
Expenses		
Salaries and benefits	215,006	145,453
Program expenses	66,270	-
Materials and supplies	38,122	28,488
Rental expenses	18,898	17,681
Professional fees	4,803	3,673
Advertisement and promotion	3,506	2,819
Travel and transportation	3,124	2,233
Telephone and internet	2,812	3,467
Other expenses	1,908	300
Insurance	1,602	1,555
Bank charges	125	20
Amortization	9	11
	356,185	205,700
Excess of revenues over expenses	10,432	10,413

OFFICE EXECUTIVES

Executive Director	Dr. Nasima Akter
Project Coordinator (Program & Research)	Dr. Qazi Shafayetul Islam
ASTP Coordinator	Shaira Tasnia & Zara Karim
Youth Coordinator	Areeba Islam
Senior Outreach Worker	Kaniz Fatema
Technical & Web Coordinator	Fariha Bakht
Program Adviser	Dr. Mahbub Hasan
Admin Assistant	Mohammad Kabi
Outreach coordinator	Nureen Eidee
Vaccine Lead Ambassador	Nimra Khan
Volunteer Coordinator	Syeda Shamima
Placement student	Krishna Sharma
	Bebak Addhikari
	Frederic Aubin
	Syeda Zamila Hasan Laila
	Alicia Smith
	Brenda Enabulele
	Celestina Ebhodaghe
	Abdurrahman Mohammad

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 Soheli	Rozina Bhuiyan
Seema Akter	Theslema Poly
Pia Roy	Mirza R Rahman
Bilkis Begum	Sahedul
Nasima Begum	Samsul
Mohammad Ali	Krishna Sharma
Sharmin Nipa	Bebak Adhikari
Rumana Tanvee	Syeda Zamila Hasan Laila

SENIOR AMBASSADORS

Jahanara Khanam	Shamima Nargis
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
Khondokar Zubair	Halima Hasan
Rafika Hakim	Lutfunnesa
Sawkat Ara	Fatema
Robiul Islam	Nazma A Khanam

Vaccine Ambassadors

Rabeya Akter Pinky Shamsul Alam Arion Tarik Reanna Chowdhury Qazi Shafayetul Islam Sofiya Khatun Sadman Mahbub Mohammad Sahedul Islam Tanvee Rumana Mohammad Sohel Samiha Ahsan Youth	Shamima Ahmed Alice Ahsen Ayan Ayan, Qazi Ahmed Kaniz Admin Mohammad A Kaiyyum Maisha Mahbub Mahbub Maisha Md. Mayhedi Hasan Naeem Sadia Rahman Shaira Tasnia Kamrun Nahar
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Youth Volunteer List

Afia Symonty Ahnaf Rashid Inara Akbar Irina Anam Arion Tarik Laiba Chata Zayed Chowdhury Sharia Hoque Irinaanam Areeba Islam Janat Khan Khulood Islam Sadman Mahbub Maisha Mahbub Nusaiba Mahdia Arishi Maisara Maysha Imroze Kashifa Nahar Naheed Akhter Nuren Rahil Anwar Shaira Tasnia Suha Tabassum, Tasnuba Tahmid Hassan Tasneem, Nafisa Nabiha Yousha Tahsin Yusha Hossain Zahin Oishy	Afria Musarrat Ahmedareta Alam Tamima Anuva Hasan Ayan, Qazi Ahmed Reanna Chowdhury Fairoze Maisha Kaniz Admin Huq, Maheer Jubayed Alam Jahin Mohammad A Kaiyyum Kabi Karim, Zara Kazi, Nabila Mohammad Hossain Lutfun Naher Mahbub, Maisha Tasmeena Mahmood Nibras Mansu Nuha Momen Rayn Mahdi siddique Sumyya Rahman Amreen Houque Tawsif Mirza Nashwan Ashraf Sazid Youth Samiha Ahsan Youth Sonal Youth Aushesh Alam
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Inter-gen Youth Leaders

Afia Symonty Sharia Hoque Areeba Islam Mohammad A Kaiyyum Kabi Karim, Zara Khulood Islam Tasneem, Nafisa Kashifa Nahar	Reanna Chowdhury Karim, Zara Mahbub, Maisha Maisha Mahbub Mahbub, Maisha Nusaiba Mahdia Rahil Anwar Shaira Tasnia
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Senior member list:

Razia Rashed	Akhter Ahmed	Alfaz Ahmed
Giasuddin Ahmed	HosneAra	Sultana Ahmed Ila
Zubayda Akter	Ashraf Ali	Aforza Begum
Anthony Gomes	Anwara Begum	Fatema Begum
Hasina Begum	Hosney Begum	Rabiul Islam
Rajia Ahsan	Shireen Ahsan	Raushan Akter
Moyeen Choudhury	Nuzhat Choudhury	D Khelna
J Hamid	MM Hossain	Sabera Hossain
Nasima Begum	Rokeya Begum	D Chanda
Nusrat Huq	Zubaida Iqbal	Shafiul Islam
A Jalil	NM Jahir	Shamsul Karim
Mohiuddin Shah Golam	Nitya Gopal	Guha
Hasan Kabir	Kafil Uddin Bhuiyan	Na Karim
Asma Khatun	Zahid Khan	Sofiya Khatun
Masuda	Swamina Khatun	Khelna
Maksuda Munmun	Nessa Babli	Nashid Haque
Monowara	Nargis	Maksuda Munmun
Shila Halder	Malekparul	Rokeya Parvin
Rashida Newaz	Newzee	Razia Rashed
Afruza	Ratna	Raziuddin Ahmad
Saniya Haque	Shamima Nargis	Sanya
Sadiya Hoque	Shamsul Arifin	Sharifa Jahan

Shawkat Ara	Shaharamulla	Jasmin Sultana
Jesmin Sultana	Nadira Tabassum	QA Tamanna
Malik Syeda	Muntashir Tarafder	Yasmin Ashraf
Rahat Zaman	Rina Sen Gupta	Bidyut Sarker
Sraboni Sarker	Madhury Roy	Farid Uddin Ahmed
Sattar	Anguman Jalil	Abeeda
Ahmeda Kamran	Hasna Hafez	Basudev Dhar
Firoza Aziz	Dilara Zaman	Mahmuda
Enamul Haque	Eng Mojobor	Khorsheda Ahmed
Fatema	Dauzia	Gulnaz
Siddiqma	Sathey Ahmed	Suporna
Shibli Nomani	Amena Khatun	Zahera Begum
Hasina Khatun	Nargis Begum	Nazma Begum
Habiba Shawpna	Halima Hasan	Hasina Banu
Hasina Talukdar	Sultana Ahmed	Hasmat Ara
Helen	Rafika Hakim	Lutfunnessa
Kamona	Kausar Ferdous	Kazi Selina
Kismot Ara	Mahmuda Sheela	Marium
Marry Shandha	Matin Paikar	Misti Anwar
Moffazol	Monowara Begum	Munira
Nargis Islam	Nargis Sultana	Nasreen Akter
Nazmee Begum	Noor Jahan	Nowajish Ara
Nandita Das Gupta	Perveen Chowdhury	Rawshan Ara
Razanul Hoq	Rehana Begum	Selima
Shahana chowdhury	Rehana Hoq	Rokeya
Rumana	Rupon Kanti	Sakina
Samsul	Sayeeda bari	Shireen
Sharifa Jahan	Shansha Ara Begum	Shain Ghani
Shamina Mirza	Samsun Nahar	Sharifa Begum

Sherina Shorif	Samsul Alam	Sufia
Sultana Tahmina	Taslima Hasan	Wasia

BOARD OF DIRECTORS (AS OF July 29, 2022)



Kazi Haque, Chair



Syed Bakht, Treasurer



Nasima Akter,
Executive Director



Rokhsana Reza, Vice Chair



Janet Davis, Director



Saklain Jaigridar,
Director



Israt Ahmed, Director



Souril Zaman, Director



Shahidul Islam Mintu,
Director



Abdul Wahid, Director



Shairi Islam
Secretary

LIFE MEMBERS:

BCS Thanks all life members for all their continuous support.

Abid Choudhury



Shakila Choudhury



Syed D. Bakht



Benu Bakht



Dewan Shuaib Afzal



Farhat Khan



Mustaq Ahmed



Hamida Choudhury



Jahanara Khanam



Kazi S Hoque



Khandaker Iqbal Hossain



Mahfuz Khalili



Mirza Rahman



Moyeen Uddin Choudhury



Mohammed
Khaliqzaman



Mohsin Bhuiyan



Nasima Akter



Preety Ahmed



Quazi Waliul Islam



Qazi Shafayetul Islam



Rezaul Haque



Rokhsana Reza



Saklain Jaigirdar



Shahidul Islam Mintu



Souri Zaman



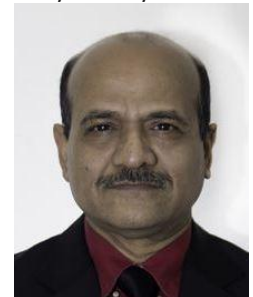
Towhid Noman



Abdul Wahid



Jyotirmay Datta



Monjila Monjury



Masumur Rahman

Monjila
Monjury

LM Lutfur Rahman

Zinat Halim

Kayasur Rahman
Khan

Patul Malek

Selina Khan

Feroza Aziz

FUNDING AGENCIES

Government of Canada

Ontario Trillium Foundation (OTF)

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 Toronto

Public Health Agency of Canada

The ParticipACTION Community Challenge

PARTNER AGENCIES/AFFILIATIONS WITH OTHERS

Access Alliance Multicultural Health and Community Services (AAMHCS)	Opening Doors Project, CMHA
Association of Bangladeshi Professionals in Accounting & Finance	Flemingdon Community Health Center
Bangladesh Center and Community Services (BCCS)	South Riverdale Community Health Centre (SRCHC)
Bangladeshi Students Association – Universities: McMaster/ Ryerson / UTSG/UTSC/York/ Waterloo	Settlement Assistance and Family Support Services (SAFSS)
Birchmount Bluffs Neighborhood Centre	Toronto District School Board (TDSB)
Bengali Information & Employment Services (BIES)	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)	East Toronto Health Link
Danforth Islamic society	Heart & Stroke Foundation
Dixon Hall Neighborhood Services	Teesdale Support Network
Family Service, Toronto	The Neighborhood Organization (TNO)
Hindu Society	Skills for Changes
Neighborhood Link	Young Bangladeshi-Canadian Professionals
Regent Park tenant association	Youth-In-Action
West Scarborough Neighborhood Community Centre	Holistic & Sustainable Development Network, International (HSDN,I)
Sunshine Centre For Seniors	Tamil Canadian Centre for Civic Action (TCCCA)
South Asian Women Right Organization (SAWRO)	WoodGreen Community Services & More

Contact Us:

BCS (Bangladeshi-Canadian Community Services)

2899 Danforth Ave, Toronto, ON M4C 1M3

(416) 699-4484

Please like us on:

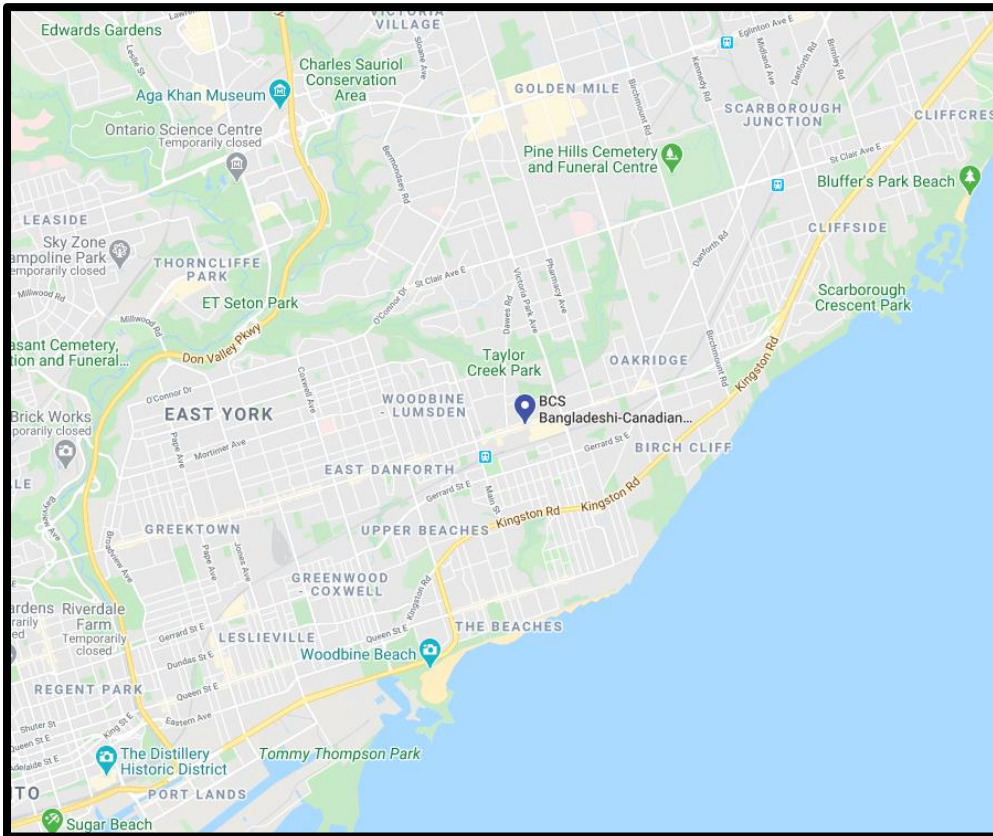
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[@youthbcs](https://twitter.com/youthbcs)

info@bangladeshi.ca

Web: www.bangladeshi.ca



BCS: Helping People Help Themselves since 2000

Say NO to Tobacco

আসুন ধূমপান সহ সকল তামাক দ্রব্যকে **না** বলি