



YOUTH WELLNESS 2024

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ANNUAL REPORT 2024

Helping People Help Themselves Since 2000

BCS



29/12/23

Say **NO** to Tobacco

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

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 Women and Gender Equality Canada

WOMEN RISE



JOIN IN FOR OUR 2024 HOLDIDAY GATHERING!

Break Barriers, Build Prosperity for Immigrant Women!



Walk against Hate



MESSAGE FROM THE BOARD CHAIR

September 24, 2025

Distinguished guests, ladies and gentlemen,

It is with great pleasure I welcome you all to the Annual General Meeting of Bangladeshi-Canadian Community Services (BCS) a non-profit, charitable multiservice organization that has been providing services to the Bangladeshi and other communities in the Victoria Park-Danforth areas since the early 2000s.

BCS has been a beacon of support for thousands of youths, seniors, volunteers, and women since its inception, by developing and delivering programs and services of importance to their needs. The Annual

Report 2024, carefully crafted by our Executive Director, will present an overview of the programs and services offered by BCS and the successes it has achieved thus far.



BCS has had a busy and fulfilling 2024. This year we have faced many ups and downs and yet achieved successes in many of our programs and service delivery areas, while taking on several new initiatives to further reach out to the community we serve. These achievements are the shared credit, a highly committed Board of Directors, and diverse group of volunteers. Building on this strong foundation of people and the work we have accomplished, we look forward to taking on more challenges in the coming year.

As we look into the future, we are confronted with the challenge of continuously improving our funding levels, improving our volunteer base, and developing new programs so that we can meet the ever-increasing needs of our clients. We have a dynamic Board that is dedicated to the continued success and growth of the organization. I thank each and every member of our Board of Directors for their commitment, dedication, and contributions.

Of course, our growth and achievements would not have been possible without the support of our funders. I am extremely thankful to our funders for their sensitivity and support towards our mission. Lastly, I would like to extend my sincere appreciation to our Executive Director (Dr. Nasima Akhter) for her relentless efforts in securing funding for the organization. I would also like to thank all of our staff members, volunteers, Board of Directors, and partner agencies for their contributions.

Thank you all for attending this zoom meeting and for your continued support.
Sincerely,

Kazi Sadrul Hoque, Ph.D.
Chair, BCS Board of Directors

MESSAGE FROM THE EXECUTIVE DIRECTOR

September 24, 2025



Good evening, dear ladies and gentlemen, esteemed guests, partners, and community members, welcome to our 24th Annual General Meeting.

Year 2024-2025 has been a critical time for all community service agencies. There was a huge funding cut at all government level in all sectors, that also hindered our services and engagement. Almost no funding calls and no new initiatives from any funders have made our work difficult.

Organization like BCS, a very grassroots organization survive project by project. So, it has been challenging for us to continue our services without funding supports just to depend on volunteers.

Recently, our organization has faced a significant challenge in assisting newcomers and refugees. When individuals arrive at our doorstep, we provide critical assistance such as information, assistance with paperwork, English classes, basic computer literacy, and access to food, all of which are offered without relying on external funding. In 2024, we have reached out to more than 300 South Asian newcomers and refugees with various supports. We firmly believe that BCS is effectively managing these services.

BCS is committed to empowering the youth through various community projects. In a recent achievement, we successfully completed a major project funded by the Government of Canada that provided micro-grants to 60 young individuals from diverse ethnic backgrounds. This project was funded by the Canada Service Corps.

In addition, every Friday, we invite young people to our engaging drop-in program where they can freely express and exchange their knowledge and social ideas. Furthermore, our year-round Youth Mental Health Wellness program funded by UWGT engage Bengali and Tamil youth in promoting mental health and overall well-being. In its third year, we have engaged with over 1000 youth through various outdoor and indoor activities. 125 youth participated in formal & informal pathways of education, 35 Youth engaged in employment programs to prepare for the labour market, and 205 youth received tools to navigate community violence.

Two significant projects namely Education & Allyship Program (EAP) and Together End Racism in Toronto (TERT) involve approximately 100 youth ambassadors working within the community to conduct workshops, demonstrations, and activities aimed at addressing discrimination, islamophobia and racism. I am pleased to report that these efforts are having a positive impact on many community members and young people. In addition, these ambassadors are actively engaging community members through advocacy, policy dialogue, diverse blogs and discussions on various techniques, which I believe will greatly benefit many individuals.

Our inter-generational group organizes various community events throughout the year to promote social and emotional well-being. We have over 500 seniors participating in our health support

services, recreational activities, weekly exercise, and educational programs. Our diverse inter-generational projects have created a platform for seniors and youth to come together in harmony, fostering empowerment, independence, and self-esteem while building a friendly environment for a safer community. These projects enable seniors and youth to interact and engage in capacity-building and recreational activities. In addition, we have established an inter-generational volunteer pool of over 50 seniors and 40 youth who volunteer for these initiatives, benefiting over 700 seniors and youth on a regular basis.

This year, we focus on empowering youth and seniors building connections across generations with several intergenerational projects namely- “Preventing Ageism and Elder Abuse through Senior's Digital Literacy”, “Peer Supports for Well-being of Seniors (PSWS)”, “Inter-Gen Recreation and Wellness (IGRW) Project” and more.

Our women focused initiative titled “Racialized immigrant women in Toronto East Rise for economic security and prosperity (WOMEN RISE)” started this year, funded by Women and Gender Equality Canada. This initiative aimed at advancing the economic security of racialized newcomer and immigrant women in Toronto East, focusing on addressing systemic barriers that affect their employability.

We also implemented programs to address food security, various community issues in partnership with our partner agencies. Our regular volunteer training, After School Tutoring Program (ASTP), Annual Summer Sports, and cultural events have all made a lasting impact over the past 25 years, with strong community support.

I just wanted to express my appreciation for all the amazing support and hard work from our staff, volunteers, placement students, and board members. We wouldn't have been able to accomplish so much without you. I would like to acknowledge funders who have funded our activities: Government of Canada, namely WAGE, NH-ESDC, CSC, CSMARI, Canadian Heritage, Government of Ontario, United Way Greater Toronto; City of Toronto, and WoodGreen Community Services & OCCASI.

The support from our partner organizations, community volunteers, and funders have been crucial to our operations, and I am truly proud to be part of such an outstanding BCS team! I would like to extend my sincere thanks and appreciation to all our community members, including seniors, adults, and youth leaders and volunteers. Your continued support has brought us to where we are today!

Thank you all for your incredible support.



Dr. Nasima Akter
Executive Director

Workshop: Education & Allyship Program (EAP)



Kick Off Event: Education & Allyship Program (EAP)






Canada

Together End Racism in Toronto



OUR CAMPAIGN

 Are you ready to be a part of something truly impactful?

Join us in the Together End Racism in Toronto (TERT) campaign, a powerful initiative dedicated to eradicating racism and oppression from our beloved city.



 **Who are we looking for?**

YOU! Yes, you - the passionate and driven members of our community.

TERT is committed to amplifying the voices of racialized, Black, Indigenous, and LGBTQ2S YOUTH (age 13-29).

Your unique perspectives and experiences are crucial in driving meaningful change.




WHAT DO WE AIM TO ACHIEVE?

- Support communities in confronting racism and discrimination
- Promote discussions on multiculturalism, diversity, racism, and religious discrimination

BENEFITS OF PARTICIPATION

- Develop skills in community organizing, advocacy, and leadership.
- Learn about diversity, multiculturalism, and anti-racism.
- Access counseling and support for victims of racism.
- Engage with elected officials to enact change.
- Receive a certificate and 100 hours of volunteer experience.
- Earn a \$1000 honorarium as a Community Animator/Leader, paid in two installments.

CONTACT US

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INTRODUCTION

The Bangladeshi-Canadian Community Services (BCS) is a non-profit organization that has been dedicated to serving the large Bangladeshi population in Toronto, specifically in the Greater Toronto Area (GTA), since 2000. We provide vital information, referrals, skill development, and settlement services to diverse communities, with a strong focus on youth, seniors, and newcomers. Our services, delivered in partnership with other committees and service providers, are meticulously crafted to adapt to the ever-changing needs of the community. Currently, we proudly serve over 5000 beneficiaries, with the number increasing every year, and we operate in the Taylor-Massey, Crescent Town, and adjacent neighborhoods.

In 2024, BCS achieved several significant milestones in its service delivery. The organization has become an essential resource, supporting over 5,000 individuals through its diverse programs. By leveraging its deep understanding of cultural norms and values, BCS has effectively tailored its services to meet the specific needs of newcomers, youth, and seniors. This culturally responsive approach has enhanced the organization's impact, ensuring that its programs remain relevant and accessible to the growing community it serves.

BCS's Mission: Helping People Help Themselves.

BCS's Vision: Creating a vibrant community and living in harmony.

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

Settlement Services

BCS has consistently been a strong advocate for immigrants and newcomers, working towards ensuring equal rights and addressing the discrimination they encounter. We provide essential information to help individuals adapt and succeed in Canada, including guidance on navigating legal procedures and the healthcare system. Additionally, we offer translation services to support effective communication.

Our organization assists individuals and newcomers in accessing accurate and relevant information. We support community members and newcomers in completing essential government documents and forms. Furthermore, we provide assistance in applying for and securing social benefits. Our services extend to helping newcomers obtain the Ontario Disability Support Program (ODSP), health cards, Social Insurance Numbers (SIN), and various other essential services that facilitate their settlement process.

Our services are specifically designed for newcomers who face challenges in settling in Canada and navigating the complexities of the Canadian system. BCS takes pride in supporting individuals who demonstrate courage in beginning a new life in Canada. Recently, we have introduced information sessions tailored for newcomers, as well as communication classes aimed at enhancing language proficiency and communication skills. Additionally, we offer basic computer literacy classes on a regular basis every Friday. Despite not receiving grants for these initiatives, our team of volunteers works collaboratively to ensure that the needs of newcomers within the community are effectively met.

In response to the growing challenges faced by newcomers, we have expanded our services this year

to include clothing distribution and the provision of food vouchers, offering crucial support to those in desperate need.

YOUTH INITIATIVES

BCS remains committed to empowering youth by providing a variety of engaging and supportive programs that promote education, well-being, and community engagement. Over the past year, our youth initiatives have continued to thrive, offering essential resources and recreational opportunities for young individuals in our community.

Youth Eliminates Smoking (YES)

Since its inception in 2009, the Youth Eliminates Smoking (YES) program has been dedicated to raising awareness about tobacco use and implementing prevention strategies within the community. Despite the conclusion of Phase 11 and the absence of ongoing funding, our commitment to tobacco prevention remains steadfast. Through innovative youth-led activities such as smoke-free movie nights, trivia competitions, interactive games, and the annual World No Tobacco Day (WNTD) celebration, YES continues to make a meaningful impact in fostering a smoke-free generation.

After School Tutoring Program (ASTP)

The After School Tutoring Program (ASTP) is a cornerstone of BCS's youth initiatives, ensuring that young children and newcomers receive essential educational support. This free tutoring program, made possible by the dedication of youth volunteers, provides homework assistance and mentorship to students who may not otherwise have access to academic support services. Beyond tutoring, ASTP has expanded its reach by introducing extracurricular activities such as traditional and contemporary dance and the South Asian Art program, where participants can explore their cultural heritage through arts and crafts.

Summer Sports & Youth Soccer Tournament

A long-standing and highly anticipated event, the Annual Summer Sports and Youth Soccer Tournament continues to encourage youth to stay active while fostering a sense of teamwork and community. With support from the Neighbourhood Youth Alliance (NYA), this event has been a key part of BCS programming for nearly 18 years. In August 2022, over 100 players participated in an exhilarating two-day tournament held at Dentonia Park, with practice sessions occurring every weekend leading up to the event. Despite the challenges posed by COVID-19, the tournament was a resounding success, bringing together youth from diverse backgrounds to engage in friendly competition and physical activity.

Youth Game Night / Youth Drop-In

The weekly Youth Drop-In sessions have provided an essential space for youth to engage in recreational activities while forming meaningful social connections. These sessions featured board games, card games, computer games, and table tennis, along with special outings such as bowling and skating nights. The program also offered dinner and light snacks, ensuring a welcoming and inclusive environment. Beyond recreation, the drop-in sessions incorporated mental health and wellness discussions, peer support circles, and opportunities for youth to fulfill volunteer hour requirements. The program continues to serve as a safe, structured, and supportive setting that deters youth from engaging in risky behaviors while promoting socialization and community engagement.

Youth Field Trips

To provide youth with enriching experiences beyond their immediate surroundings, BCS organized exciting field trips this year. In December, youth had the opportunity to go roller skating at Downtown Toronto's Union Station for the first time. This activity encouraged physical exercise, skill-building, self-confidence, and city exploration, particularly for newcomer youth. More recently, youth participated in an informational visit to the local library, where they were introduced to the Digital Innovation Hub, free software and equipment resources, and youth-specific programming. These outings not only provided fun and adventure but also fostered independence, socialization, and knowledge about accessible public services.

BCS is proud of the ongoing success of these youth programs and remains committed to expanding opportunities that support leadership, education, and community engagement for the next generation. As we look ahead, we aim to strengthen partnerships, enhance program offerings, and continue creating spaces where youth can learn, grow, and thrive.

SENIOR INITIATIVES

BCS's virtual senior health and recreational program has seen remarkable growth and impact since 2000 (after establishing BCS). For 24 years, the program has provided a critical platform for seniors to stay connected, healthy, and engaged through both virtual and in-person activities. By 2024, participation had surged to over 600 seniors, with consistent engagement across sessions.

Currently, our activities are offered three days a week to meet growing demand. On Mondays, Wednesdays, and Saturdays, around 120 seniors participate in virtual sessions featuring diverse wellness exercises and activities. Both in-person and online sessions on Mondays, Wednesdays, and Saturdays see approximately 200 participants taking part in non-pharmacological interventions. These initiatives have fostered improved social connections while promoting physical and mental well-being among seniors.

The Senior Cabinet, initially formed in 2016 with ten members, now comprises 60 senior leaders. This cabinet plays an integral role in designing and coordinating activities tailored to evolving senior needs, serving as a vital bridge between the senior community and BCS's services.

To combat the challenges of isolation and lack of family support faced by many seniors, BCS offers comprehensive programs that prioritize inclusion, equity, and fairness. These programs are designed to cater to each senior's unique needs and include exercise, recreation, workshops, networking opportunities, technical and emotional support, peer engagement, and inter-generational activities.

Our initiative continues to be a safe and supportive space for seniors, particularly those facing discrimination due to racism, sexism, ableism, or ageism. Through ongoing programs, we strive to challenge stereotypes and encourage continuous learning and skill development for seniors.

Key offerings include:

- Health and Wellness Sessions: Virtual and in-person sessions addressing physical well-being.
- Weekly Virtual Drop-Ins & Good Morning Calls: Opportunities for seniors to connect socially.
- Interpreter Services: Ensuring accessible communication.
- Technology Guidance: Training in computer literacy, online safety, fraud prevention, and elder abuse awareness.

- **Resource Sharing:** Providing valuable health information and expert insights from multiple professionals.

With support extended to over 600 seniors annually, BCS remains committed to fostering meaningful connections and offering ongoing technical, social, and wellness-based support. Seniors can stay engaged and active from the comfort of their homes thanks to our flexible and impactful virtual exercise sessions, now scheduled three times per week to ensure both continuity and adaptability.

INTER-GEN INITIATIVE

BCS boasts a storied tradition of fostering intergenerational engagement within the Taylor Massey community. In the previous years, our project initiative successfully united seniors and youth, proving highly effective in maintaining their active and satisfied participation. These gatherings occur every Thursday at the BCS office and the Dentonia Clubhouse, attracting 20-25 attendees per session. This initiative serves as a crucial forum for both age groups to exchange life stories, offer mutual support, and navigate life's challenges together. Beyond the Senior Project, BCS actively curates a diverse array of community gatherings, cultural festivities, picnics, and educational workshops that emphasize intergenerational solidarity. Our programs are tailored to encourage volunteerism across generations, fostering social responsibility within the Crescent Town Bengali community.

We aim to seamlessly connect different generations, providing a nurturing space that facilitates cultural and generational dialogues. Activities range from inter-generational theater productions and art sessions to informative workshops and familial bonding experiences. These efforts not only bolster familial ties but also enhance cultural understanding and foster meaningful inter-generational conversations. The enthusiasm and enjoyment evident in last year's activities underscored the program's success, with participants engaging in enjoyable outdoor activities, games, and refreshments, all contributing to a sense of community and fellowship.

WOMEN/GIRLS INITIATIVES

Empowering women and promoting social equity is an integral part of BCS. We are mandated to support the empowerment of immigrant and racialized women and girls in terms of their socio-economic, political, and economic advancement. Based on anti-oppressive and feminist principles, BCS works with and supports racialized South Asian women and girls in Toronto who experience various forms of oppression, discrimination, and violence in their families, communities, and workplaces.

BCS clearly mandates empowering immigrant and racialized women and girls, addressing their socio-economic, political, and economic needs. In Toronto, women and girls often face multiple forms of oppression, discrimination, and violence within their families, communities, and workplaces. Guided by an anti-oppressive and feminist framework, 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 about the rights of women and girls. Through peer support and leadership training, women and girls at BCS are equipped to mobilize the community and challenge misogyny and gender stereotypes.

Youth Wellness Initiative



REPORT ON 2024 ACTIVITIES

Settlement Services

We offer settlement services in partnership with Dixon Hall. Recently, we began offering information sessions for the newcomers and communication classes to improve language and communication skills on a regular basis. Although we do not receive any grants for these activities, we volunteer and work together to ensure that the needs of newcomers in the community are properly addressed. This year, we have expanded our services to include clothing distribution and food vouchers to support the newcomers' dire situation. More than 300 newcomers received various support services this year.

Sociocultural Events

At BCS, we value human connections and community involvement. Despite the challenges brought on by the pandemic, our social programs continued to play a vital role in fostering these connections and safeguarding the well-being of all involved. In 2024, we joyfully celebrated numerous special occasions alongside our community, ensuring that meaningful connections and joyous moments remained a priority. Determined not to let the pandemic dampen our spirits, we upheld our traditions and found creative ways to celebrate various holidays and events, including Bangla New Year, Canada Day, the Taste of Taylor Massey food festival, and more. By embracing our cultural heritage and showcasing resilience, we exemplified the importance of thriving in the face of adversity.

Sociocultural Event 2024 at a glance:

| Event Name | Number of Participants |
|--|------------------------|
| Bangla New Year (Pohela Boishakh) | 100+ |
| Canada Day | 70+ |
| World No Tobacco Day | 60+ |
| International Mother Language Day (IMLD) | 300+ |
| The Taste of Taylor Massey – Multicultural Food Fest | 70+ |
| National Day for Truth & Reconciliation | 50 |
| Bangladesh Independence & Victory Day | 80 |
| International Women's Day Celebration | 90+ |
| Children's Summer Activities and Family Day: | 200+ |

Senior Programs/Initiatives

Weekly Exercise Sessions

Stay active, healthy, and connected with BCS's "Weekly Exercise Sessions on Zoom," thoughtfully designed to support seniors' physical, social, and mental well-being. Led by a certified activationist, these sessions include a variety of exercises such as aerobics, muscle strengthening, cardio, and stretching.

Sessions are held virtually three times a week:

- **Monday and Wednesday:** 7 p.m.
- **Saturday:** 10 a.m.

Each 2-hour session offers ample time for seniors to fully engage in dynamic and enjoyable activities. In 2024, BCS successfully hosted 160 sessions, drawing an average of 60-70 enthusiastic participants per session.

Our engaging format features creative movements, fun exercises set to music, and vibrant interactions that make staying fit enjoyable. These sessions attract seniors from diverse regions, including North America, Europe, Asia, and Australia, with attendance often reaching 80 participants per session.

The continuity of these sessions for over two years without interruption speaks to their enduring value and impact. Many seniors have reported significant health benefits, including better management of diabetes and high blood pressure, improved physical fitness, and enhanced social connections.

Be a part of this uplifting and supportive exercise community and experience firsthand how movement can improve your overall quality of life.

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

Time: Every Monday, Wednesday at 7-9 p.m., and Saturday at 10 a.m. to 12p.m.

Weekly Technology Sessions

BCS continues to support seniors in navigating the digital world with its "Weekly Technology Sessions" held every Thursday 2:30-3:30 pm. These interactive workshops are designed to enhance seniors' technical knowledge and computer skills, with a strong focus on online accessibility. For example, BCS mainly focuses on information about elder abuse, civic rights, etc. Participants gain valuable skills for communication, online information searches, and broader digital engagement.

In response to the challenges brought by COVID-19, BCS adapted by offering technology support through home visits, virtual sessions, and telephone assistance. As restrictions eased, we resumed in-person technology sessions at the BCS office while continuing to provide flexible support options, including virtual guidance and phone consultations.

Throughout 2024, BCS provided technical assistance to over 60 seniors, helping them access and navigate various online programs. We also hosted on-demand cybersecurity workshops to educate seniors on safeguarding personal information and protecting against fraud. Held virtually via Zoom, these workshops engaged more than 150 seniors, reinforcing BCS's commitment to promoting online safety and security.

Through these efforts, BCS remains dedicated to empowering seniors with the technical skills needed to thrive in an increasingly digital world.

Senior Group and Inter-generational Meeting

A senior cabinet of 20 seniors and 10 youth is clearly maintained by BCS. It became an inter-generational powerhouse due to the active participation of youth. This group is responsible for identifying and addressing social issues that affect seniors, with particular emphasis on elder abuse, chronic disease, healthcare concerns, and psychosocial impacts. Promoting strategies is something they fearlessly pursue. My mission is to promote wellness, address housing issues, tackle hate crimes and discrimination, and advocate for age-friendly communities. The number of inter-generational meetings they organized in 2024 was remarkable.

There are two ways to hold meetings: online through Zoom or in person. The exchange of valuable information and ideas is facilitated by these meetings where people from different generations come together. Key issues are influenced by the insights gained from these meetings in the organization's approach. In order to secure funding resources for senior-focused initiatives, their involvement in developing funding proposals is crucial. Acknowledges the significant role seniors play and is working to enhance their voice and facilitate positive interactions. Engaging in change is key to achieving change in the community. By emphasizing the concerns and perspectives of seniors, BCS is dedicated to creating an environment that fully supports the well-being and empowerment of this demographic.

Series of Health Education Workshops

Seniors receive essential health information on a regular basis from BCS, with a focus on key topics like COVID-19, hygiene practices, nutrition, and managing chronic diseases like diabetes, high blood pressure, cholesterol, chronic pain, dementia, and mental health. Seniors are empowered to manage their health conditions and enrich their knowledge through these weekly health workshops, conducted via Zoom and in persons that are expertly designed to engage and inform them. In 2024, there were 24 workshops that dealt with issues, 24 that dealt with health, and 48 weekly workshops that dealt with social and health issues. The workshops were executed successfully and had a significant effect.

To guarantee that seniors receive the most suitable guidance, BCS partners with top-tier organizations like South Riverdale, Alzheimer's Society, East End Community Health Centre, Flemington Health Centre, Canadian Mental Health Association, and Access Alliance. Our workshops are led by family physicians, nurse students from York University nursing students, epidemiologists, and other experts who provide invaluable insight. Seniors in the Greater Toronto Area (GTA) can participate easily as workshops are available both virtually and in person. Seniors who are interested in the workshop can register by calling the BCS, and the details will be shared on social media. Pre-registering for the workshops today is a great way to secure your spot and avoid missing out.

BCS is dedicated to the promotion of effective communication and inclusiveness. In order for seniors to participate fully and understand the information being shared, our workshops are equipped with certified interpreters. To keep seniors informed about immunization efforts, we translate vaccine-related updates from Toronto Public Health and the City of Toronto.

Transportation is provided to make it more convenient for seniors to participate. We would like you to join us in our effort to empower and support our senior community.

Elder Abuse Workshops

Here's a refined 2024 version that keeps the content fresh while maintaining the original intent and tone:

Elder Abuse Awareness and Prevention Workshops (2024)

In 2024, BCS continued its vital work addressing the issue of elderly abuse, building on the momentum established with support from New Horizon and WoodGreen Community Services. Even when the initial funding concluded, BCS remained dedicated to organizing these critical workshops for seniors and their families.

This year, we were fortunate to secure renewed funding from New Horizon, which enabled us to sustain and expand the Elder Abuse sessions. Over the course of the year, BCS successfully hosted 24 seminars, workshops, and focus group discussions (FGDs) to raise awareness about elder abuse and empower seniors with information and resources.

These sessions consistently saw strong participation, with an average attendance of 30-40 seniors, most of whom were women. The workshops provided a safe space for open conversations about the different types of abuse seniors may encounter and offered valuable insights from participants to inform future advocacy work.

BCS is in the process of compiling a comprehensive report based on participant feedback, which will highlight the extent and nature of elder abuse in the community. This report will play a crucial role in advocating for policy changes and offering informed recommendations to policymakers.

As we move forward, BCS remains unwavering in its commitment to protecting the safety, dignity, and well-being of seniors. Through continued engagement with policymakers and community stakeholders, we aim to foster meaningful change and ensure that seniors and their families have the support they need to thrive.

Monthly Issue Based Workshops

BCS is dedicated to hosting impactful workshops and sessions that tackle pressing social issues. Our primary goal is to deepen understanding of current social issues and seek solutions that benefit seniors and the wider community. Each workshop typically attracts approximately 30 seniors, providing the perfect setting for meaningful discussions and engagement. These sessions also create an environment where seniors and youth both can benefit from shared knowledge and insights.

Workshops focus on key social issues that affect both seniors and youth. Topics include housing challenges, immigration issues, community safety, age-friendly communities, voting, civic engagement, family dynamics, bridging cultural gaps, addressing tutoring challenges, unemployment, and much more. These workshops are an ongoing project and are currently being conducted online through platforms such as Zoom to ensure accessibility. In 2024, we successfully completed 24 topic-based workshops. BCS is committed to providing a valuable forum for participants to explore and address critical social issues. Through these workshops, participants gain knowledge, share experiences, and work together to create positive change in our society.

Weekly Recreational Activities

BCS is pleased to offer a wide variety of engaging weekly recreational activities tailored for seniors. These carefully designed activities are aimed at fostering connections, provide vital support, and reduce social isolation. The inclusion of six key areas —physical, intellectual, emotional, social, spiritual, and vocational—ensures a well-rounded experience for participating seniors. In 2024, BCS successfully completed 52 recreational sessions. These activities include a variety of enjoyable options, such as trivia games, interactive sing-alongs, art and coloring sessions, cooking, embroidery, quizzes, travel shows, documentaries, arts and crafts projects, and more. Held at two different locations: the BCS office and Dentonia Park Clubhouse. In response to current circumstances, all recreational activities are conducted virtually and in person.

At BCS, our unwavering commitment is to create a supportive environment that fosters meaningful connections among seniors. Our diverse array of recreational activities strongly promotes social engagement and contributes significantly to overall well-being and enjoyment. We remain committed to providing these valuable recreational opportunities. The wellbeing of seniors is our highest priority.

Home Support

The home support services BCS provides are important to seniors at risk. They help them get the support needed to maintain a basic living. This means living safely, in comfort, and with a variety of wellness measures for all-around good health.

In 2024, our home support program has expanded and now provides for 450 seniors different kinds of help such as phone help, technical consultation on technology, emotional wellness check-ins, social activities, and home visits.

Our dedicated volunteers visit nursing homes to add a bit of company to the elderly, play with them, organize games, do light cleaning work, make easy meals, and do this kind of thing. As well as that, we are always on hand to help with the old folks' shopping. In addition, we go on teaching the old people to use technology, so they can use the Internet to contact others, use its rich resources, and enjoy virtual wellness activities.

We even make routine check-in calls about emotional health, getting seniors to take their medications on time, and perhaps providing other types of aid as required by them. Our aim is to lower the degree of isolation, increase the amount of self-reliance, and elevate the overall quality of life for our seniors.

At BCS, we take it as our responsibility to stand behind this valuable undertaking, which ensures that senior citizens get not only all the care they have coming but complete support as well. If you or someone you know could make use of our home support services, then please, don't hesitate to get in touch with us

Accompaniment Supports

BCS provides escort services for the interpreter, travel assistance, etc.. The service facilitates the entry of seniors into dental, physiotherapy, hospital, and other healthcare facilities. Volunteers

schedule an appointment with the senior and pick a location that is convenient for them, typically the closest to their home. The seniors are asked to sign a form that is prepared by the volunteers. They then travel together with the health care facilities. In addition, the volunteers act as interpreters between the seniors and the doctors. We also created a network of seniors who helped other seniors go to health facilities. (Hence the name peer support). We reached out to 162 seniors in this manner to aid them in accessing the healthcare system.

Senior Outing

Senior Outing visits are organized by the Inter-generational Team throughout the year. The main objective is to bring together all family members, including seniors and children from the community, to create lasting memories and establish relationships with others in the outdoors. Outdoor trips are a great way to meet new people and explore new places. BCS has set up a trip to national parks, national libraries, museums, monuments, architectural structures, cinemas, shopping malls, restaurants, and beaches as part of their plan. The next adventure is eagerly awaited by seniors, and they relish it. To ensure the safety of all, all trips are planned in accordance with strict safety protocols.

Meditation for Seniors

BCS conducts mindfulness meditation sessions that are specially designed to help seniors feel at ease, manage physical pain, and reduce emotional discomfort. The aim of these sessions is to combat internal emotional erosion that impacts health and well-being, and they include a combination of Tibetan mountain instrumental flute and nature music. The program has been well-received, with many seniors reporting significant improvements in their emotional well-being and a reduction in stress, anxiety, and other mental health issues. The completion of 36 meditation sessions was accomplished in 2024. We are committed to continuing and expanding this program to enhance the health and well-being of our community members.

Volunteer Opportunities for Seniors

BCS currently has 60 active senior volunteers dedicated to community outreach projects and events. These volunteers work as door-to-door workers for disease advocacy groups. In addition, 20 senior volunteers are involved in leading the Senior Cabinet and developing policies and strategies based on grassroots feedback. BCS has a long history of providing hands-on training for seniors to be independent and active. This ongoing process aims to empower seniors to lead senior activities in the neighborhood and community.

BCS offers rewarding volunteer opportunities for seniors. To get started, seniors must complete the standard volunteer and TOR forms. In 2020, 25 seniors volunteered; this number increased to over 40 in 2021, and continues to grow to over 60 in 2022, and 75 in 2023. If you are a senior interested in volunteering, please contact the BCS office to get involved and make a difference in our community.

Senior Program at a glance:

| Program Name | Participants |
|--|---|
| Weekly Exercise Sessions | Total 120 sessions 40-50 per session |
| Weekly Technology Sessions | 40+ seniors annually |
| Senior Group and Inter-generational Meeting | 20 senior cabinet members, 10 youth members 8 inter-generational meetings were done |
| Health Education Workshops | -4 health workshops done by York university Nursing students -16 nutrition sessions -16 chronic disease related workshops (Diabetes, hypertension, high cholesterol) -7 Dementia related workshops -6 Body and joint pain related workshops |
| Elder Abuse Workshops | 20 elder abuse workshops 20-30 per workshop |
| Monthly Issue-Based Workshops | 4 family relationships workshops 6 seniors' right and benefits related workshops |
| Weekly Recreational Activities | 56 sessions completed |
| Home Support | 120 seniors served |
| Accompaniment Supports | 60 seniors supported |
| Senior Outdoor Visits | Bus tour -48 seniors Two park activities- seniors |
| Meditation for Seniors | 8 sessions completed |
| Volunteer Opportunities for Seniors | 60 active senior volunteers |

The Preventing Ageism and Elder Abuse through Seniors' Digital Literacy initiative

| Program Name | Participants |
|---|--|
| Preventing Ageism and Elder Abuse through Senior's Digital Literacy | 40 vulnerable seniors, 5 young volunteers, 10 senior mentors |
| Unity Is Our Strength: A Danforth Senior Project | 40 isolated and home-bound seniors |
| Addressing Food Insecurity in Taylor Massey Through Nutrition Awareness and Weekly Social Dining | South Asian Bangladeshi seniors in Taylor Massey |

Unity is Our Strength Project:

Bangladeshi-Canadian Community Services (BCS) had been running a project named “Unity is Our Strength”, since March 2023. It is a project of one year, so it ends in March 2024. New Horizons for Seniors Program (NHSP) funded the project.

The project's main objectives were to support South Asian Bangladeshi seniors in project activities and provide seniors with adequate space to engage seniors in the activities so they were included and they were not isolated. In addition, the project promoted volunteerism among seniors for seniors and created the scope to work with youth to make bondings.

The overall outcomes of the project were to be active and improve seniors' social and mental wellness. Under the project, the main three activities were knitting to improve cognitive well-being, cooking sessions to enhance emotional well-being, and city tours in the summer to improve social well-being. The seniors inform seniors to join the project activities. They came together to the activity place and were involved in knitting activities. The seniors use different colors and threads to create some designs on the clothes. Also, they were interested in cooking delicious cultural food and having them with other seniors.

Furthermore, outdoor activities allow South Asian Bangladeshi seniors to explore open environments, understand Canadian cultures and lifestyles, and connect. The project activities were completely free for Bangladeshi seniors. These activities ensure social participation, engagement, and volunteerism. Ten senior volunteers were helping with the project’s implementation. The project continued until March 2024. The project activities were being done on Thursday at Dentonia Club House.

Addressing food insecurity in Taylor Massey through nutrition awareness and weekly social dining

WoodGreen Community Services proudly funded this transformative project, dedicated to tackling the pressing issue of food insecurity among South Asian Bangladeshi seniors. The initiative sought to enhance nutrition awareness while fostering social connections through a weekly social dining and lunch program, empowering participants to lead vibrant and healthy lives.

In its outreach efforts, the project successfully identified 30 seniors from the culturally rich Taylor Massey neighborhood. A combination of innovative strategies, such as the snowball technique, interpersonal communication, and engaging print media, was employed to reach and connect with the community. Once involved, participants explored four expressive art modalities that illuminated the principles of nutrition, showcased healthy food choices, and emphasized the importance of an active lifestyle.



আমাদের দৈনন্দিন খাবারের পুষ্টি বা নিউট্রিশন

এ দিনে আমরা খাবার খাওয়া এবং পুষ্টি গ্রহণের বিষয়টি নিয়ে আলোচনা করছি। পুষ্টি হল আমাদের শরীরের জন্য জরুরি। এটি আমাদের শরীরকে শক্তিশালী করে রাখে এবং রোগের বিরুদ্ধে আমাদের সুরক্ষা দেয়।

পুষ্টি হল আমাদের শরীরের জন্য জরুরি। এটি আমাদের শরীরকে শক্তিশালী করে রাখে এবং রোগের বিরুদ্ধে আমাদের সুরক্ষা দেয়।



ড. আনিসমা অক্টা

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Furthermore, the initiative hosted 12 dynamic nutrition awareness workshops, where seniors delved into the complexities of food insecurity. In these collaborative sessions, participants not only gained valuable knowledge but also identified practical strategies to mitigate the challenges associated with accessing nutritious food. Every Thursday, the program's centerpiece—an inviting Social Dining lunch—brought seniors together to share meals, stories, and laughter, reinforcing community bonds. Spanning five impactful months from May to September 2024, this project aimed to uplift the lives of its participants and create lasting change in the face of food insecurity.

Again, the Food Security Program is making a significant impact by providing gift vouchers and weekly social dining opportunities. The Bangladeshi-Canadian Community Services (BCS) is unwavering in its commitment to supporting the South Asian Bangladeshi community, including youth, adults, seniors, and refugees. We deliver essential resources such as information, application assistance, language interpretation, classes, and targeted food support.

In 2024, BCS took decisive action by providing refugee claimants with gift vouchers, including \$50 grocery packages. During March and April 2024, our program was effectively promoted on Facebook, reaching 60 newcomers and refugee claimants. It is important to highlight that only 6 of

the recipients were women, while the majority were men. We ensured these individuals connected with local grocery stores to access culturally significant foods. Most recipients were single and lived in shared accommodations. BCS is proud to play a crucial role in improving the well-being of these communities.

Furthermore, BCS has successfully launched a food security program for youth called "After School Dine for South Asian Youth," along with a "Thursday Social Dining for Seniors." Through the youth dining program, we engaged approximately 44 young people, and the senior dining program successfully served 35 seniors. All of our activities have gained popularity and proven to be highly successful. After-School Dine-In for South Asian Youth.

This After-School Dine-In for South Asian Youth provides a welcoming, inclusive space for young people to unwind and connect with peers after a busy week at school. Every Friday, youth are invited to join us for a casual drop-in session where they can enjoy a warm, nutritious meal, socialize, and engage in a variety of fun, creative activities. This program is designed to foster a sense of community, reduce isolation, and provide a positive, safe environment for youth to express themselves and build lasting friendships. Whether it's playing games, sharing stories, or simply relaxing, the After-School Dine-In offers both nourishment for the body and the soul.

Preventing Ageism and Elder Abuse through senior's Digital Literacy

The Bangladeshi-Canadian Community Services (BCS) has observed that many Bangladeshi senior immigrants living in Bangla Town, Toronto, are facing stereotypes, discrimination, and abuse from family members. This has been documented in the Annual reports of 2019 and 2020. Unfortunately, these seniors often lack access to information about ageism and elder abuse, which makes it difficult for them to protect themselves from such situations. Increasing awareness of ageism and elder abuse among Bangladeshi seniors is crucial, especially as the government emphasizes the importance of seniors leading active, healthy, and engaged lives. In response to this, the BCS aimed to raise awareness among Bangladeshi seniors to combat ageism and elder abuse through digital literacy knowledge. This project aligns with two objectives of the National Health Service Programme (NHSP): volunteerism, and social participation and inclusion, as well as with two national priorities - supporting healthy aging and preventing elder abuse.

The project consists of three main interventions: 1. Engaging South Asian Bangladeshi seniors in training sessions to enhance digital literacy and search for reliable information about ageism and elder abuse on genuine websites (www.seniors.gc.ca). 2. Organizing senior peer discussion groups to share information about ageism and abuse, based on their learnings from website searches and their practical experiences, and to apply new knowledge to prevent ageism and elder abuse. 3. Developing information sheets and educational materials about ageism and elder abuse using digital platforms and other resources. The project involves 40 vulnerable seniors in training sessions, conducted once a week over a total of 20 sessions. Additionally, it will include 20 group sharing sessions for seniors to discuss their real-life experiences of abuse. Every three months, the project will develop four information materials about ageism and elder abuse, which will be distributed in the community and posted on media platforms. The project will also create opportunities for seniors to be involved as volunteers, mentors, and participants, and will engage five young volunteers to work with ten seniors in an inter-generational capacity to run the training sessions, organize group sharing sessions, and develop information materials. The project will end in March 2025.

এন্ডার এবিউস: কি হচ্ছে আমাদের আশেপাশে?

আমাদের দেশে প্রতি বছর প্রায় ১০ লাখ মানুষ বয়স্ক হয়ে যান। এই বয়স্কদের মধ্যে প্রায় ৬০ লাখ মানুষই একই সমস্যা নিয়ে ভুগছেন। বয়স্কদের মধ্যে প্রায় ৬০ লাখ মানুষই একই সমস্যা নিয়ে ভুগছেন। বয়স্কদের মধ্যে প্রায় ৬০ লাখ মানুষই একই সমস্যা নিয়ে ভুগছেন।



ড. আসমা অক্‌তের



বয়স্কদের মধ্যে প্রায় ৬০ লাখ মানুষই একই সমস্যা নিয়ে ভুগছেন। বয়স্কদের মধ্যে প্রায় ৬০ লাখ মানুষই একই সমস্যা নিয়ে ভুগছেন। বয়স্কদের মধ্যে প্রায় ৬০ লাখ মানুষই একই সমস্যা নিয়ে ভুগছেন।

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Peer Supports for Wellbeing of Seniors

Introduction

This project is designed to enhance the overall health, safety, and well-being of Bangladeshi senior immigrants in our community. Our goal is to encourage seniors to remain active, socially connected, and mentally healthy by creating a supportive and safe environment.

Project Goal:

To create a positive and empowering environment for seniors to openly discuss mental health challenges and develop coping strategies through community support.

Project Overview

This project addresses the growing number of South Asian Bangladeshi seniors facing language barriers, chronic diseases, mental health challenges, and elder abuse. It provides a safe and empowering platform where seniors can share concerns, learn coping strategies, and improve their mental well-being through peer support and community engagement.

Activities:

- Monthly Peer Workshops:
 - We will host monthly workshops addressing various mental health topics, coping mechanisms, and wellness strategies specifically tailored for seniors.
- Social and Recreational Activities:
 - Interactive sessions including recreational activities aimed to boost emotional and social well-being among seniors.

Special Events & Volunteer Opportunities

- Wellness Outings & Trips:**
 - Specially organized wellness trips and outdoor social events to foster stronger social bonds and enhance mental wellness.
- Cultural Celebrations:**
 - Events celebrating South Asian culture to encourage social interaction and community integration among seniors.
- Volunteer Engagement:**
 - Opportunities for seniors to become volunteers, enhancing their leadership skills and communication abilities through practical experience.
- Skill Development:**
 - Training sessions and meetings designed to improve skills and confidence in leadership roles among senior volunteers.



WOODGREEN
Opportunity made here.

Resilient Youth for Change Project

The Resilient Youth for Change project, funded by the Canada Service Corps, aimed to empower racialized youth in Toronto, particularly within the South Asian and Black communities in Toronto East. Over an 8-month period, the project exceeded its initial goal, supporting 60 youths aged 15 to 30.

Objectives and Activities: This initiative focused on addressing the challenges exacerbated by the COVID-19 pandemic, emphasizing equity, diversity, and inclusion. Key objectives included providing mental health support, cultivating entrepreneurial skills, and offering career counseling. Activities ranged from outreach and workshops to dialogue sessions that addressed mental health, career, and employment needs.

Project Successes:

- **Skill Development:** Participants gained valuable skills in advocacy, leadership, stress management, financial literacy, social entrepreneurship, and project management.
- **Community Engagement:** There was a significant increase in community organizing, campaigns, and dialogue sessions with government officials, fostering a sense of community involvement and collaboration.
- **Youth-Led Projects:** Sixty youth-led projects addressed social issues such as racism, discrimination, and mental health, amplifying their impact through micro-grants and community support.

Challenges: Youth leaders faced several challenges, including finding affordable venues for their workshops, participant recruitment from community and engaged them motivated. Despite these obstacles, the project succeeded in building connections, supporting newcomers, educating on violence, and addressing health-related issues.

Recommendations: Participants suggested future initiatives include more collaboration and networking, an online platform for youth interaction, enhanced outreach efforts, and mentorship opportunities. BCS recommends extending the project period to 12 months for each cohort to allow for more comprehensive development.

Conclusion: The Resilient Youth for Change project has successfully empowered youth, fostered community engagement and driven positive change in East Toronto. Despite challenges, the project's success in exceeding its goals underscores the resilience and dedication of Toronto's youth. We look forward to continuing this momentum and empowering marginalized communities with your ongoing support. For more information, please visit review <https://resiliencyouth.ca/>



Education and Allyship Program (EAP) :

BCS is running a transformative program addressing racism and discrimination generously funded by the Canadian government. EAP is an 18-month, youth-led project that recruited youth ambassadors, and volunteers from diverse communities to educate, implement, and engage equitable communities to empower them to fight anti-racism and discrimination. The EA program focuses on education, action, and allyship through initiatives such as interactive workshops, a resource toolkit, and a guest speaker series. This project worked in building a strong diverse community partnership, creating awareness, education and resources to be empowered to fight anti-racism and discrimination.

So far, we have completed 7 ambassador workshops, 5 speaker series, one 101 workshop, one conference session in Toronto Metropolitan University and several volunteer workshops to plan and train them. Speakers were invited from different organizations and academia expertise on the subject areas including policies, community engagement and development, research, etc. The audiences learn policy action and resource availability, collaborative toolkits, and knowledge dissemination to combat racism and discrimination and emphasized the need to share experiences, use individual roles to enact change, and raise awareness about implicit bias and emphasis on social media bases.

The goal of the project was to train the youth to lead and spread the learning of combating racism and discrimination. The ambassadors also learn how to ally and combat racism and discrimination and reflected their learning by organizing and presenting their own workshops in the communities. Further, the ambassadors contributed in resource development and subscribed with 25 blog posts and three short videos on the relevant issues by interviewing community people from different ages to combat racism and discrimination.

The speaker series and the ambassadors workshop presented the opportunities and resources on how communities can help create resilience, especially through children, by using holidays and discussion periods to address contentious issues. The leaders attended the events collectively emphasized the importance of individual and collective action in promoting understanding and combat discrimination. The Education and Allyship Program (EAP) stand poised to make a significant impact in fostering resilient, empathetic communities united against racism and discrimination.

We believe the project component helped participants and communities to some extent to gain knowledge, develop strategies and take action to: increase awareness and gain a holistic understanding of the different forms of racism and discrimination that exist in Canada; increase awareness of issues affecting various marginalized communities in Canada related to culture, race, ethnicity, religion, and the intersection of these components; increase awareness of democratic institutions, systems, and legal frameworks, including the Canadian Charter of Rights and Freedoms; and increase capacity within communities to address racism and discrimination and promote allyship. In addition, the EAP created a digital toolkit to prevent racism and discrimination, which will provide additional resources for participants and community members to access at any time. All resources created and planned be translated into different languages to increase accessibility and broaden the reach and impact of the program.

The EA program is conducting a survey entitled "Knowledge, Attitude, and Practices (KAP) towards Racism and Discrimination: A Community-Based Cross-Sectional Study. More than 400 people have already participated in the survey. The youth skills and experiences of the youth are being evaluated and improvements are being seen in the participants.

The evaluation and findings after the implementation of this project may create new insights, needs and opportunities that may require further attention to address. This program is open to the public joining from anywhere. However, the target audience is the Danforth communities living in the Taylor Massey, Oakridge and Main Street areas.

Education and Allyship Program (EAP) at a glance:

| Event Name | Number of Participants |
|---|--|
| Kickoff Event - Education and Allyship Program | 120 |
| Community-led Ambassador Workshops (7) | 470 |
| Speaker Series | 260 |
| Conference Session in 8 th HSDNI's Sustainability Conference - Toronto Metropolitan University | 50 |
| 6 Volunteer Workshops | 160 |
| Social Media Reach | 25,000+ |
| Training and Workshops | 800+ |
| Blog Posts and Videos | 28 blog posts, several videos |
| Partnership Outreach | Collaborated with community organizations, agency representatives, community leaders, and professionals, such as Access Alliance Danforth, SALCO, SAWRO, Toronto Bangla School, HSDN International, and many others, to broaden our outreach and expand the project's reach. |
| Survey Participation | 412 |
| Conference Session in 9 th HSDNI's Sustainability Conference- Toronto Metropolitan University | 70 |

Together End Racism in Toronto (TERT)

The Together End Racism Toronto (TERT) campaign, funded by Heritage Canada, was launched to advocate against racism and equip youth with the knowledge and skills to recognize and engage in discussions about racial discrimination. Beginning in March 2024 and set to run for one year, the program has engaged over 60 youth, aged 13 to 30, across the Greater Toronto Area. This initiative focused on addressing systemic inequalities and microaggressions, promoting equity, enhancing diversity, and strengthening community connections.

Key objectives included providing engaging anti-racism seminars with educated guest speakers, strengthening presenting and public speaking skills, and offering workshops to build writing skills to convey storytelling. Activities ranged from outreach and workshops to dialogue sessions that addressed the importance of anti-racism education and advocating against racism.

Project Successes:

- **Skill Development:** Participants gained valuable skills in advocacy, leadership, anti-racism education, public speaking, writing skills, and project management.

- **Community Engagement:** There were multiple projects where Youth worked alongside admin to participate in community organizing, campaigns, and dialogue sessions with policy makers, creating a sense of community participation and teamwork.
- **Youth-Led Projects:** Over 50 youth-led projects that discussed racism and the importance of advocacy, amplifying their impact through their own developed workshops, both in person and virtually.

Challenges: Community Animators and Youth leaders were faced with difficulty in finding participants to attend their anti-racism sessions. Additionally, youth struggled with scheduling issues as the availability of their participants differed. However, these issues were resolved through holding multiple sessions to meet the goal of 30 participants and accommodate scheduling differences.

Recommendations: Encourage youth to reach out and check in with the Together End Racism team more frequently. Youth struggled with some components of the project and waited until the last minute to let the team know. Youth may benefit from continuous check-ins on their status of the project.

Conclusion: The Together End Racism project has successfully brought youth together, fostering community engagement techniques and creating positive change in East Toronto. Despite challenges, the projects successfully empower youth leaders to take action and create connections with others within their communities. The Together End Racism program has accomplished strong outreach reaching close to initial target goals. We look forward to continuing this momentum and empowering marginalized communities with your ongoing support. For more information, please visit the Together End Racism Website.

Youth Well-Being: Arts, Culture, and Wellness

Our Youth Well-Being: Arts, Culture, and Wellness initiative is dedicated to nurturing the well-being of South Asian youth by creating opportunities to connect with their cultural heritage and explore their creativity. Through a variety of events and activities, we celebrate and showcase the rich diversity of Bangladeshi arts, culture, and traditions, providing a platform for youth to engage with their roots. Whether it's through music, dance, visual arts, or storytelling, these events not only promote cultural pride but also emphasize the importance of mental and emotional well-being. By integrating wellness practices alongside artistic expression, we create a holistic space where youth can learn, grow, and thrive, while feeling empowered to express their unique identities. Through this program, we aim to foster a sense of belonging, resilience, and self-worth within the community.

United Way Greater Toronto funded this program since June 2022, will continue till 2028. BCS and Tamil Canadian Centre for Civic Action (TCCCA) offer weekly activities virtual and in person as part of the Youth Mental Wellness project. The activities include art, games, educational discussions, cultures, parent interaction, recreational activities, cultural programs, community events, workshops, etc., that improve the social and emotional well-being of youth. The activities are mainly based on the South Asian arts, language, and culture. In addition, every month, Bangladeshi and Tamil youth meet every month on Zoom to exchange ideas and cultures and to build networks. The counseling social workers provide the youth with the resources to overcome mental health challenges. The program supports South Asian youth, primarily from the 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 increase access to mental health support for the youth as healing through art therapy will be part of the ongoing program. The project has recruited ten youth ambassadors from BCS and ten from TCCCA. Weekly sessions regularly held at both BCS and TCCCA. Interested youth participants can contact the BCS office.

After School Dine-In for South Asian Youth

Every Friday, young people come to the BCS to share food and share their cultural experiences. The program is funded by the OCASI. The youth gather around 4 p.m. to participate in activities and share a meal together. Each session is attended by 10-15 youth. The program is open to all youth, regardless of gender or race.

Annual Summer Sports for youth and children

Summer Sports 2024 held on last weekend of August 2024. More than 125 youth participated in this tournament. This is a free event for youth living in this neighbourhood. Whole month every Friday we had practice matches and last weekend Saturday, Sunday we did qualifying games, semifinals and finals. There were Youth seniors (grad 9 to 12), youth junior (grad 5 to 8), and girls tournaments. End of the tournament, trophy was given to each group runner up and champion team along with individual medals for these 6 winning and runner-up team players. There were 3 Most valuable player (MVP) crest given to 3 MVPs of 3 groups. There was track and field sports organized for children as well.

WAGE- WOMEN RISE PROJECT

Women RISE: Advancing Economic Prosperity for Racialized Women and Girls

In September 2024, BCS launched the Women RISE program, funded by Woman and Gender Equality Canada (WAGE), building on its long-standing commitment to gender equity and the empowerment of racialized women and girls in Toronto East. This program is a continuation of our ongoing efforts from our Fight Misogyny, Achieve Gender Equality project from 2022-2023, which was also funded by WAGE. Our Woman RISE project is aligned with the United Nations Women RISE initiative, this program focuses on fostering economic prosperity through leadership development, mentorship, and skills training.

Following an initial planning phase, Women RISE began participant recruitment in August 2024 after being approved in June 2024, welcoming young women aged 15-34 into an inter-generational community of learning and support. The program connects participants with established women leaders, providing mentorship opportunities and guidance on self-advocacy, workplace wellness, professional development and project management, and personal growth. Workshops and training sessions are designed to equip participants with practical skills in project management, leadership, and navigating workplace challenges.

As an ongoing initiative, Women RISE will continue into 2026, ensuring sustained support for racialized women and girls facing systemic barriers to economic security. By fostering inter-generational connections, promoting self-advocacy, and equipping participants with actionable skills, the program strengthens pathways to financial independence and social empowerment. Through Women RISE, BCS reaffirms its commitment to advancing gender equity and economic justice for the Toronto East community.

English Language Class for Newcomers & Refugees

In 2024, as Canada continued to welcome a significant influx of newcomers and refugees, one of the on-going challenges these individuals encountered was the language barrier. Recognizing the critical role language plays in integration and social inclusion, Bangladeshi-Canadian Community Services (BCS) initiated dedicated English language classes aimed specifically at assisting newcomers and refugees.. Designed to break down communication barriers, these classes focus on everyday English conversation and the nuances of Canadian culture to better equip participants for day-to-day interactions and broader societal engagement. The curriculum is carefully structured to cater to various proficiency levels, ensuring personalized attention and progress. Classes are conveniently scheduled every Friday from 11:00 AM to 12:00 PM, providing a consistent and supportive learning environment that encourages ongoing development and confidence in language skills.

Computer & Technology class for newcomers

Bangladeshi-Canadian Community Services understands the critical importance of digital literacy for newcomers adapting to life in Canada. To meet this need, we offer comprehensive computer and technology classes designed to equip participants with essential digital skills. Our teaching includes fundamental computer skills, safe internet use, digital communication etiquette, and introduces key software applications. Scheduled every Friday from 2:00 PM to 3:00 PM, these classes provide practical, hands-on experience that strengthens necessary digital skills for personal, educational, and professional use. By enhancing participants' technical capabilities, this program facilitates a smoother transition into the digital age, creating broader opportunities for education and career advancement.

Research

Bangladeshi-Canadian Community Services (BCS) is unwavering in its commitment to conducting both quantitative and qualitative research that yields authentic and scientifically validated information our community members can depend on. This critical research not only identifies solutions to pressing social issues but also rigorously evaluates the impact and effectiveness of our organized activities, instilling confidence in our stakeholders. By prioritizing research, we decisively pinpoint new challenges and tackle them with efficiency, enabling us to serve our community with greater effectiveness. In response to the significant impact of the Covid-19 pandemic, BCS has proactively sought out the most current and reliable information to deliver comprehensive and accurate guidance to our community members. We take the initiative to share our research publications widely with stakeholders, partners, and the community to ensure that valuable knowledge reaches those who need it. In 2023 and 2024, we proudly co-hosted a "Sustainable Public Health" conference alongside HSDN and four other organizations. Furthermore, BCS presented three impactful papers addressing food access challenges, refugee food challenges, and community awareness of racism and discrimination in the Taylor Massey neighborhood.

Cultural Construction of Elder Abuse in South Asian Bangladeshi Seniors:

Introduction: Many Bangladeshi seniors residing in Toronto endure a range of abusive situations, both within their homes and in the wider community. Often vulnerable and marginalized, these individuals frequently feel powerless to speak out against the mistreatment they face. It is crucial to equip and empower these seniors with the tools and resources needed to advocate for themselves, ensuring their safety and dignity in a world that can often seem indifferent to their plight.

Objectives: The study was conducted to explore ways to empower seniors based on their cultural construction and perception of abuse.

Methods: A diverse and engaged group of around 35 participants (aged more than 55 years) gathered for the informal discussions, eager to share their insights and perceptions on this significant issue. Over the course of 12 dynamic sessions, two skilled trainers guided the conversations, fostering an open and collaborative atmosphere. Two attentive note-takers meticulously captured the rich narratives and diverse viewpoints expressed during these discussions. While the data analysis is still pending, the study is set to utilize thematic analysis to explore and interpret the findings in depth.

Conclusions: Building on the insights gathered, BCS is committed to developing dynamic community-based programs designed to empower seniors. By sharing this valuable information with our partners, we aim to inspire the creation of similar initiatives. Together, we will collaborate closely to implement these programs, striving to effectively combat and eradicate elder abuse in our society.

Challenges in Maintaining Healthy Dietary Practices Among South Asian Bangladeshi Seniors Living in Toronto:

The study aims to gain a comprehensive understanding of seniors' nutritional knowledge and to identify effective opportunities for promoting good dietary practices at home. It involved qualitative informal discussions with 25 seniors, and data was collected from 10 of these discussions. Data analysis is currently in progress. We anticipate completing the final report by the end of July.: The participants identified several barriers to implementing the healthy dietary practices. They mentioned that a lack of knowledge about nutrition and dietary practices was a major challenge. Additionally, they found it difficult to prioritize healthy eating habits due to the demands of preparing rich foods for family members and guests. Pressure from family members and guests to prepare specific types of food made it hard for them to focus on healthy eating. Some participants also cited lack of support from family members, cultural obligations to attend social gatherings, and difficulty in quickly changing habits as obstacles to adopting healthy dietary practices. They also felt that healthy eating required significant preparation and access to specific ingredients, which they often did not have. Finally, they mentioned that other household chores often took priority over paying attention to their food and diet.

Food and Nutrition Challenges Among 60 Recently Arrived South Asian Bangladeshi Refugees in Toronto

Introduction: In 2023 and 2024, many refugees arrived in Canada, faced challenges such as access to food, housing, and adapting to Canadian culture. The Bangladeshi-Canadian Community Services

(BCS) in Toronto has been helping South Asian Bangladeshi refugees with information, application assistance, language interpretation, and limited food support. This study aims to identify the current food challenges faced by these refugees and create a tailored food program to meet their specific needs.

Methods: In a study in Toronto, 60 South Asian refugee claimants were interviewed to explore their social background, food challenges at home, and their expectations from local organizations. BCS provided \$50 food vouchers to the refugees. Face-to-face interviews and a focus group discussion (FGD) were conducted to further clarify the situation further. Frequency analysis was done using SPSS version 26.

Results: The food voucher recipients were South Asian Bangladeshi refugees, with 70% of them arrived in Canada as individuals. The average age was 38.75 years, and they had been in Canada for an average of three months. Almost 92% of recipients were male. They heard about the food vouchers from community members and neighbors. Approximately 86.7% sometimes did not have enough food at home, and almost 52% couldn't afford to eat meat/fish, vegetables, and fruits every day. 75% were unaware of the Canadian food guide. 75% were registered with the food bank, but most found the received food insufficient. 83% of the recipients felt sad and depressed due to food shortages at home. The recipients shared food with an average of 2.8 persons and believed they could manage food with vouchers for seven days on average. 62.7% felt that a one-time food voucher did not meet their current food challenges and expected ethnic organizations to provide them with monthly food vouchers to overcome the current food and nutrition challenge among the refugees.

Conclusions: South Asian Bangladeshi refugees urgently need support to overcome food and nutrition challenges. Immediate community initiatives are crucial to ensure that every refugee has access to an adequate food supply. The government should provide funding to local organizations to address this pressing issue.

Awareness study about Racism and discrimination: The BCS EAP program undertook a comprehensive survey titled "Exploring Anti-Discrimination and Anti-Racism Awareness among SA or Bangladeshi Immigrants. This insightful survey engaged 412 individuals from diverse backgrounds, including South Asian communities such as Bangladeshi, Indian, and Nepalese, as well as participants from Nigerian and Iranian backgrounds. In addition to gathering data from the community, the study also involved in-depth interviews with EAP ambassadors. These ambassadors shared their experiences and the specific challenges they encountered while implementing various awareness programs and campaigns designed to empower the community to combat racism and discrimination effectively. A draft report detailing the findings and insights from this important study is expected to be completed by the end of March. There is an abstract about KAP given below.

Exploring Anti-Discrimination and Anti-Racism Awareness among SA or Bangladeshi Immigrants

Introduction: The 'Education and Allyship Program' of Bangladeshi-Canadian Community Services (BCS), funded by the Government of Canada, aims to raise awareness about racism and discrimination, especially among Bangladeshi immigrants in the Canadian community. It explores the attitudes and awareness of South Asians, primarily Bangladeshi immigrants, towards these issues.

Methods: The survey was quantitative and gathered information from 105 respondents. We used convenient sampling to collect data from respondents in various community gatherings. The survey was self-administered using questionnaires developed based on experience from the BCS's peacemaker initiative project. We conducted the analysis using SPSS version 26.

Results: Out of the total participants, 63% were women and 37% were men. Around 69% were Canadian citizens, and 92% were South Asian Bangladeshi, while 8% were from other South Asian backgrounds. A significant proportion of the participants (56.1%) had poor awareness about racism and discrimination (with a median score of 1 or 0). Only 46% demonstrated good awareness (with a median score of 2 or more). Men had a better awareness level (47%) compared to women (42%). Moreover, good awareness was observed among youth and individuals who had lived in Canada for more than ten years. Additionally, many respondents were not aware of the national racism strategy/policy. Only 43% would attempt to handle racism and discrimination calmly, while others would not take any initiative.

Conclusion: The survey found that many respondents lack awareness of racism and discrimination. Additionally, a significant proportion of respondents would not take any initiative

Long Term Care home study:

The survey has been successfully completed. Our study engaged 30 seniors through focus group discussions (FGD) and in-person interviews. We aimed to assess their knowledge of long-term care homes, identify knowledge gaps, and determine ways to enhance long-term care facilities in the future. Our goal is to empower seniors to develop a positive attitude toward long-term care, ensuring a smooth transition into these facilities. We interviewed 30 seniors in Toronto, all aged 65 and older. The analysis of the data is currently underway, and we are committed to drawing impactful conclusions from our findings.

Domestic violence against women and children:

A research project started in 2022 focused on domestic violence against Bangladeshi women and children. The title of the study was "Gender-Based Violence on Bangladeshi Women and Girls During COVID-19. The study was published in 2024 in a peer reviewed journal. Asian Bangladeshi women and girls have been subjected to various forms of violence by their husbands or male family members, such as physical, psychological/emotional, verbal, and financial violence. Physical violence includes shaking their wives' hands and necks and pushing wives and girls. Psychological, verbal, and financial violence includes scolding, threatening, demoralizing, blaming, belittling, coercing, stealing money, and committing financial fraud. The causes of violence against women during the lockdown are related to the loss of husbands' jobs and idleness, the tendency to establish male power over women out of fear of losing patriarchal control during a crisis, husbands' mental turmoil due to the lockdown and financial crisis, women's protest against extramarital relationships, fear of contracting viruses, taking advantage of women's vulnerability, and greediness towards wives' money. As a result of this violence, many victims have reported experiencing anxiety, mental trauma, frustration, distress, depression, and discrimination. Victims of violence have faced many obstacles in accessing appropriate providers, such as language barriers and threats from their husbands. Conclusions: The COVID-19 pandemic has disproportionately affected South Asian Bangladeshi women and girls who are experiencing gender-based violence. To address this issue, policymakers, governments, and ethnic organizations must collaborate to create comprehensive plans that aim to eliminate gender-based violence, as well as associated cultural problems and stigma. Community

organizations can provide resources and support for victims, working with families and husbands to create a safer environment for those affected.



Journal of Advances in Medicine and Medical Research

Volume 36, Issue 7, Page 307-319, 2024; Article no. JAMMR.119301
ISSN: 2456-8899, NLM ID: 101711724
(Past name: British Journal of Medicine and Medical Research, Past ISSN: 2231-0614,
NLM ID: 101570965)

Gender-based Violence (GBV) on Bangladeshi Women and Girls during COVID-19 in Toronto: Forms, Causes, and Mental Health Impacts

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

^a Bangladeshi-Canadian Community Services (BCS), 2899 Danforth Avenue, Toronto, Canada.

HEAL (Hubs for Expressive Arts for Life) Study:

In 2022, BCS established a powerful partnership with Access Alliance to spearhead research on “HEAL - Hubs for Expressive Arts for Life.” Together, we collaborate with peer researchers, community members, and both academic and community organizations to implement HEAL, an inter-sectoral, innovative, and culturally safe project designed to enhance capacity. This initiative employs a co-designed, mixed-methods, community-based participatory action research approach that directly targets vulnerable newcomer populations who are survivors of or at risk for domestic violence in the City of Toronto. BCS launched HEAL activities, including training, meetings, discussions, and outreach, in March 2023. By June, we began collecting critical information from participants, with around 15 individuals actively engaged in 12 sessions from June to August 2023. In 2024, BCS conducted a follow-up with 10 participants six months after the workshops to rigorously evaluate the impact of the HEAL project, focusing on how it has increased their awareness of their rights and equipped them with vital knowledge to protect themselves from domestic violence. Access Alliance will publish articles in peer-reviewed journals.

Principles to Operationalize Community Engagement, Equity, and Sustainability in South Asian Health Research in Canada (PROCESS)

These initiatives and projects launched by McGill University in May 2024 are significant and impactful. Involving approximately 30 academics and community organizations (BCS is one of the partner organizations), the project aims to thoroughly review health research studies focused on South Asian communities and to actively analyze how community engagement has been effectively implemented. Furthermore, it decisively explores the experiences of diverse South Asian communities involved in academic health research. This project will identify ethical research practices essential for achieving health equity for South Asian communities and will operationalize the equity principles that are crucial for guiding health research collaborations with these populations.

Multi generational care-giving at home for a relative with dementia amidst COVID-19: A qualitative multiple case study of the new immigrant South Asian experience

This research project was initiated by a team from McMaster University, with BCS as one of the collaborators. The project began in 2024 and is designed to span three years, consisting of three

phases. The first phase involves data collection through interviews with South Asian caregivers, which has already commenced. So far, nine interviews have been conducted and transcribed. The second phase focuses on collecting key documents to understand how caregivers seek information related to care giving, and this phase is currently ongoing. The third phase will involve focus group discussions, which will take place in the next stage of the study.

Technology for Food Justice: A web-based and mobile application for food bank users and food bank operators

BCS is collaborating with Centennial College on a research project titled "Technology for Food Justice: A Web-Based and Mobile Application for Food Bank Users and Operators." This project aims to meet the needs of food bank users by providing timely, organized, and accessible information about food banks and related support services. Additionally, it will address the needs of food bank operators by providing a platform that facilitates collaboration, communication, and resource coordination. Our team will develop a web-based and mobile-friendly application tailored for individuals who struggle to navigate and manage information about food banks in Scarborough. The project consists of three phases of applied and community-engaged research.

Phase 1: Needs Assessment and Concept Testing: In this phase, we will conduct a community needs assessment to gain a deeper understanding of the diverse demographic groups in Scarborough and their needs for culturally relevant foods. We will also hold focus group discussions to test the concept and gather feedback on the proposed design. **Phase 2: Web-Based and Mobile Application Development:** During this phase, we will collaboratively develop a fully functional web and mobile application that provides a tool for cross-sector collaboration and communication with clients, as well as critical information for food bank users.

Phase 3: Testing and Validation: In the final phase, we will test the application to evaluate its accessibility, effectiveness, and usability.

| Event Calendar for 2025 | |
|---|---------------------------------|
| Event | Date |
| International Mother Language Day Event | February 22, 2025 |
| Bengali New Year's Event | April 15, 2025 |
| World No Tobacco Day Event | May 31, 2025 |
| Multiculturalism Day (Taste of Taylor Massey) | June 28, 2025 |
| Canada Day Celebrations | July 1, 2025 |
| BCS Annual General Meeting for 2024 | 24 th September 2025 |
| Annual Sports & Soccer Tournament | 23/24 & 30/31 August 2025 |
| Bangladesh Victory Day Celebrations | December 13 or 20, 2025 |
| BCS Volunteer's Dinner | TBA |

Volunteer opportunity

Volunteer Opportunities

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

If you have any questions or concerns, please call the BCS office at 416-699-4484 between the hours of 11 am and 5 pm (Mon-Fri) or text/email Nasima Akter at Tel. 416-699-4484, E mail: nakter@bangladeshi.ca. Whether if you need hours for high school or a professional reference, contact us and we can help. BCS volunteer interns serve for a minimum of 3 (three) months.

Minimum of one day per week with a minimum of 10 hours per month as scheduled by the organization. Volunteers are not eligible for an official certificate until they have served a minimum of 30 hours in 3 months. Ask for a letter of reference 3-5 working days before you need it for admission or job applications. The volunteer should follow the health and safety measures prescribed by the Toronto Public Health.

Donation link

Without donations from people like you, we could not offer 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.

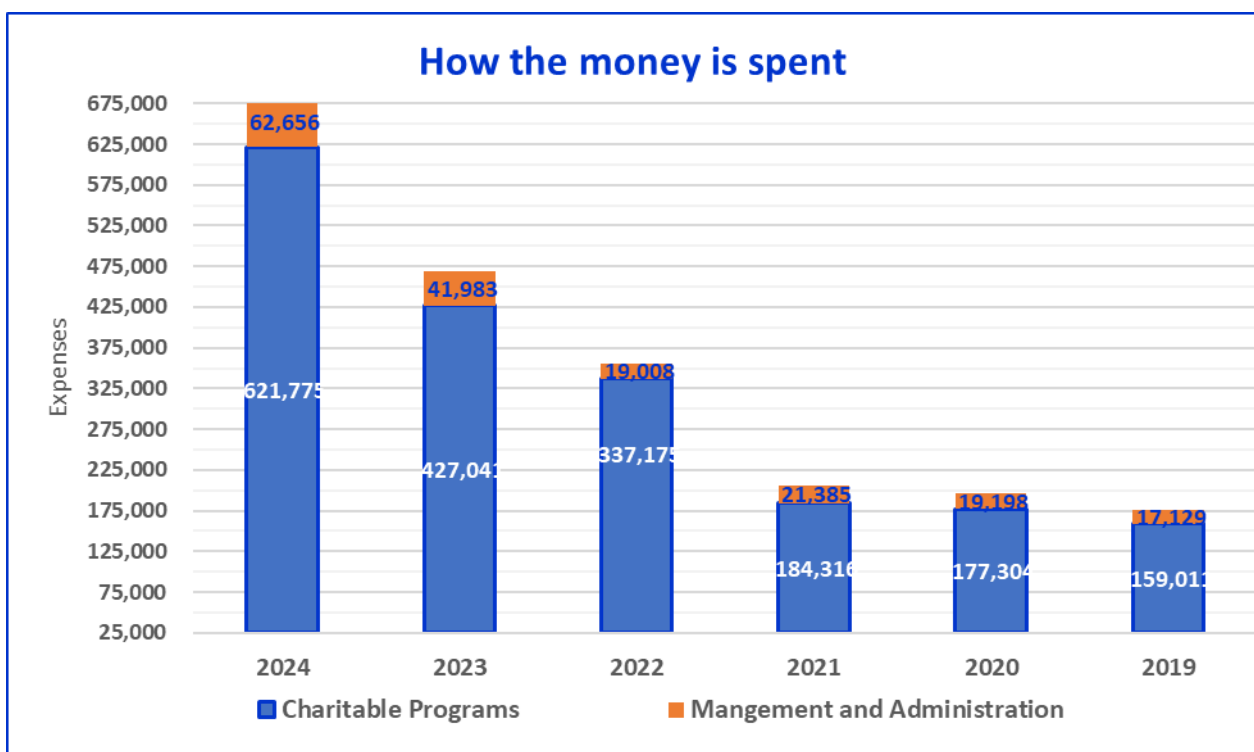
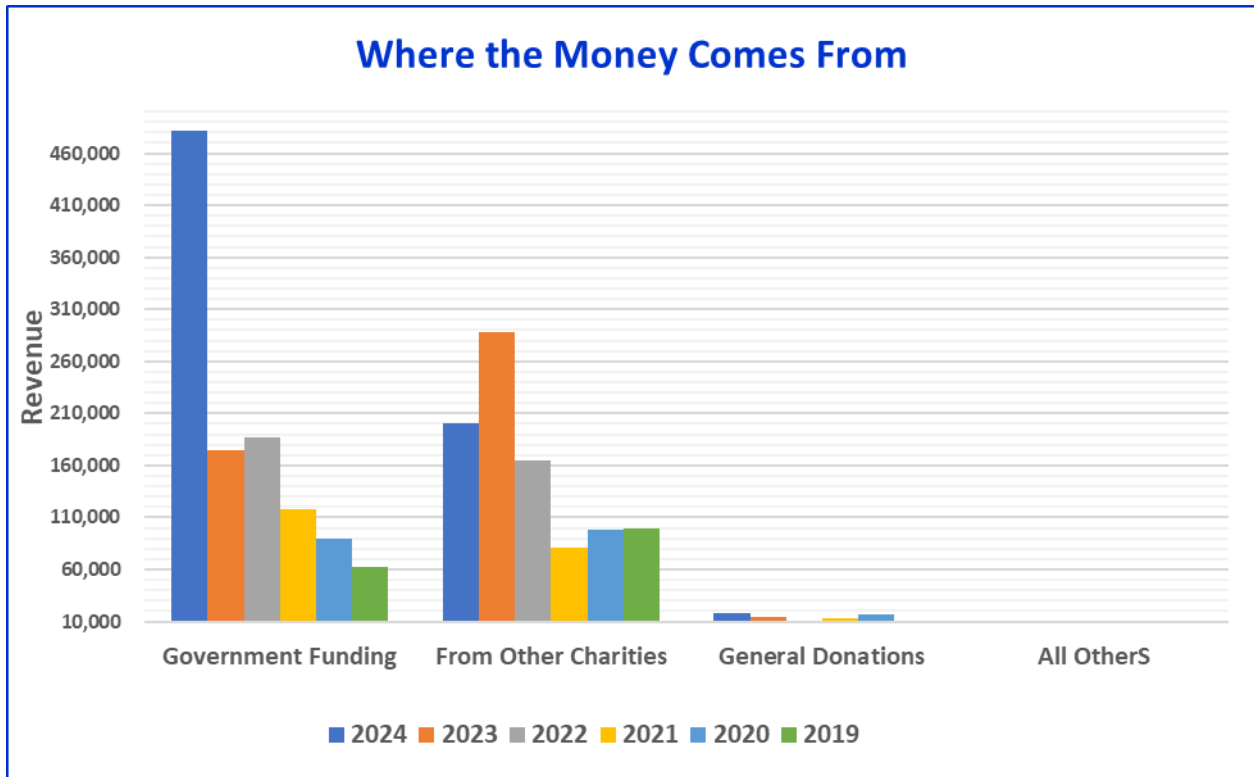
We are a registered charity and will provide a receipt for tax purposes.

Our Charity Registration No: 86691 4013 RR0001

Thank you for your generosity!



FINANCIAL OVERVIEW: Year ended 31 Dec 2024



BANGLADESHI - CANADIAN COMMUNITY SERVICES (BCS)

Statement of Revenue and Expenses

For the Year ended December 31, 2024 (in Canadian Dollars)

| | 2024 | 2023 |
|---|----------------|----------------|
| REVENUES | | |
| Provincial and Federal Government Grants | 458,639 | 174,155 |
| Provincial and Federal Government Grants: Program Revenue | 159,840 | 148,340 |
| United Way of Greater Toronto | 46,911 | 49,355 |
| Contributions from other Charities | 17,767 | 90,328 |
| General Donations | 18,183 | 13,810 |
| Other Income | - | 2,624 |
| Membership Fee | 700 | 720 |
| Total Revenues | 702,041 | 479,332 |
| Expenses | | |
| Salaries and Benefits | 417,145 | 232,062 |
| Program Expenses | 159,840 | 156,802 |
| Materials and Supplies | 36,185 | 27,165 |
| Rental Expenses | 35,054 | 26,406 |
| Professional Fees | 17,300 | 10,053 |
| Advertisement and Promotion | 7,394 | 4,714 |
| Travel and Transportation | 6,235 | 6,583 |
| Telephone and Internet | 2,307 | 2,065 |
| Other Expenses | 1,167 | 1,357 |
| Insurance | 1,543 | 1,634 |
| Bank Charges | 254 | 178 |
| Amortization | 5 | 6 |
| Total Operating Expenses | 684,430 | 469,023 |
| Excess of Revenues over Expenses | 17,610 | 10,309 |

Approved on behalf of the Board:



Director
Kazi Hoque, Chair



Director
Syed Bakht, Treasurer

The accompanying notes are an integral part of this set of Financial Statements

OFFICE EXECUTIVES

| | |
|---|--|
| Executive Director | Nasima Akter, PhD |
| Project Coordinator (Program & Research) | Dr. Qazi Shafayetul Islam |
| ASTP Coordinator | Shaira Tasnia, Sreya Tahsin |
| Youth Coordinator | Arion Tarik, Aryan Jaigirder |
| Senior Outreach Worker | Abida Sultana & Apolo |
| Technical & Web Coordinator | Fariha Bakht |
| EAP Coordinator | Jannatul Islam |
| Program Associate | Urbi Khan |
| Project admin | Khansa Ashraf |
| Mental Health & Outreach coordinator | Rifat Chowdhury |
| Volunteer Coordinator | Syeda Shamima |
| Settlement support (Partner agency) | Bilkis Nahar |
| Placement students From George Brown College Centennial College Seneca College York University Other private colleges & organizations | Abida Sultana Praveen Singh Abdullah Al Nayeem Rifat Chowdhury Ammatul Isra Anisur Rahman Waliul Islam Srijan Majumder Nafisa Khan Zahir Raihan |
| Program Adviser | Dr. Mahbub Hasan |

BOARD OF DIRECTORS (AS of September 28, 2025)



DR. Kazi Haque, Chair



Syed Bakht, Treasurer



Janet Davis, Vice Chair



[Shairi Islam](#) Secretary



Abdul Wahid, Director



Saklain Jaigridar,
Director



Israt Ahmed, Director



Souri Zaman, Director



Shahidul Islam Mintu,
Director



Dr. Nasima Akter,
Executive Director

LIFE MEMBERS:

BCS Thanks all life members for all their continuous support.

Abid Choudhury



Shakila Choudhury



Syed D. Bakht



Benu Bakht



Dewan Shuaib Afzal
UNTING SERVICES INC.



Farhat Khan



Mustaq Ahmed



Hamida Choudhury



Jahanara Khanam



Kazi S Hoque



Khandaker Iqbal Hossain



Mahfuz Khalili



Mirza Rahman



Moyeen Uddin Choudhury



Mohammed
Khaliquzzaman



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

Patul Malek

Selina Khan

Feroza Aziz

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| FUNDING AGENCIES |
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| HRDC, Government of Canada |
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| Canada Service Corps, ESDC |
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| City of Toronto |
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| Toronto Public Health |
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| Community Support, Multiculturalism, and Anti-Racism Initiatives Program, Govt. of Canada |
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| Women & Gender Equity, Government of Canada |
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| New Horizon for Seniors, ESDC |
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| Wood Green Community Services |
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| Canadian Heritage |
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| United Way Greater Toronto |
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| Public Health Agency of Canada |
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| Government of Ontario |
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| 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 | Taylor Massey Community Support Network |
| Family Service, Toronto | The Neighborhood Organization (TNO) |
| Hindu Society | Skills for Changes |
| Neighborhood Link | Young Bangladeshi-Canadian Professionals |
| Regent Park tenant association | East Cares |
| Holistic & Sustainable Development Network, International (HSDN,I) | West Scarborough Neighborhood Community Centre |
| Toronto Bangla School | Tamil Canadian Centre for Civic Action (TCCCA) |
| South Asian Women & Immigration Services (SAWIS formerly SAWRO) | WoodGreen Community Services & More |

Contact Us:

Bangladeshi-Canadian Community Services (BCS)

2899 Danforth Ave, Toronto, ON M4C 1M3

T: (416) 699-4484 Email: info@bangladeshi.ca

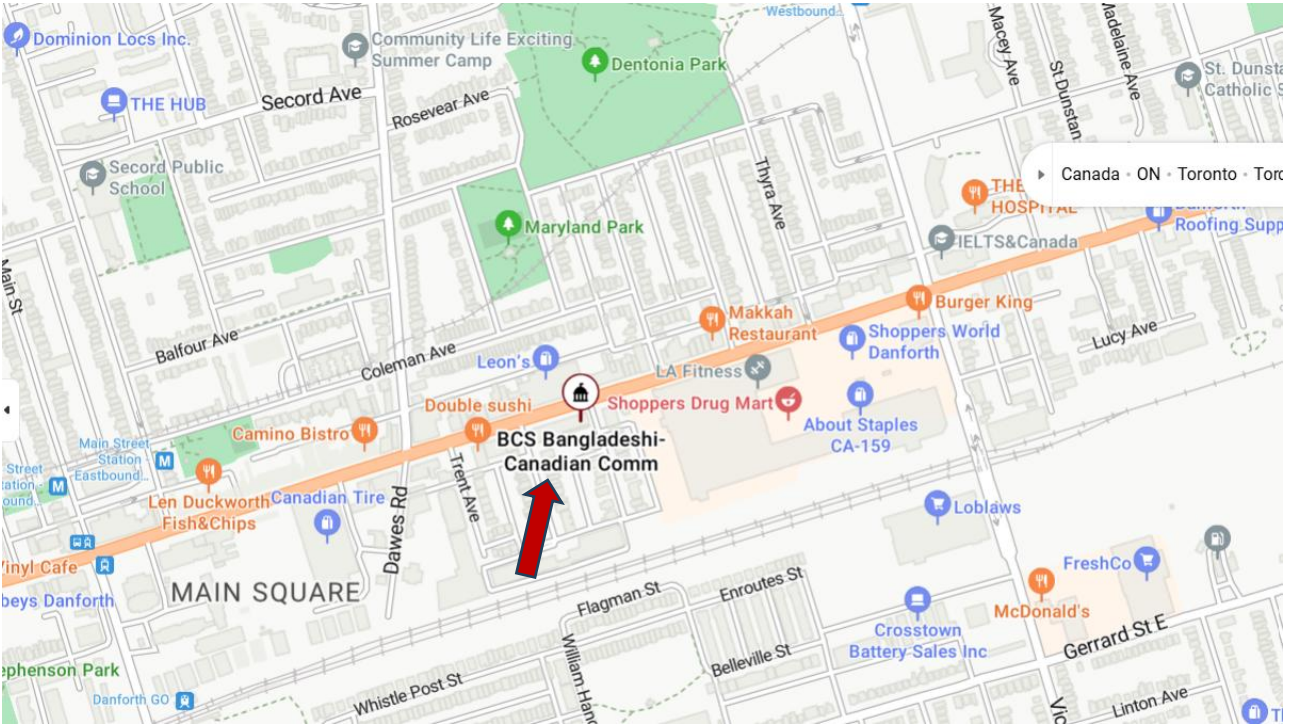
Web: www.bangladeshi.ca

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BCS: Helping People Help Themselves Since 2000

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

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