



Summer Edition

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*"A little bit of summer is what the
whole year is all about."*

John Mayer

ED'S MESSAGE

Now-a-days, whenever I enter any office, mall, or restaurant, I feel if William Shakespeare is whispering to my ears “To be or not to be? That is the question...”; as sometimes, I wear the masks and sometimes, I just simply hold it in my hand indecisive whether I should wear it or not. After experiencing two years of restrictions due to COVID-19, the word ‘freedom’ has changed its meaning.



Uzma Irfan
Executive Director

I have experienced the same feeling in May and April, when I became part of six focus group discussion under SAWEERA Project which aims to combat gender-based violence and gender-based discrimination. It seems that many of us are chained from centuries and are still dealing with the dilemma of ‘to be or not to be’ in coming out of their conditioned selves. For those who are ready to make positive changes in their lives and determined for betterment of others associated with them, MWC is providing them a safe space for in person monthly SAWEERA Women Support Group and Skill Building Workshops. My sincere thanks to all the community partners especially Seva Food Bank and PCHS for opening the doors for our monthly meet ups.

June was Seniors Month in Ontario and MWC proudly launched Seniors' Mental Health Awareness Ambassador Project', funded by New Horizons for Seniors Program. We have trained 10 Mental Health Awareness Ambassadors who will work with other South Asian seniors, using virtual platforms, to provide them with education, information and awareness on mental health and well-being related topics and available community supports. To raise awareness on the continued issue of elder abuse, MWC hosted the showcase of a short film (Kya Aap Hame Dekh Sakte Ho) directed by Deepa Mahanti, produced by Myiesha Inc and Nikisar Inc.

In the end, I must congratulate MWC's SAWIB Magazine Team for their continued commitment to empower South Asian Women in Business. We are receiving overwhelming response from our fellow women and community members. Let's hope that this platform will soon be available across the globe.



SAWEERA

South Asian Women Empowerment & Equality of Rights Alliance

Funded by Women and Gender Equality Canada (WAGE), the project named South Asian Women Empowerment and Equality of Rights Alliance (SAWEERA) will support, educate, and empower South Asian women who are experiencing (or at the risk of experiencing) domestic violence during these challenging times of COVID-19.

- The project will develop and implement culturally sensitive prevention focused initiatives to combat gender-based violence, engage men and boys as allies to combat harmful gender norms and attitudes, and engage women with lived experience to influence pandemic recovery responses.
- This will be achieved through series of focused group discussions, development of educational videos, and skills building workshops on relevant topics.



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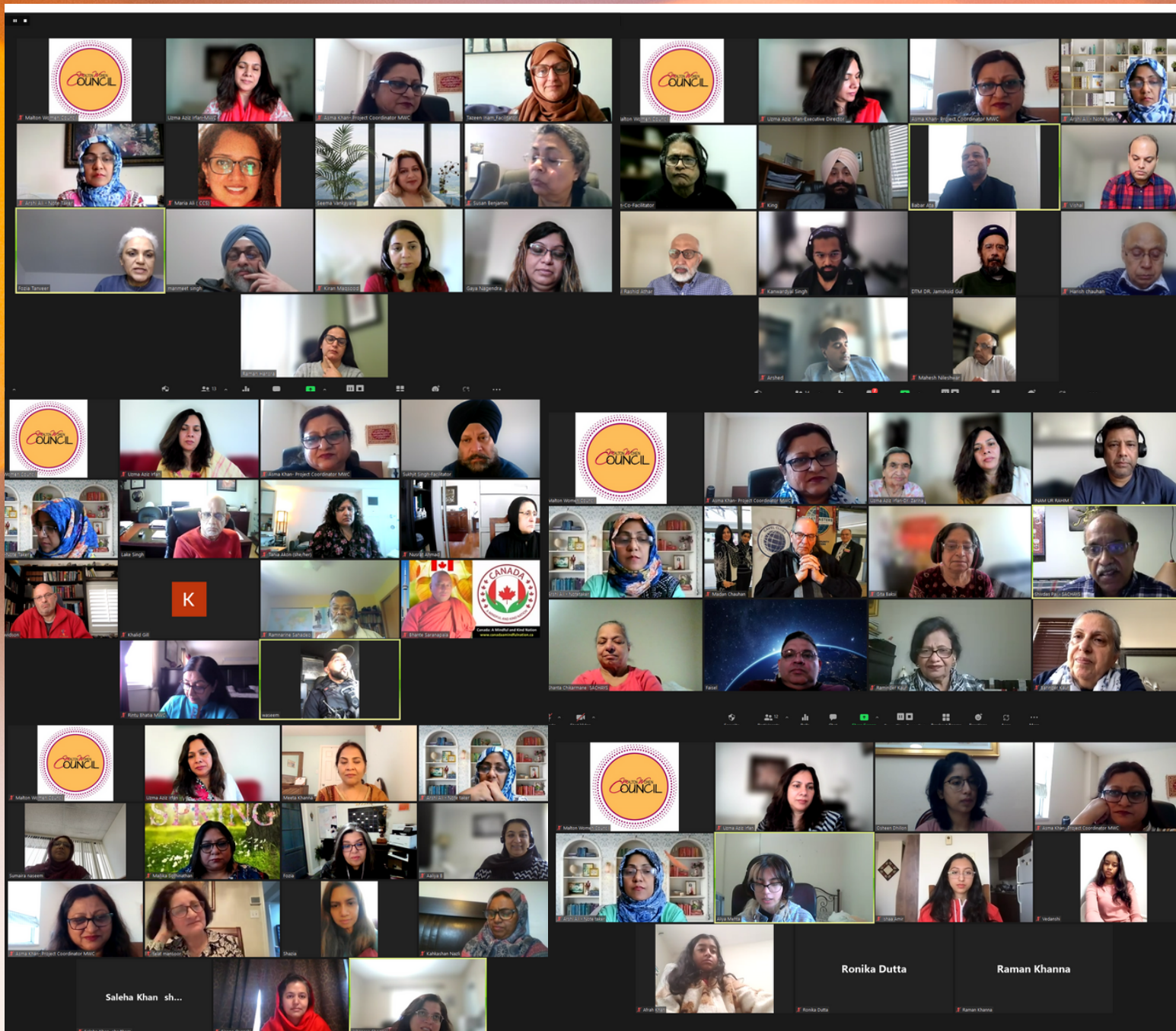
Femmes et Égalité
des genres Canada

For details, please contact Uzma Irfan at
647-391-9668 or uzma@mwcommunity

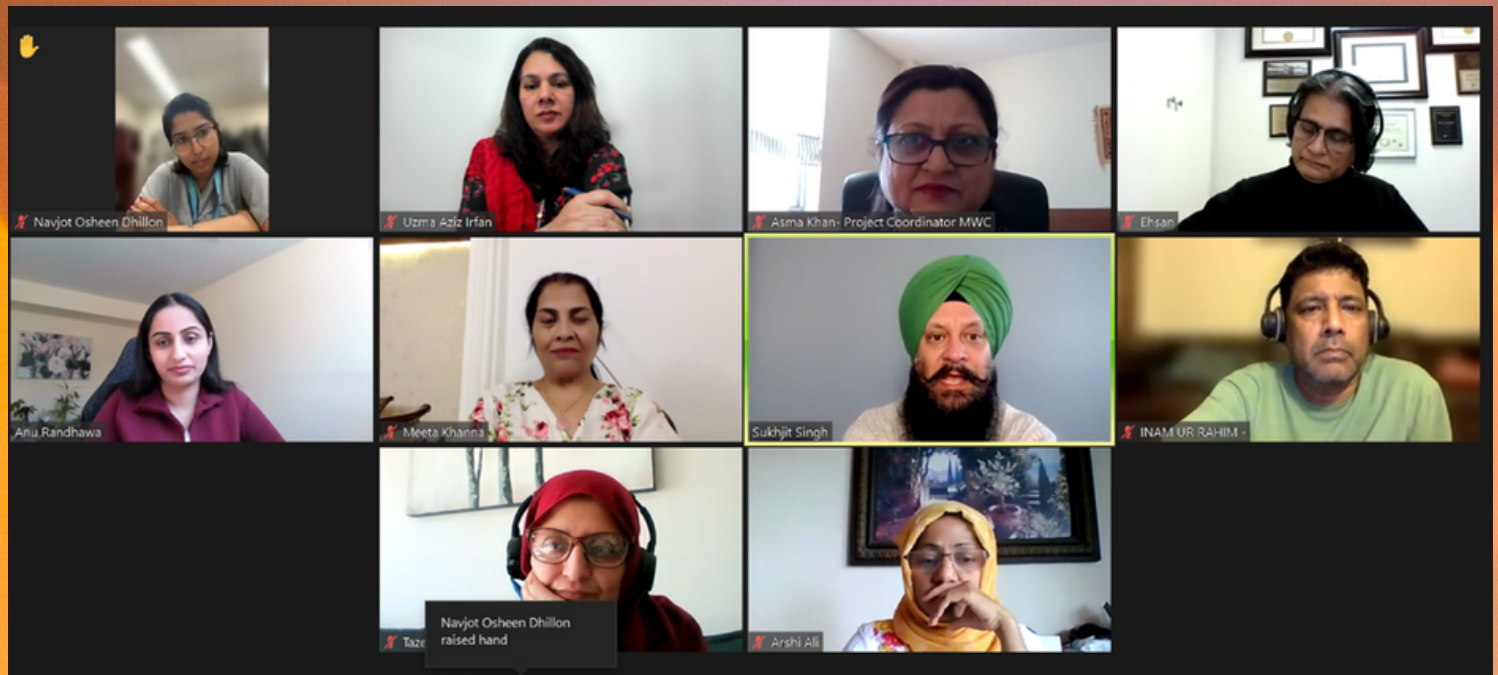
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SAWEERA FOCUS GROUP DISCUSSION

As part of the SAWEERA Project, 6 focus group discussions were conducted (with men, women, youth, seniors, service providers, and faith leaders) to discuss about community based and culturally sensitive ways to advance gender equality and end gender-based violence within South Asian communities in Canada. The findings of these focus group discussions are used to conduct skills building workshop series, develop educational videos, and organize social media campaigns to raise awareness on and end gender-based violence and discrimination within South Asian communities in Canada.



A SPECIAL THANKS TO ALL THE FACILITATORS AND NOTETAKERS OF SAWEERA FOCUS GROUP DISCUSSIONS



SAWEERA WOMEN SUPPORT GROUP

On June 2nd, MWC launched SAWEERA Women Support Group to provide a safe and inclusive platform for women to share their lived experiences with other South Asian Women. 15 women with their kids enjoyed the session as founder members Aaloka Mehndiratta, Hafsa Taqdees, Gulnaz Rehan revived the MWC's spirit of dholki and singing. Guest speaker Harjit Bamrah delivered a motivational message. MWC is grateful to Seva Food Bank for serving scrumptious lunch and providing space.



Women and Gender
Equality Canada



Malton Women Council



01

Sessions will be delivered in Hindi, Punjabi, and Urdu languages

02

Childminding is available

03

Light refreshments will be served



Face Mask Required

IF YOU HAVE ANY COVID-19 SYMPTOMS

STAY HOME

DAY/TIME

1st Thursday/Month: 11am - 1pm

LOCATION

2832 Slough St,
Mississauga, ON L4T 1G3

SAWEERA Women Support Group

HIGHLIGHTS

- A safe and inclusive space to connect with and learn from the lived experiences of other South Asian women
- Information and education on topics related to health and wellness, finances, legal support, and community resources

For Registration Contact Us

uzma@mwc.community

www.mwc.community

+1(647) 391-9668



SAWEERA SKILLS BUILDING WORKSHOP SERIES

On June 13th we had in person sessions on Anger- expression, styles, and management. We learned about definition, early signs, categories, and types of anger. Common cues which may indicate that the person is becoming angry, ways to reduce and manage anger. There was some great input and personal reflections from the participants. A handout was shared with the group about Tips to Manage Your Anger. These tips included self-help techniques and seeking professional help when required. These skills building workshop series is an outcome of the findings of the 6 focus group discussions conducted as part of the SAWEERA Project.





MALTON WOMEN COUNCIL

UNDERSTANDING AND COPING WITH GRIEF

- What is grief & types of losses
- Myths and facts about grief & grieving
- Stages & symptoms of grief
- Types of grief
- Coping with grief
- Caring for yourself while grieving

Monday, August 8th, 2022

6:00 pm - 8:00 pm

**Address: 50 Sunny Meadow
Blvd, Unit 109, Brampton, ON**

- Childminding is available
- Light refreshments will be served
- **If you have COVID-19 symptoms,
please stay at home.**



Women and Gender
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SAWEERA SKILL BUILDING WORKSHOP

Our Guest Speaker

Asma Khan



Asma Khan works in Community Development with a diverse experience of over 12 years in healthcare & social services in Peel and Halton. She holds a BS in Pharmacy from Pakistan and MS from USA in Pharmacy & Administrative Sciences. In Canada, she has studied Addictions & Community Services. A strong advocate of Diversity, Equity, and Inclusion, Asma is extremely passionate about working with marginalized communities.

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THANKS TO SAWEERA PROJECT SUPPORTORS



an initiative of Sikhs Serving Canada



CCS
Catholic Crosscultural Services



Susan Benjamin
Trustee PDSB



shades of
BROWN GIRL

AMBASSADORS OF SENIORS MENTAL HEALTH AWARENESS AMBASSADORSHIP PROJECT

Malton Women Council proudly launched the Seniors Mental Health Awareness Ambassadorship Project in the month of June. With funding from New Horizons for Seniors Program, the SMHAAP aims to increase knowledge and understanding of mental health and well-being amongst South Asian seniors. The 10 trained Mental Health Awareness (MHA) Ambassadors will work with other South Asian seniors, using virtual platforms (such as Zoom Meeting, phone, What's App Video Calls), to provide them with education, information and awareness on mental health and well-being related topics and available community supports.

Please meet our 10 Mental Health Awareness Ambassadors!



Neeru



Madan



Meeta



Shanta



Rintu



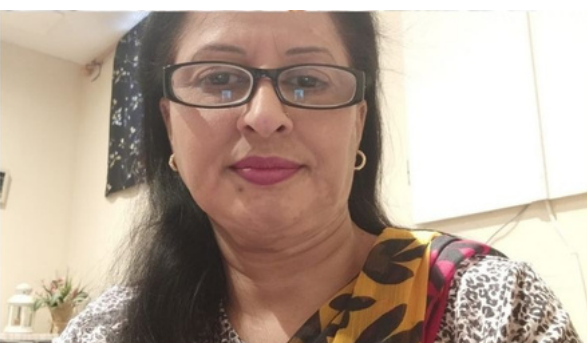
Surjit



Fozia



Anjana



Zubda



Kehkashan

LIVING IN YOUR GREENZONE PHILOSOPHY BY DR. K. SOHAIL



In June, ambassadors of Seniors Mental Health Awareness Ambassadorship Project received a 2-day training on The Greenzone Living by the renowned Psychotherapist and the Founder of Greenzone Philosophy Dr. Khalid Sohail.

“Self-regulation is not caution; it is an act of course correction.” — Abhijit Naskar

The ability to control our emotional state enables us to develop strong relationships, achieve important goals, and stay physically and mentally healthy. Regulation of our emotions is incredibly important for our well-being.

In life, we all encounter challenges that test our limits—we may feel distressed, sad, anxious, and often angry. If unaddressed, this dysregulation can cause a spiraling effect from being overwhelmed to causing a breakdown in communication with others, preventing us from resolving situations, and negatively impacting all areas of our life. For most people, self-regulation is not a skill that comes easy.

Using everyday language, the Green Zone Philosophy by Dr. Sohail teaches us simple guidelines and tools that can easily be understood and implemented to help us regulate our emotional state and stay in our Green Zone.

So, what is Green Zone Philosophy?

While traditional psychiatry is illness-oriented, Dr. Sohail believed his patients would benefit more if therapy was health- and growth-oriented. His practice, Creative Psychotherapy, is more educative than clinical.

Brilliantly using the universal understanding of the colors Green, Yellow, and Red, the Green Zone Philosophy is designed to build awareness of our feelings and emotional state, recognize the impact of our stressors, and teach how to implement tools and strategies for regulation, self-care, healthy relationships, and physical and mental wellness.

The zones create a systematic and visual approach using the familiar representation of the colors used in traffic lights.

Green Zone: You are cheerful and have a positive outlook. You are able to have a constructive dialogue to resolve or dissolve conflicts or differences. In most areas of your life, you are leading a happy, healthy, and balanced life.

Yellow Zone: You feel distressed and are unable to communicate properly or deal with stressful situations. This zone is a slippery slope and problems will worsen if you fall into the Red Zone.

Red Zone: You are extremely unhappy, emotionally exhausted, very angry, possibly abusive, often withdrawn from others, and almost always depressed.

This is a simple but empowering concept that normalizes the dialogue around mental health. When we understand the zones, we can be mindful of which zone we spend most of our time in, as well as the people we have relationships with. This creates opportunities for us to understand and support each other. We learn the signs to look for so we can catch ourselves when we switch from one zone to another.

Green Zone Philosophy teaches us to recognize changes in our emotional state when stressors cause us to switch zones and strategies to recover back to our Green Zone. Once familiar with our patterns, we learn ways to restrain ourselves from being pushed back into the Yellow or Red Zones.

Just as each individual operates from one of the zones, so do our environments and the relationships we have in each of those environments. Our environments are divided into three categories: family, work, and community. Green Zone Philosophy also teaches how the dynamics of our family systems influenced our conditioning and the impact on us as adults.

Awareness being the first step and often the most difficult, when beginning to explore living life in your Green Zone, Dr. Sohail suggests keeping a Green Zone journal in which to keep track of your emotional state throughout the day and each zone that you are in. The more we practice being in the Green Zone, the easier it gets.

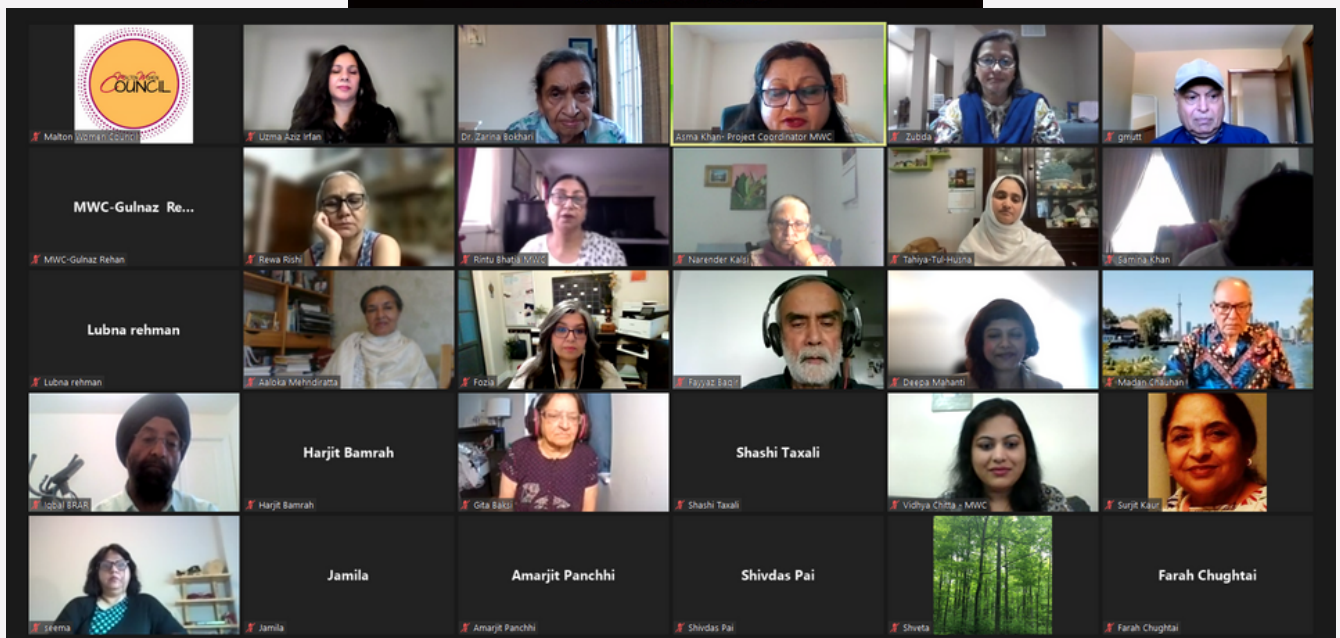
Green Zone Philosophy teaches us that we always have a choice. We can build our self-esteem, establish life-long happiness, and have healthy relationships.

Fozia Murtaza
MWC Mental Health Ambassador

KYA AAP HUMAY DEKH SAKTAY HO

As we all know, Elder Abuse is a serious issue and is more common than you think. It can happen to any older adult. It is an intentional act or failure to act that causes a risk of harm to an older adult. Many of these abuses are criminal offences under the criminal code of Canada such as theft, forgery, extortion, assault, intimidation, threats, and failures to provide the necessities of life.

Kya Aap Humay Dekh Saktay Ho is a musical that depicts a story on elder abuse and is dedicated to all elders suffering from any form of abuse in the world. This is the story of an elderly woman, the story of abuse, resilience, and perseverance. In partnership with Myiesha Inc. and Nikisar Inc., MWC hosted the virtual showcase of this short film which is directed by Deepa Mahanti. The showcase was followed by Deepa's speech and discussion with the participants.



THANK YOU FOR SUPPORTING SAWIB MAGAZINE



SAWIB
MAGAZINE

How can you
support?

- Be a SAWIB Sponsor
- Find a Sponsor
- Buy Print Copy of SAWIB Magazine
- Volunteer as a Writer
- Spread the Word (share, like, tag @saw.business on FB and IG)

www.saw.business



SPECIAL THANKS TO THE GOLD & PLATINUM SPONSORS OF SAWIB MAGAZINE

The South Asian Women in Business Magazine is an effort to spotlight South Asian businesswomen who have made a significant mark across the diverse business communities in Canada. Also, the magazine will provide a platform to the South Asian women who are embarking on this journey and aspire to establish as successful businesswomen and entrepreneurs.

The revenue generated from this project will be used towards the production cost of the magazine and for supporting non-funded programs of Malton Women Council. Your sponsorship will help us sustain the much needed programming to support empowerment of South Asian women in all domains of their life.



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Malton Women Council

RESILIENT COMMUNITIES PEER AMBASSADORSHIP PROJECT

This Program is Funded by:



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada

Areas of Support:

- ✓ Health and Well-Being
- ✓ Economic Security
- ✓ Social and Cultural Connections
- ✓ Domestic Violence
- ✓ Community Resource Navigation

ONE ON ONE AND GROUP PEER SUPPORT



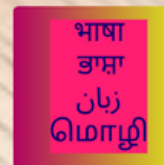
Eligibility

- South Asian Women
- 18-64 years of age
- Residing in Mississauga and surrounding areas



Service Location

Zoom, Phone,
E-mail & What's App



Services Offered In

Hindi, Punjabi, Urdu &
Tamil

For registration, please contact:

647-860-2206 or asma@mwcommunity

www.mwcommunity



+1(647) 860-2206

Funded by Women and Gender Equality Canada (WAGE), the Resilient Communities Peer Ambassadorship Project provides peer support to South Asian women in Peel Region, who are experiencing COVID-19 challenges and losses related to health and well-being, economic security, social and cultural connections, domestic violence, and community resource navigation.

COMMUNITY INITIATIVES



We are thankful to Mt. Zion Food Bank for providing food kits to our clients.



We are thankful to Canadian Red Cross for providing us with antigen kits and face masks to keep our service users safe during COVID-19



We are thankful to Sai Dham Food Bank for providing our clients with gift hampers under the Healthy Babies, Healthy Children Program.

THANKS TO ALL OUR GUEST SPEAKERS, PRESENTERS & TRAINERS



Mirela Marceta



Meghana Chansarkar



Zubda



Rintu Bhatia



Kahkashan Nazli



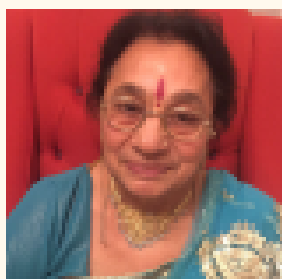
Madan Chauhan



Harjit Bamrah



Surjeet Sandhu



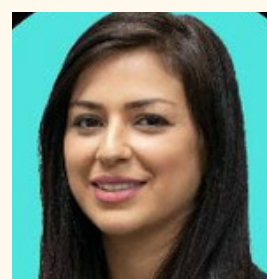
Prabha



Mariyam



Sukhjit Singh



Nazish Tayab



**Dr. Jaspreet
Singh Sandhu**



Dr. Sarah Ali



Tushita Majumdar



Manmeet Narang

THANKS TO ALL OUR GUEST SPEAKERS, PRESENTERS & TRAINERS



Meeta Khanna



Brenda McIntosh



Dr. B B Aggarwal



Surjit Kaur



Shanta Chikarmane



Parul Budhiraja



Amber Khalid



Pallavi Jassal



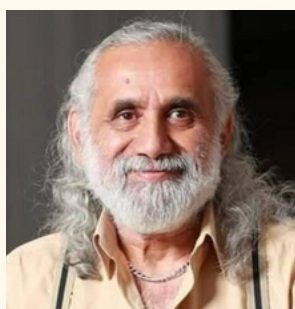
Narender Kalsi



Gulnaz Rehan



Sandeep Jassal



Dr. Khalid Sohail



Nirpal Sekhon



Asma Khan

MWC acknowledges the financial contributions of:



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