

A large, pink, rounded square graphic with a black outline and a black drop shadow. Inside the square, the words "HAPPY NEW YEAR" are written in a bold, white, sans-serif font. The graphic is surrounded by small, black, star-like shapes and a few small black birds in flight.

HAPPY NEW YEAR

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ED'S MESSAGE

Happy 2022, new year, new dawn and new SAWEERA. A moment to reflect and retrospect MWC's journey of 2021. A journey full of new challenges and accomplishments, to name a few accomplishments; Mentorship Connections for Success, Resilient Communities Peer Ambassador Project, Seniors' Wellness Café, Road to Recovery, Rebuilding and Resilience Project, Mental Health First Aid Training to 27 staff and volunteers, Donation Drive for Indigenous Communities, Partnership with Voice of Men 360, Dispelling the Darkness Project with Sampradaya Dance Creations, Back to School Initiative, Stitch in Time with SAWITRI Theatre Group, Dancing with Seasons with Moonhorse, Diverse Caregivers Access Project with WoodGreen and Step up Challenge with Park People and TNO.



Uzma Irfan
Executive Director

Considering all these challenges as learning modules, we embark on the journey of 2022 with new hope, new vision, and new lens for a better tomorrow. This year, we are introducing a new project, thanks to Women and Gender Equality Canada for funding South Asian Women Empowerment and Equality of Rights Alliance (SAWEERA) Project. Through this project, MWC will develop and implement culturally sensitive prevention focused initiatives to combat gender violence; will support, educate, and empower South Asian women who are experiencing (or are at the risk of experiencing) domestic violence during these challenging times of COVID-19. We will engage men and boys as allies to combat harmful gender norms and attitudes. This is an awakening call to come out of our primitive attitude and herd mentality and work together for a better SAWEERA.

As one of our strategic priorities (for 2020-2023), MWC is proud to pilot our first ever social enterprise venture named South Asian Women in Business Magazine, which will be launched in the March of 2022. The purpose is twofold, first to spotlight the South Asian women in business and second, to generate some funds for our non-funded programs. I hope that you will support this initiative generously.

Since our last International Women Day Gala in March 2020, MWC never celebrated any in person event. We were crossing our fingers that in March 2022 we would celebrate our IWD in person, sadly but wisely, we will have one more year of virtual celebrations. Almost every family has been affected by Corona virus. I hope and pray that booster shot would be the last vaccine for this pandemic and finally we can go to our normal, whatever that normal may seem now...



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.



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada

For details, please contact Uzma Irfan at
647-391-9668 or uzma@mwc.community

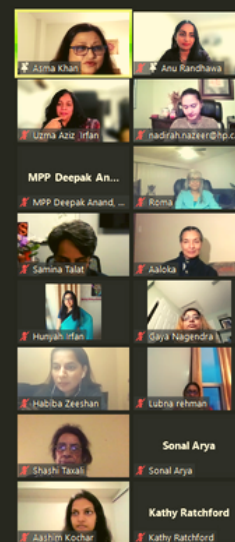
www.mwc.community

MENTORSHIP CONNECTIONS FOR SUCCESS-CELEBRATION EVENT

Malton Women Council celebrated the successful completion of Mentorship Connections for Success Project. Funded by Ontario Trillium Foundation, Mentorship Connections for Success Project provided one-on-one mentorship, skills building training, and resource linkages to 80 newcomer and immigrant women who aimed to build careers in their respective professions, in the Canadian labor market. Launched in November 2020, the 12-month program matched the newcomer women with 15 experienced mentors from diverse professions, who provided guidance, information and connections to the mentees that helped clarify and strengthen their career paths. On October 25, 2021, we celebrated the successful completion of this project which was attended by the project participants/mentees, mentors, volunteers, and community members.

Project Overview

- To provide mentorship; skills building training and resources linkages to newcomer women who aimed to build careers in their respective professions, in the Canadian labor market.
- To match newcomer women with experienced mentors from diverse professions, who would provide guidance, information and connections to the mentees, clarify and strengthen their career paths.
- Through one on one mentorship and support, skills building training and networking event, the newcomer women were equipped with tools and resources to become and stay employed.
- Project delivery using a hybrid model, including both virtual and in-person components.



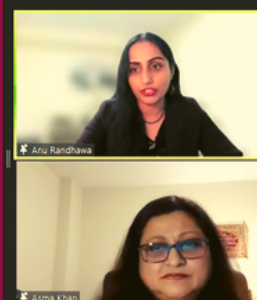
Our learnings through Evaluation

Factors and resources which can facilitate the successful economic integration of newcomer and immigrant women in Canada:

- Professional mentorship
- Bridging Programs
- Networking
- Opportunities for volunteer work and paid internship in relevant professional fields
- Recognition of foreign credentials by employers
- Skills building workshops: resume writing, understanding Canadian workplace, employment standard act, cultural sensitivity
- Free childcare programs

Ways in which professional mentorship helped our project participants enhance their employability in Canadian job market:

- One on one customized support and guidance
- Access to reliable and timely professional information (based on lived experience) about the diverse career pathways in Canadian job market
- Resource navigation
- Networking opportunities
- Building confidence
- Provide reference



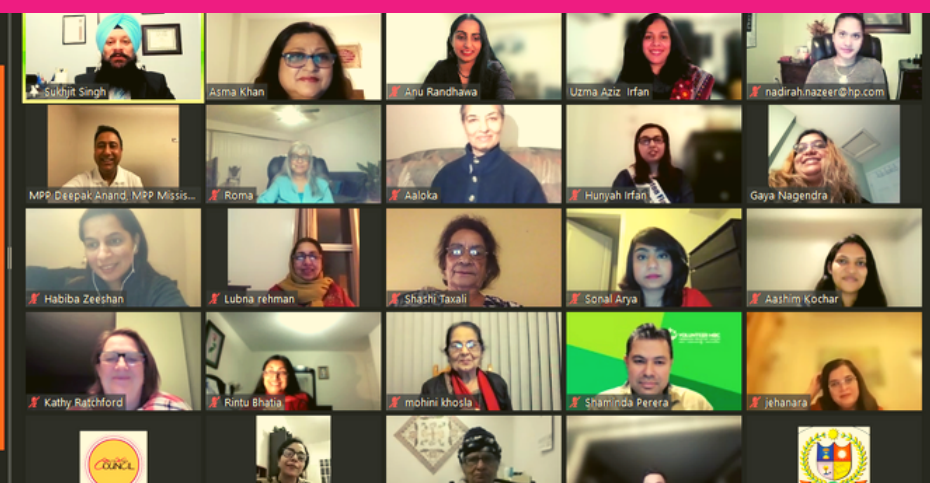
Preparation Persistence Patience

Sukhjot Singh

IF YOU ARE A JOB SEEKER
THESE THREE WORDS
CAN MAKE
A
DIFFERENCE IN YOUR JOURNEY

Preparation
Persistence
Patience

WWW.SUKHFORCHANGE.CA



Our sincere gratitude to MPP Deepak Anand and OTF Representative Nadirah Nazeer for making the event a special one with their gracious presence and heartfelt remarks. A very special thanks to our Keynote Speaker Sukhjot Singh Ahluwalia for sharing his ever-inspiring and motivational ‘immigrant story’, which is guided by his philosophy of ‘PREPARATION-PERSISTENCE-PATIENCE’. We would also like to acknowledge the ongoing support of our community partners and supporters: Punjabi Community Health Services; Shaan Abbasi from Volunteer MBC; Sony Deol from Achev; eawaaz, Arifa Muzaffar, Samina Talat, Shameel from RED FM, Jagdish Grewal from Radio Khabarsaar, Kathy Ratchford, Imran Akram, Gaya Negendra and Ehsaan from Rotary Club of Malton-Mississauga, Humber College, Sheridan College, Kelly’s Services, Bazm E Khawateen Malton.

We cannot thank enough all our 15 Mentors who took time from their extremely busy schedules to guide and support the journeys of newcomer and immigrant South Asian women professionals in Canadian job market. Thanks to all our 80 project participants for having faith in Malton Women Council to facilitate the process of their economic integration in Canada. The remarkable achievements of our 12-month project would not have been possible without the tireless work and undeterred dedication of MCS Project Team: Asma Khan, Parminder Randhawa, Anu Randhawa, Faiza Maqsood, and Ishaan Amir.

MENTORSHIP CONNECTIONS FOR SUCCESS- CELEBRATION EVENT





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.

SELF-CARE FOR WOMEN

A necessity, not a luxury!

BY NAMRTA MOHAN

Growing up, majority of women witness the concept of, 'strong woman', in their mothers, grandmothers, or aunts. This strong woman apparently is a super woman, who is bestowed with the energy and ability to do everything by herself, without getting tired. Even if exhausted to the core, rest is 'not' something that she is entitled to. Oh, yes, the only time she has a privilege of taking a break, is if she is 'unwell'.

Witnessing this, over generations, women became a pro at neglecting themselves, while caring for everyone else. She played every role amazingly well, except that of being a care giver for herself too.

In many cultures and societies, if women attempted to take care of themselves, specially by placing themselves first, they are put through shame and had to under go 'character assassination'. Gradually things began to shift, some women realised that this draining process of being care giver all the time, is taking away their essence, and they began a journey of self-care. Those who didn't understand it, began accusing women of being selfish, mean and self-centered. On the other hand, some women who wanted to do the same, but were fearful of, 'what people will say', stood on the crossroads for rest of their life.

Here, let us begin by breaking down **myths** about self care:

- Self-care is a selfish act.

It is in fact a symbol of responsibility towards self. One must look after themselves, before they can do something for others.

- Self-care is a luxury.

The notion, that 'self care is for elite only,' is a problematic one. This makes self-care almost like a star in the sky, for women who do not belong to elite class or higher socio-economic status.

- Self-care is a waste of time.

No one can stay hail and hearty without investing in it. Waste of time is not looking after oneself, and lacking on one's physical and emotional health, rather neglecting oneself.

- It is very time consuming.

Self-care is a part of one's lifestyle. It doesn't require anything extraordinary.



"Self-care impacts and attends to our, emotional, mental, physical, and cognitive health & wellness".

SELF-CARE TIPS

1) Engaging in regular physical exercise.

Our physical body needs attention. Engaging in as little as 5 minutes of focused physical exercise can make a huge difference in long-term.

2) Eating to feel good.

Most of the time food is associated as being a necessity. Yet it is a fact, that some kinds of food serve our emotional needs. Sometimes craving for a specific food, during specific time must be entertained.

3) Meditation:

When your mind is racing with thoughts, and you have too many things to think about, you need a cognitive break. Just taking about 1 minute, to leave everything, simply close your eyes, and combine it with deep breathing can do wonders.

4) Listening to music:

Music is said to feed our soul. It is known for its therapeutic nature. Taking time to listen some music when you feel tired, exhausted, or still fresh, can help you destress.

5) Listening to your body:

This is the most important thing in self-care practice. Listen to your body. It tells you when you need a break. Problem is that we believe ourselves to be smarter than our body. Don't make this mistake, if you have been making this mistake, then please stop. When your body tells you to rest, you must.

6) Socializing:

Women in general tend to prioritize everything and everybody over them. Make a very conscious effort to socialize. Connect with your friends, colleagues and relatives.

7) Eating:

Sound so simple, yet most women will secretly agree on the fact, that how much they tend to neglect their meals. Eating a well-balanced diet and not skipping meals is of prime importance.

8) Staying hydrated:

We all are well aware that human body carry 45% to 60% of water. This indicates that water is a big component of human body and its needs. It is generally recommended that one should consume anything between 2.5 liters to 4 liters of water.

9) Dress up:

Yes, it is of utmost significance to take time to dress up on regular basis. Don't confuse it with dressing for a party. Simply, wearing clothes that make you feel good, and combing your hair neat, can make a difference to wellness that is beyond imagination.

10) Surround yourself with positivity and say bye to toxicity:

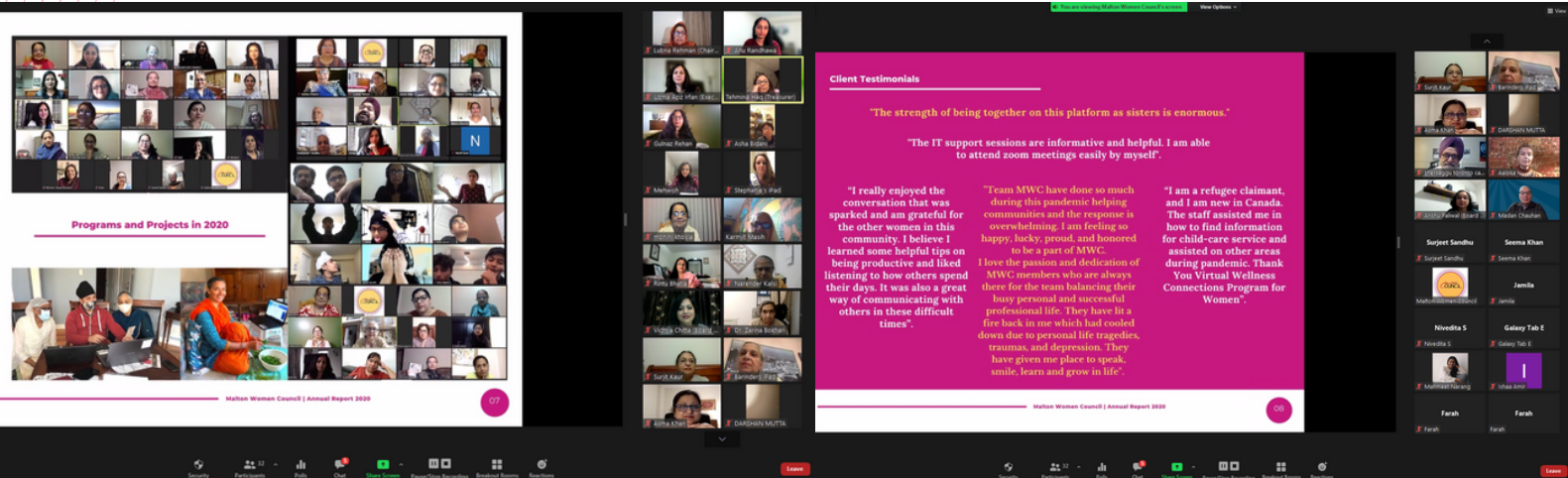
It sounds a bit complex, but simply being around people with positive attitude can improve your wellness.

Pick and choose what works for you. You can create your own self-care techniques too. Point is your wellness.

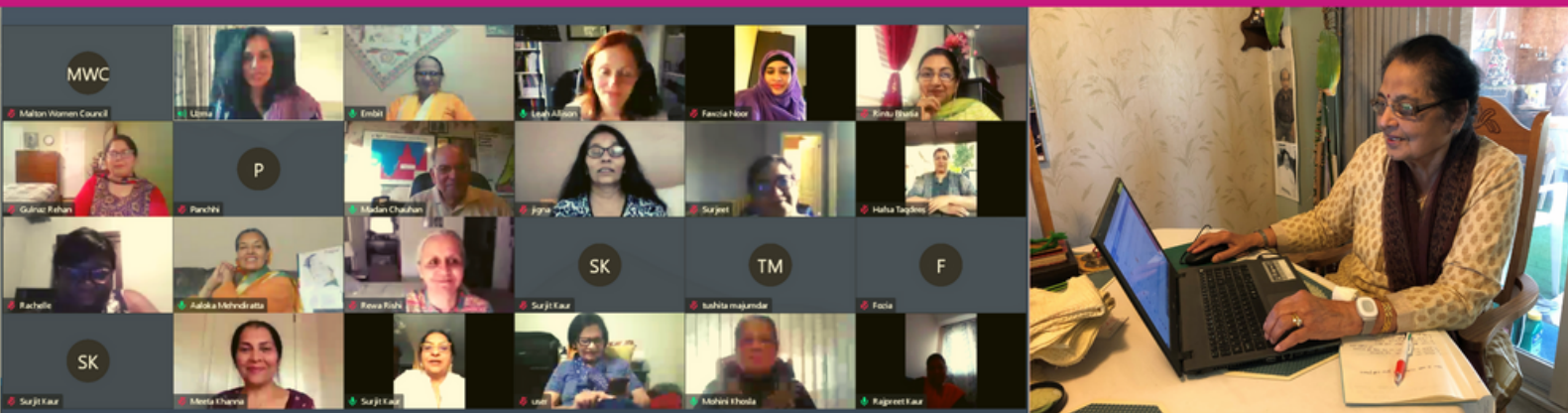
Namrta is a registered psychotherapist and founder of Talk Heals Psychotherapy.

<https://talkheals.ca/>

ANNUAL GENERAL MEETING-2021



MWC Annual Report 2020



The Annual Report 2020 is available on our website: <https://mwc.community/annual-reports>



Malton Women Council is honored to be a part of developing an online course on gender-based violence for frontline workers who work with South Asian communities.

The course, **Understanding Patriarchy and Patterns of Gender-based-Violence in South Asian Families** focuses on Physical, emotional psychological and financial abuse in South Asian families. This is an educational initiative by Fozia Tanveer from Immigrant Women's Information Network (I WIN). It was a great learning to work six months on a joint venture to develop 5 hours course with partner organizations like PCHS and Human Endeavor.

This course is divided in 5 following modules:

Module 1: Introduction of the concepts- Understand the concept of patriarchy. Understand what domestic abuse is. What constitutes domestic abuse?

Module 2: Patriarchy and its impact on South Asian immigrant community in Canada. Understand South Asia specific patriarchy and its linkages to gender-based violence. How it impacts the familial practices?

Module 3: Challenges specific to South Asian immigrant women in dealing with domestic violence- Understand the challenges faced by South Asian women and how they impact their access to available help.

Module 4: Breaking down the barriers (How to make the system work for South Asian Communities). Understand how the existing system can be improved to help the targeted group in battling gender-based violence.

Module 5: Building Connections and using the current system to develop holistic social work approaches to tackle domestic abuse in South Asian Communities. Understand how creating new connections and ongoing support can help the targeted group.



Malton Women Council's Peer ambassadors and other volunteers have completed the course as part of their professional learning. **Dr. Arshi Ali, a registered psychotherapist, says "The course was highly informative and engaging. This course broadened my knowledge and further heightened my understanding regarding the various dents of gender-based violence in South Asian Families. Now, I am capable and competent to identify gender-based violence and can provide support to South Asian women. This course is an added boost to the support lens"**

The course can be accessed on I-WIN's website: <https://immigrant-women-s-information-network.teachable.com/>

If I Were In charge of the World

**If I were in charge of the world
I'd cancel gossip,
disrespectful bullies,
Insecurities, and also
Jump scares.**

**If I were in charge of the world
There'd be more time to sleep,
Less smelly skunks, and
More Marvel movies.**

**If I were in charge of the world
You wouldn't have impolite,
You wouldn't have unenergetic.
Or "Put on your mask, we need to be careful of Covid - 19."
You wouldn't even have Covid - 19.**

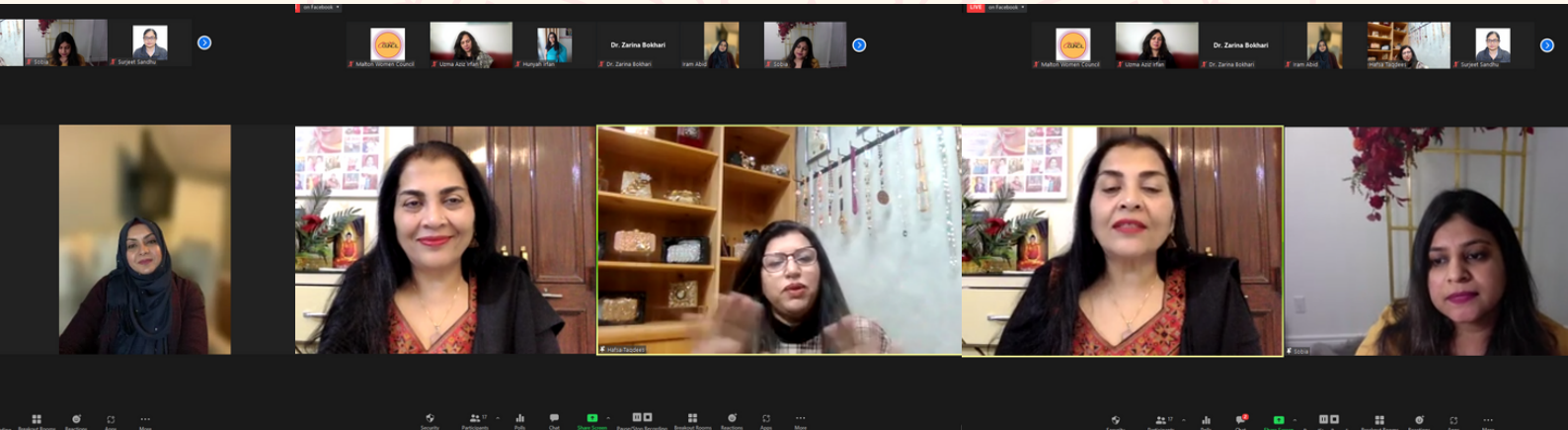
**If I were in charge of the world
A spooky and dreadful-looking spider
would be looking delightful and harmless.
All expensive things would be cheap.**

**And a person who sometimes forgets to do chores,
And sometimes forgets to lock the front door,
Would still be allowed to be
In charge of the world.**

Zaina Dhawan, 11 years

Inspired by the poem 'If I Were in Charge of the World' by Judith Viorst

SOUTH ASIAN WOMEN IN BUSINESS SERIES



Malton Women Council is proud to present 'South Asian Women in Business(SAWIB) Series'; whereby we spotlight South Asian women who have made a significant mark across the diverse business communities in Canada. Please join us every Friday, at 6pm (EST), as we learn from the inspiring journeys of these incredible women.



Friday, December 10, 2021

6.00pm-8.00pm

ZOOM MEETING

MWC PROUDLY PRESENTS

SOUTH ASIAN WOMEN IN BUSINESS

Malton Women Council is proud to launch the South Asian Women in Business Series, whereby we will spotlight South Asian women who have made a significant mark across the diverse business communities in Canada



MODERATOR

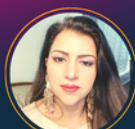


Meeta Khanna
SINGER, ANCHOR, WRITER,
& ENERGY HEALER

OUR GUEST SPEAKERS



Iram Abid
VISUAL ARTIST,
CALLIGRAPHER, MURAL &
RESIN ARTIST



Hafsa Taqdees
JEWELLERY DESIGNER



Sobia Anwar
EVENT DECORATOR

REGISTRATION

Please Contact:
info@mwccommunity.com or 647-391-9668



**LIVE ON
FACEBOOK**



Friday, January 14, 2022

6.00pm-8.00pm

ZOOM MEETING

MWC PROUDLY PRESENTS

SOUTH ASIAN WOMEN IN BUSINESS

Malton Women Council is proud to present the South Asian Women in Business Series, whereby we spotlight South Asian women who have made a significant mark across the diverse business communities in Canada.



MODERATOR

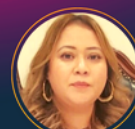


Meeta Khanna
SINGER-ANCHOR-WRITER &
ENERGY HEALER

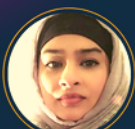
OUR GUEST SPEAKERS



Chitrlekha Potnis
EDUCATIONIST-ENTREPRENEUR
PRESIDENT- PEEL COLLEGE OF
PROFESSIONAL STUDIES



Zaib Gilani
HAIRSTYLIST-
AESTHETICIAN
OWNER-VENUS SALON



Fawzia Noor
PARALEGAL-CONFLICT COACH
OWNER- NOOR LEGAL
SERVICES

REGISTRATION

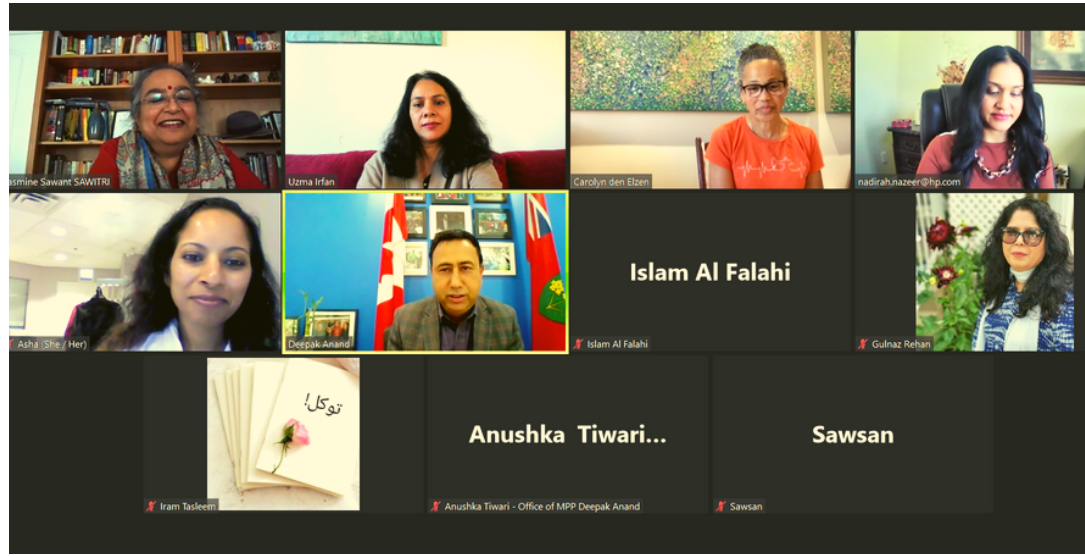
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info@mwccommunity.com or 647-391-9668



**LIVE ON
FACEBOOK**



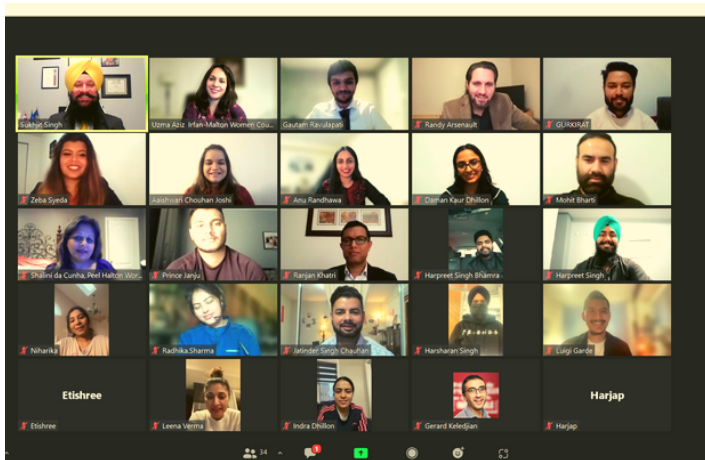
**MEHAR-
I AM STILL ME**



**STITCH IN
TIME-SAWITRI**



MYIESHA SOL STORIES



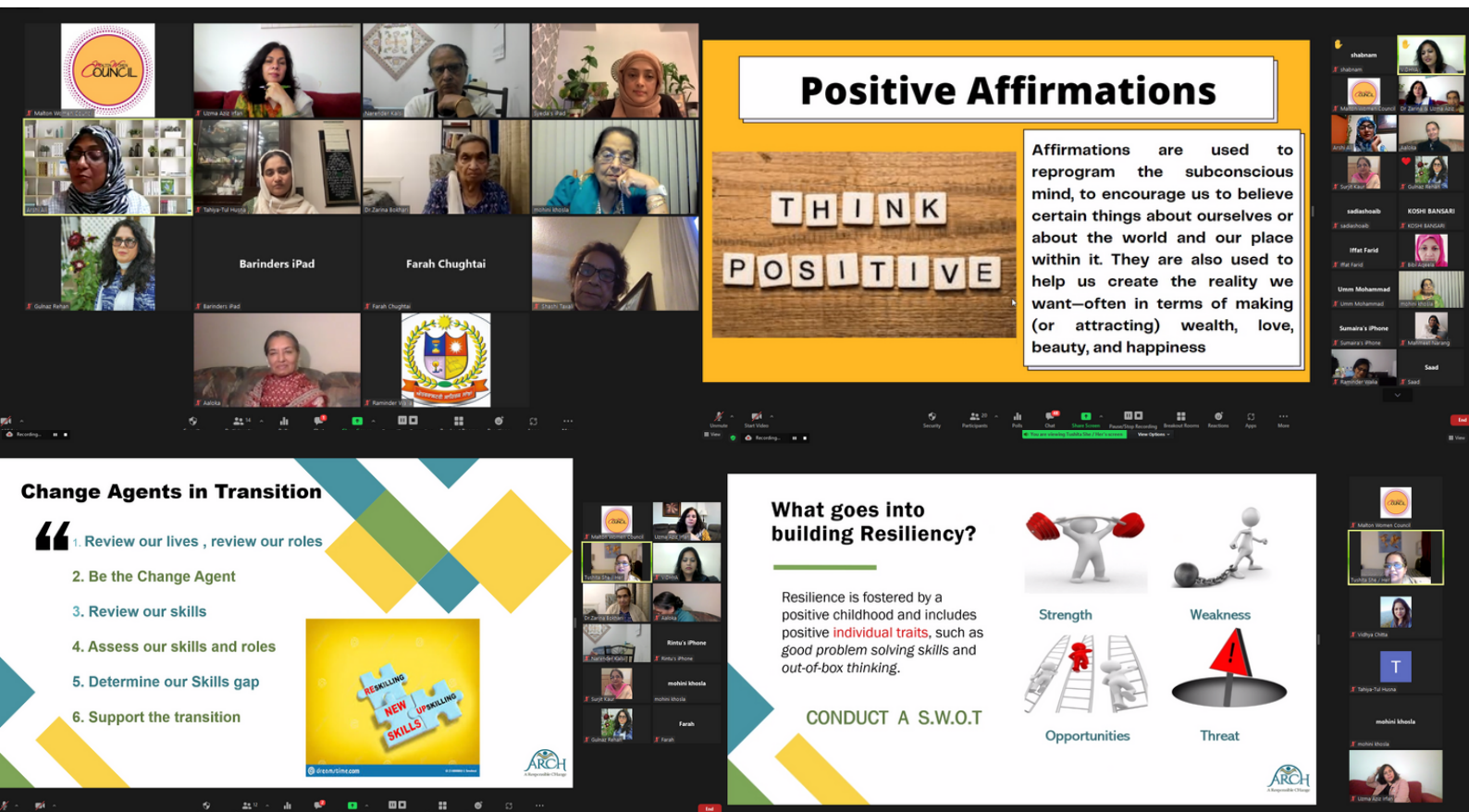
**1ST ANNIVERSARY OF
SUCCESS AND INNOVATION**



**ROTARY CLUB OF MALTON-
MISSISSAUGA**

ROAD TO RECOVERY, REBUILDING AND RESILIENCE

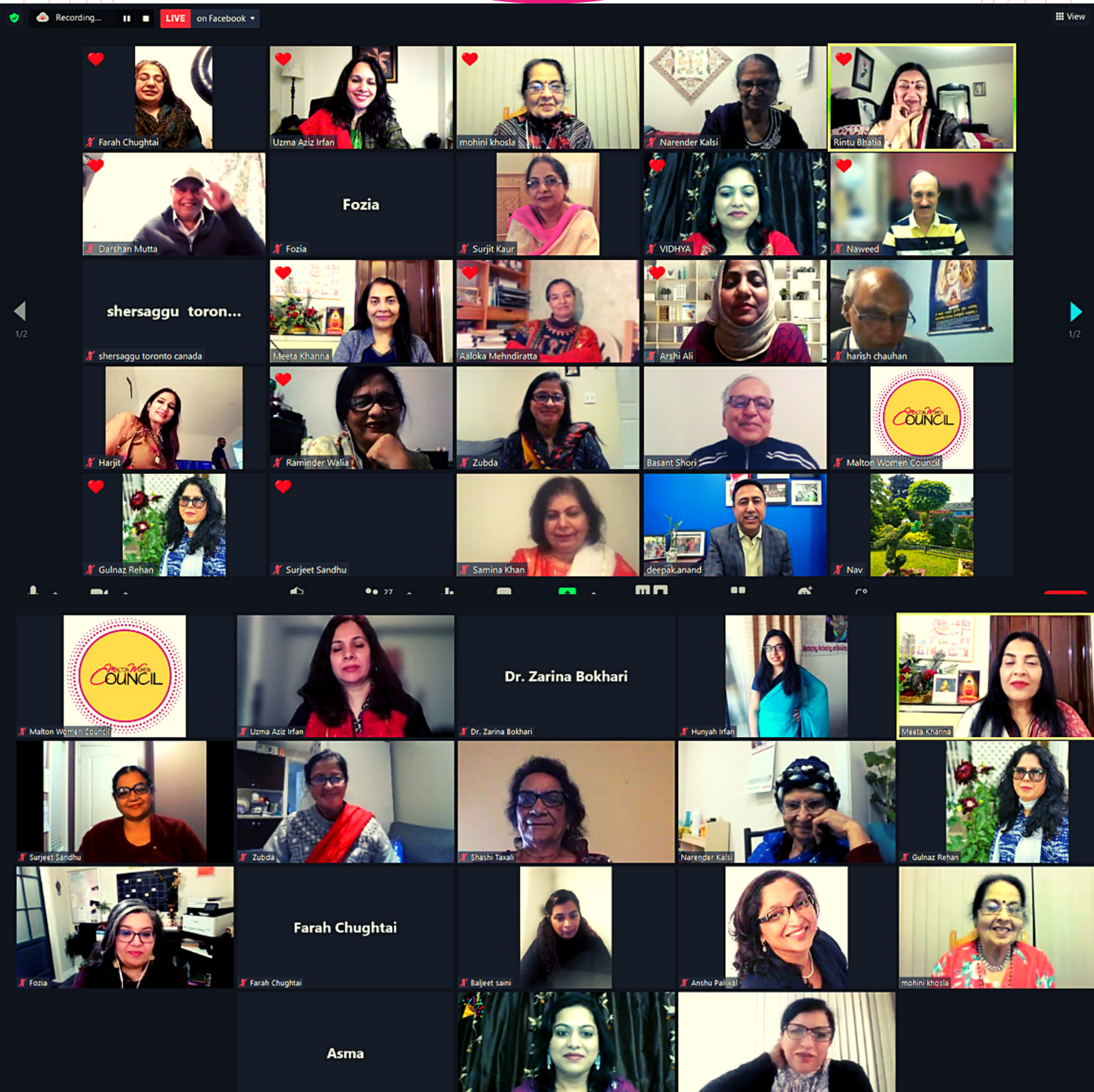
Funded by Ontario Trillium Foundation, the Road to Recovery, Rebuilding, and Resilience Project helped build the capacity of staff, volunteers, board members, and service users to deal with the aftermath of COVID-19. Over a span of 12-months, a series of workshops, training, and support sessions were conducted in the areas of mental health, peer support, mindfulness and self-care, trauma recovery, change management and resilience building.



“

"It promotes mental health and resilience. It also helps people take initiative in their own mental health and well being." (from a session attendee)

Farewell to 2021



THANKS TO ALL OUR GUEST SPEAKERS, PRESENTERS & TRAINERS



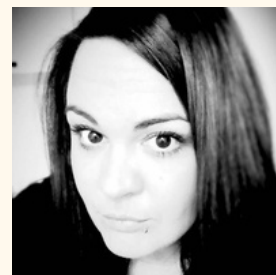
Parm Saran



Nivedita Shori



Fozia Murtaza



Isabelle Rivaletto



Julia Alpin



Syeda Zehra



Claudia Moore



Deepti Gupta



Asma Khan



Shveta Pathak



Sukhjot Singh



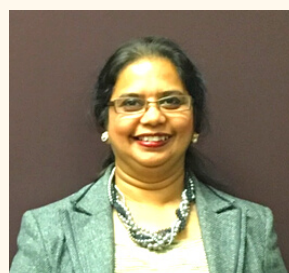
Ankita Alemona



Gulnaz Rehan



Dr. Arshi Ali



Tushita Majumdar



Manmeet Narang

THANKS TO ALL OUR GUEST SPEAKERS, PRESENTERS & TRAINERS



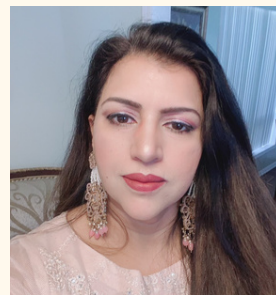
Meeta Khanna



Sobia Anwar



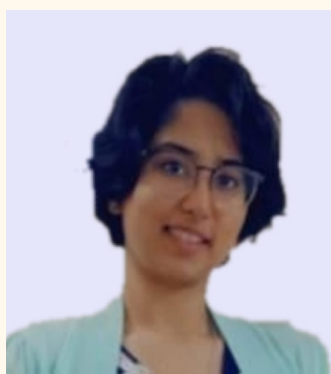
Iram Abid



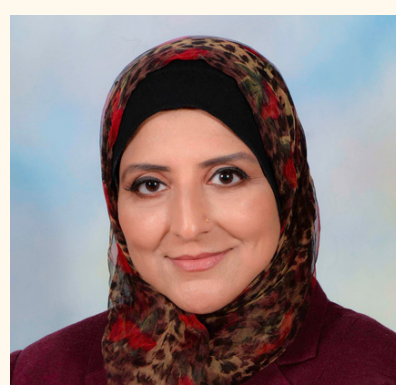
Hafsa Taqdees



Noshaba Rani



Osheen



Tazeem Inam



Dr. Faisal Saeed



Seema Anwar



Rintu Bhatia

MAHWISH AHMAD

AMBER KHALID

TAHIA DAR

GURPREET KAUR

KARAMJIT KAUR

MICHELLE SILAGY

MWC acknowledges the financial contributions of:



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Employment and
Social Development Canada

Canada

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

 **Region of Peel**
Working for you

PLEASE CONNECT WITH US:

Website: www.mwc.community

e-mail: info@mwc.community

Phone: 647-391-9668

Facebook: Malton Women Council (MWC)

Instagram: [maltonwomencouncil](https://www.instagram.com/maltonwomencouncil)

**Malton Women Council's
11th Annual International Women's Day Event**



**SATURDAY,
MARCH 19, 2022, 10AM
ZOOM**

www.mwc.community