



# Spring Edition

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*"The deep roots never doubt  
spring will come."*  
*Marty Rubin*

## ED'S MESSAGE

When I was thinking about my message for this newsletter, I saw it as a news letter, so let me write a letter to you all, and if you feel like writing me back, you are most welcome to write me at [uzma@mwc.community](mailto:uzma@mwc.community). In this letter, I am going to share my thoughts about **3 S.....Spring, SAWIB, and SAWEERA.**



**Uzma Irfan**  
**Executive Director**

Spring is here and April (of this year) is the blessed month of Ramadan, Navratri, Easter, and Vaisakhi. All these diverse multi-faith celebrations are giving the message of rejuvenation and restoration. Let's join our hands in celebration and revert our diversity into unity and unity into diversity.

Since the inception of the Malton Women Council, the organization is emphasizing on the financial awareness and independence of women. I am proud to share that in March 2022, we successfully completed a 4-month series of South Asian Women in Business where we invited 12 successful women to share their journeys with us. The series was a true reflection of MWC's philosophy of holding each other's hands in uplifting and empowering one another. These business series provided an opportunity for the novice to learn from the established businesswomen and prepare themselves for their future endeavors, especially during these tough times of COVID-19.

MWC's mandate of economic empowerment led us to the development and launch of our first social enterprise project- the South Asian Women in Business (SAWIB) Magazine. Through this magazine, we aim to showcase South Asian businesswomen from across Canada. Please check our website [www.sawib.com](http://www.sawib.com) for the first edition of SAWIB magazine and help us spread the word. I encourage all women organizations to use this magazine as a tool for marketing and promoting their services and supporting MWC.

Many of you are aware of the SAWEERA (South Asian Women Empowerment and Equality of Rights Alliance) Project. Funded by Women and Gender Equality, the project aims to develop and implement community-based and culturally sensitive ways to advance gender equality and end gender-based violence within South Asian communities in Canada. MWC is running a focus group series with partner organizations, men, women, seniors, youth, and faith leaders. We are hoping to develop preventative strategies and run women's support groups and skill-building workshops in the coming months. With your support, we are hoping to break the biases we have inherited from centuries and change the narrative for younger generations.



# 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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For details, please contact Uzma Irfan at  
647-391-9668 or [uzma@mwcommunity](mailto:uzma@mwcommunity)

[www.mwc.community](http://www.mwc.community)



# MEET SAWEERA COMMUNITY ANIMATORS



**Shveta Pathak**  
Certified Transformational Life  
Coach & Energy Healer



**Zubda**  
"I am a born fighter &  
I am brave "



**Seema Anwar**  
Reiki Healer &  
Textile Designer



**Manpreet Bal**  
"Life is a sea of struggle and I am  
a great swimmer"



# MEET SAWEERA COMMUNITY ANIMATORS



**Amarjit Panchi**

A poet, an esthetician, a car instructor & a life lover



**Nazeefa Javed**

"I am a passionate mother who takes challenges as an opportunity"



**Sandeep Grewal**

"This world is our home and I love to travel, explore different places and cultures. I want to live my life to the fullest on my own conditions and without any restrictions but in a very simple way. My dream is to have enough to provide home and love to less fortunate kids around the world".

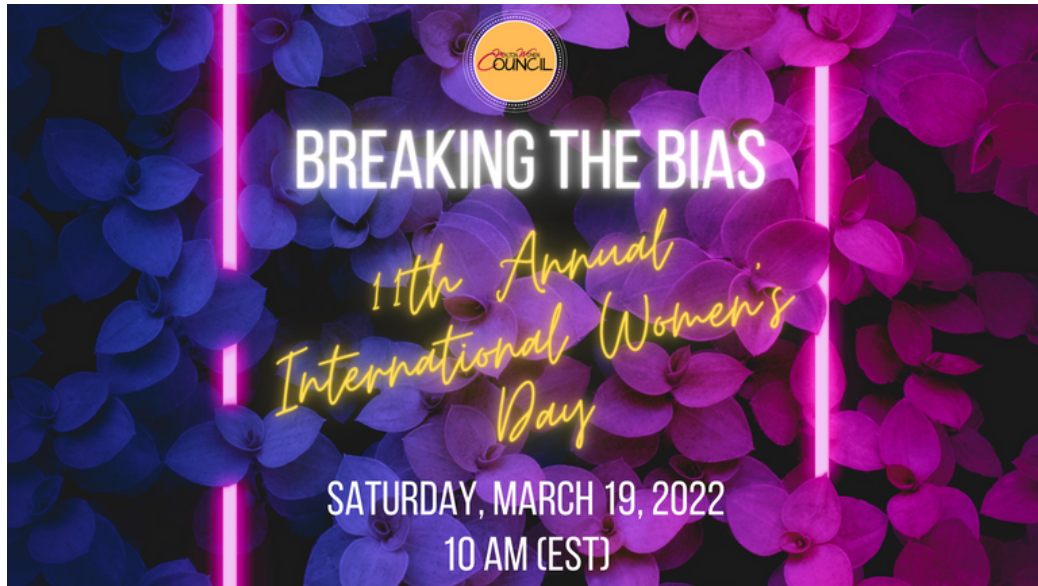


**Baljeet Kaur Saini**

"I love to enjoy every moment of life, I accept the challenges and learn lessons out of them. I believe that life is short so never take stress on the things that happen in our life, just take them in a positive way. I love myself and believe in doing hard work".



# 11TH ANNUAL INTERNATIONAL WOMEN'S DAY

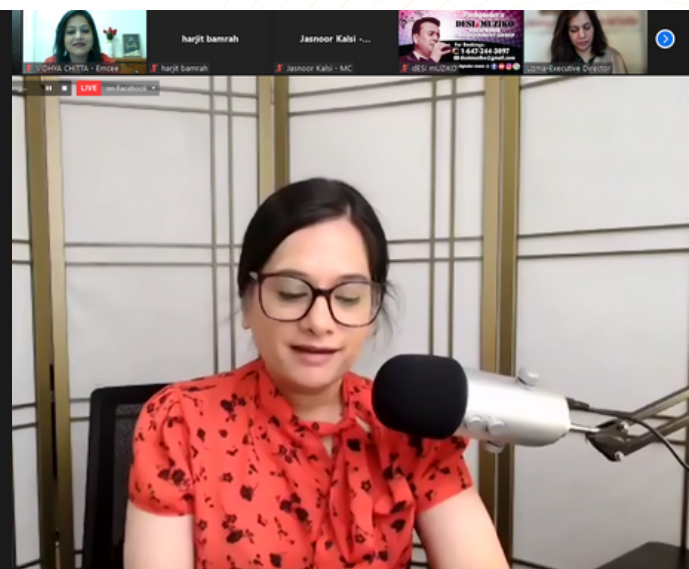
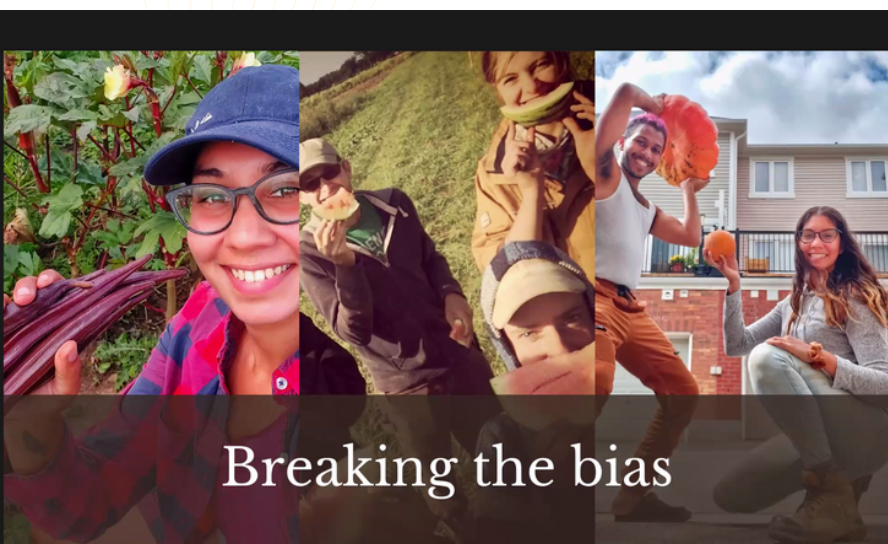


We express our heartfelt gratitude to everyone (who joined us via Zoom and FB live) for making our 11th Annual International Women's Day event a VERY SPECIAL ONE!!!

It was an honor and delight to have our esteemed Guest Speakers share their inspirational stories of Breaking the Bias. The journey of breaking the bias is a long one and we are confident that with the support of the global MWC Community, we will succeed in this mission. Many thanks to all our community partners and supporters for their presence at the event and for their ongoing faith in the work we do to achieve our vision of Empowered Women, Empowered Communities!

We appreciate all our performers for adding color and spice to this event.

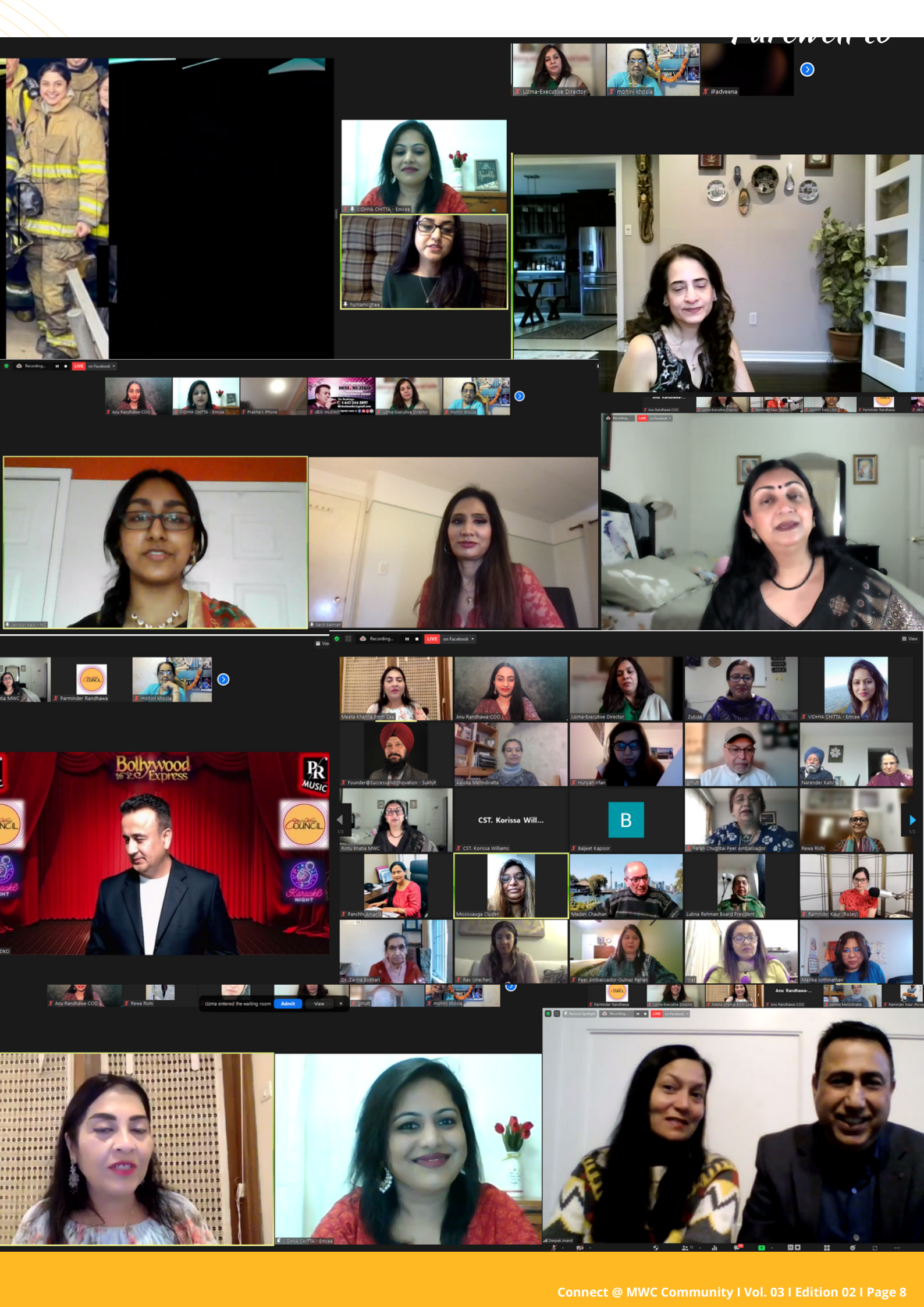
We would like to express our sincere thanks to all our emcees, Meeta Khanna, Vidhya Chitta, and Jasnoor Kalsi, for beautifully stringing together all the pearls of this event.







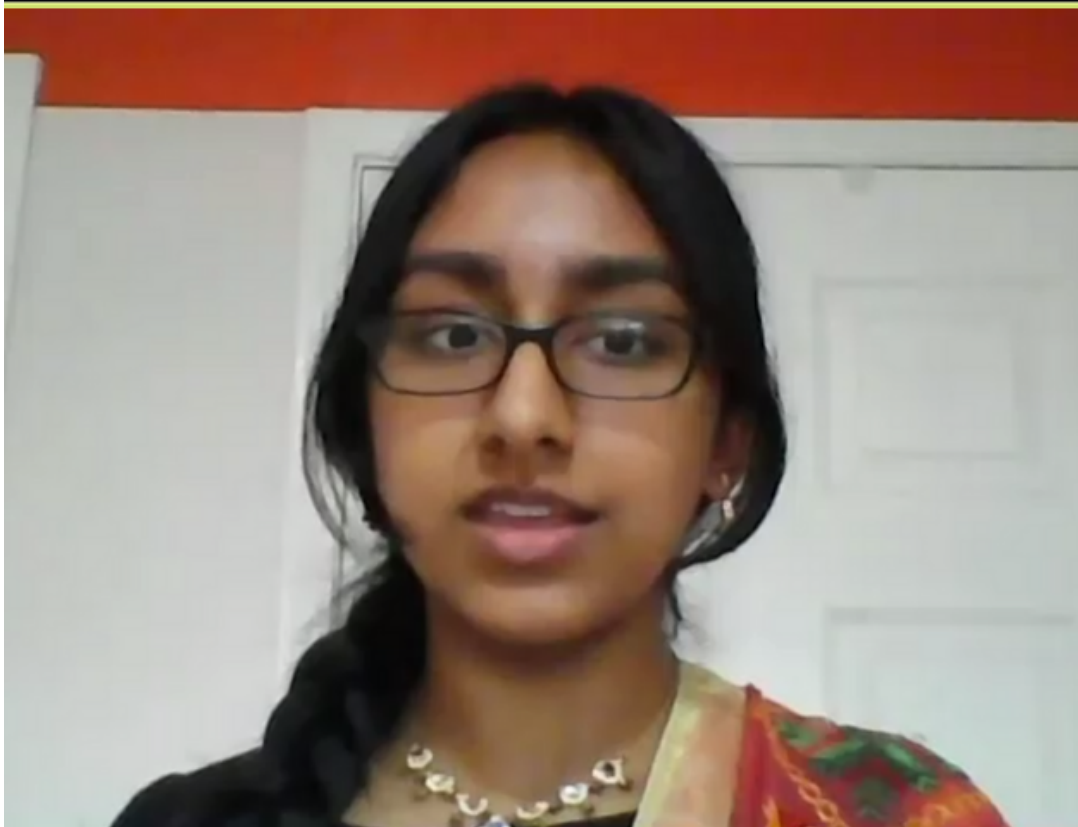






# DIL SE (FROM THE HEART)

*Jasnoor Kalsi*



**Thank you so much!!! I really appreciate the opportunity you gave me: to learn to speak on such an important platform and to hear others' inspiring stories. In this generation, we've grown up learning about the injustices and how to reach out for support to eventually overcome them as a collective society. But, there are so many members of MWC and women around the world who have had to realize it while suffering. Their strength in overcoming it is unimaginable. I'm grateful for organizations like MWC that reach out to help. It was a huge honor to be part of the event, and seeing such strong women was inspiring.**

**Certain encounters in life open so many new doors, and I know I'm still young and inexperienced, but meeting you has been a big influence on who I am now. I am so glad to have role models from MWC and positive support and inspiration from you. This is a huge gift and I thank you so much for involving me with MWC:)**

# SPECIAL THANKS TO ALL OUR SAWIB MAGAZINE SPONSORS

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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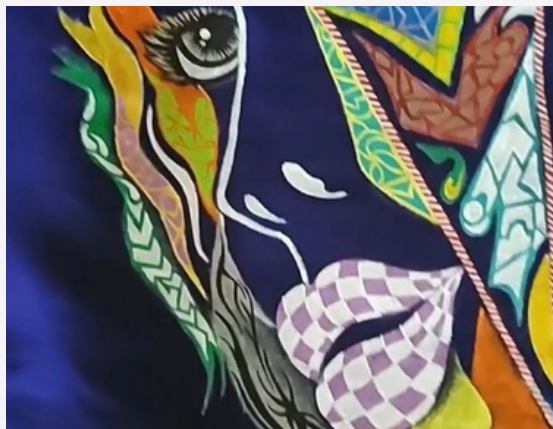
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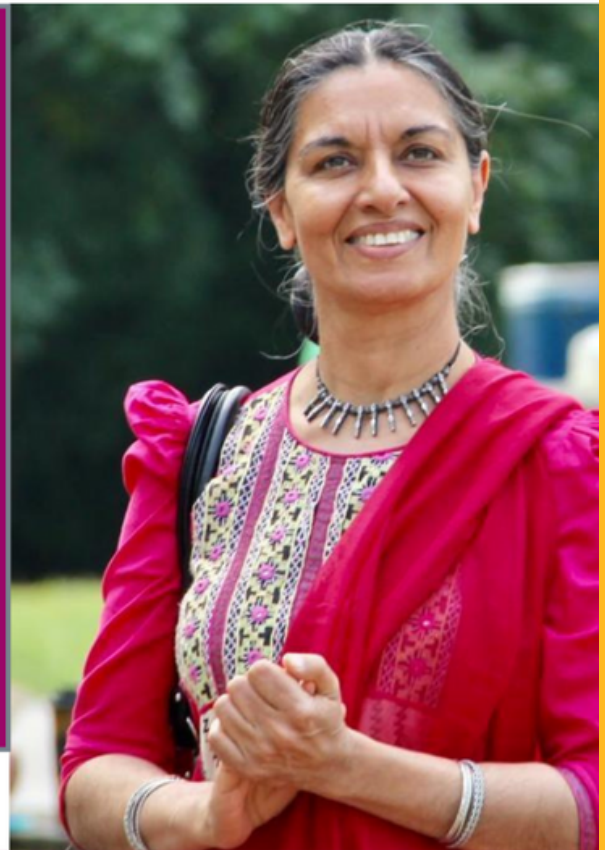
# Aaloka Mehndiratta Funding Program For South Asian Women In Business



**Program launched  
on March 19, 2022**



**This annual funding  
program will support 2  
South Asian  
businesswomen with a  
funding amount of up  
to \$500 each.**



For more details please e-mail  
**[info@mwc.community](mailto:info@mwc.community)**



# Malton Women Council

## RESILIENT COMMUNITIES PEER AMBASSADORSHIP PROJECT

This Program is Funded by:



Women and Gender  
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### 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 &  
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For registration, please contact:

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**+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.





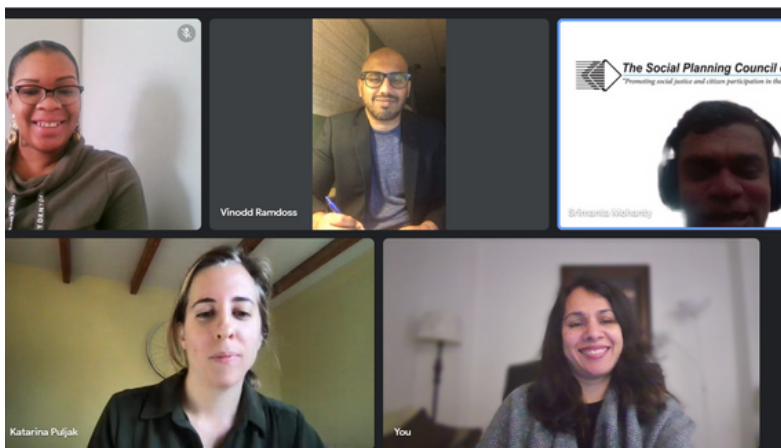
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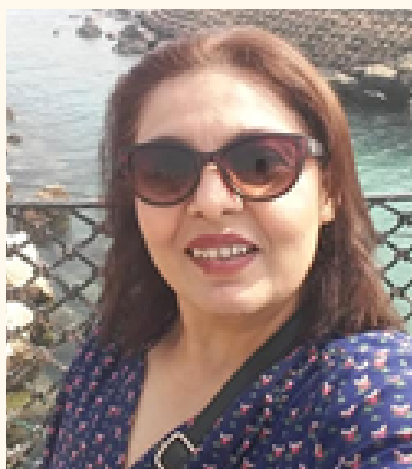
**Huma McGhee**



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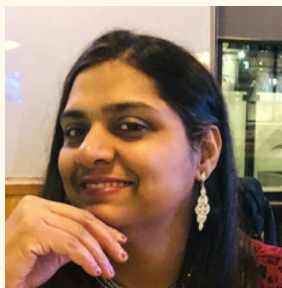
**Harjit Bamrah**



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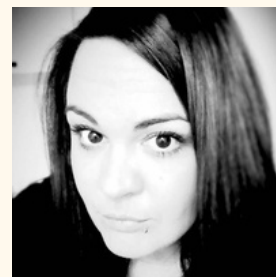
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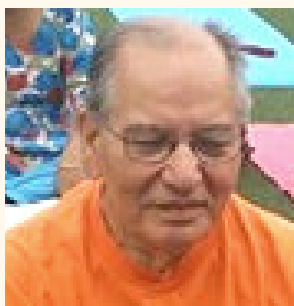
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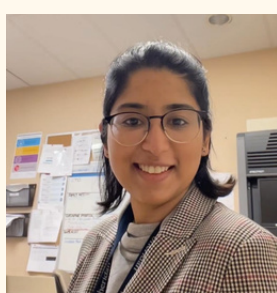
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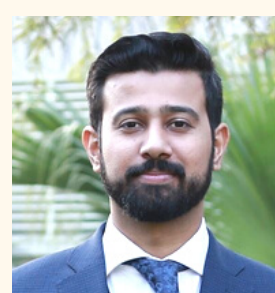
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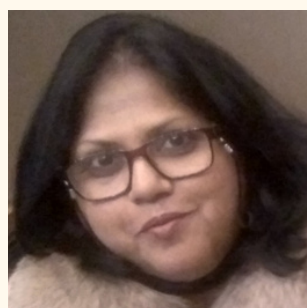
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