

CONNECT@MWC COMMUNITY
April 2021 Newsletter



**“You are not a drop in the ocean,
you are the ocean in a drop”
.....Rumi**

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ROAD TO RECOVERY, REBUILDING AND RESILIENCE

by Uzma Irfan, Executive Director

Now that we have spent over 100 days in 2021, lived over 365 days of unprecedented times and learnt the art of mute and unmute, techniques of dealing with Zoom fatigues and witnessed the magic and mystery of a brand-new era; it is the time to work towards rebuilding our today for a better tomorrow.




The current priorities of Malton Women Council as these relate to COVID-19 recovery; are to build the capacities of women and provide them with culturally sensitive supports in the areas of physical and mental health and well-being; gender-based violence; social and cultural connections; economic security and community resource navigation.

This will be achieved through our ongoing programs, our recently funded projects and through collaborations with various community, health, social services, and faith-based organizations. Our weekly online Women Wellness Program will continue to raise awareness and provide information and resources to promote overall health and well-being of women. In addition, we will also provide Mental Health First Aid Training to our volunteers and staff to equip them with knowledge and tools to provide initial support to those experiencing mental health crisis, before they are connected to next level of care.

Through our online arts based and cultural programs, we will continue to provide the much needed social and emotional support during these tough times. Through OTF funded project named Mentorship Connections for Success, Malton Women Council will provide mentorship; skills building training and resource linkages to newcomer women who aim to build careers in their respective professions, in the Canadian labor market. As part of Strong Roots, Strong Wings, a WAGE funded capacity building project, we will provide skills building training to women in the areas of leadership; social enterprise; and entrepreneurship; thereby enabling their economic development.

We are confident that our ongoing efforts, together with the support received from our staff, volunteers, community partners, funders, and other stakeholders will allow us to support women in their journey of recovery and re-building post COVID-19.

Celebrating Women's Stories of Resilience



Every year in the month of March, MWC celebrates International Women's Day (IWD) to acknowledge and recognize the immense contributions of women in different spheres of life, ranging from homes and families to communities, businesses, politics and other diverse sectors. This year on March 13, 2021; we celebrated our 10th Annual International Women's Day Event, with the theme of 'CELEBRATING WOMEN'S STORIES OF RESILIENCE'. It was an exciting online event filled with stories of strength, courage and sacrifice; artistic performances and entertainment!

The whole event is available on our YouTube Channel: [YouTube/Malton Women Council](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8)

ED's Speech at MWC's 10th Annual IWD

We stand tall, to stay, to sway and to soar!!!

"And here I am standing tall in front of all of you on our 10th Annual International Women's Day and reflecting MWC's Journey from our last International Women's day, March 8, 2020 till today. I am standing tall with pride, with all other Dots of MWC to stay, to sway and to soar....as we, Malton Women Council, passed the hardest test of resiliency during the last year.

We came together and stayed tighter in the roughest and toughest times of our lives, we built together a comfort place of our own, known as Malton Women Council Virtual Hub.

We stretched our limits to the maximum to create our story. A story to tell, a tale to share and to cherish with others, and to mark this story as our legacy, the best legacy of resilience.

Was it easy, No, not at all....

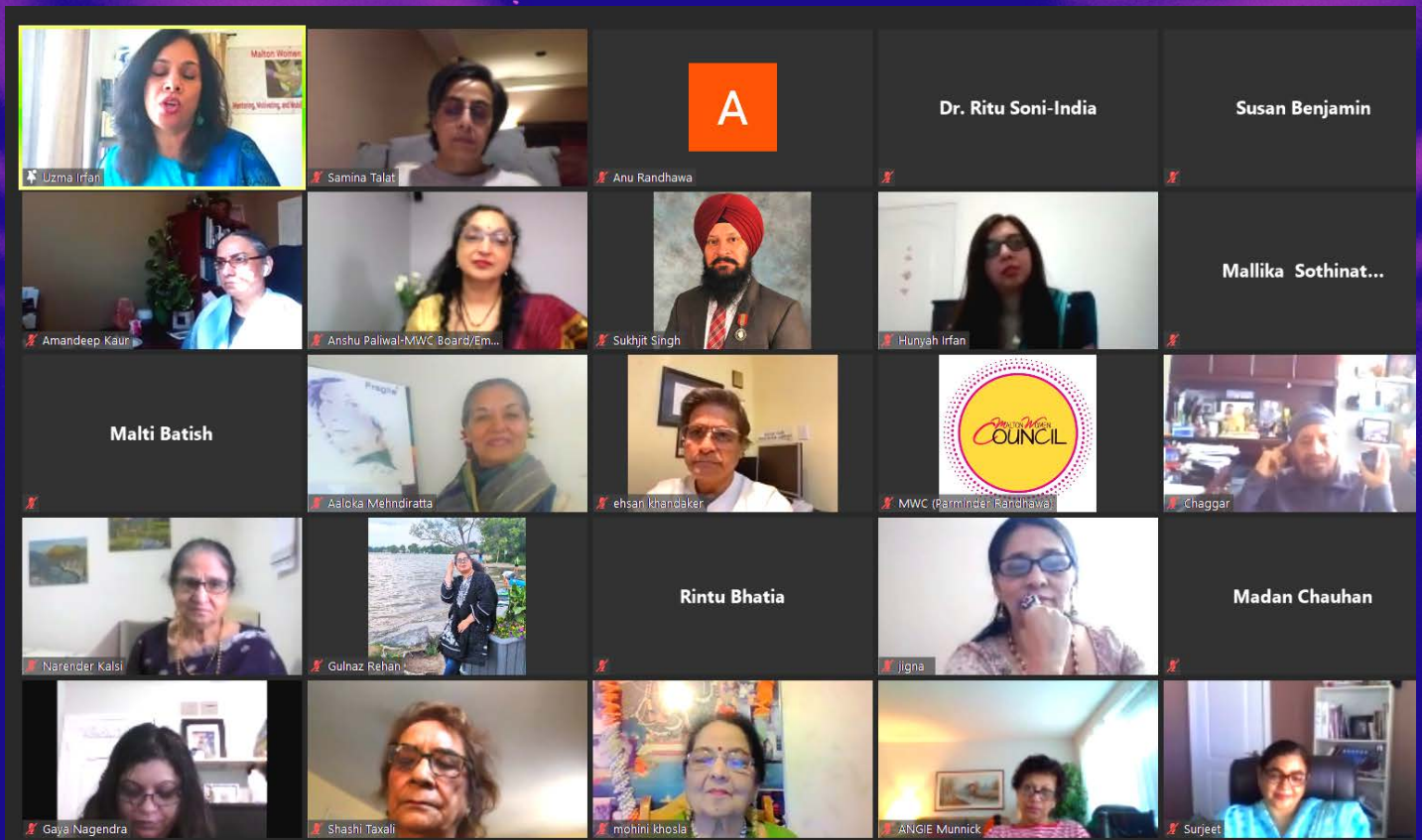
With your permission Dr. Khalid Sohail, I am borrowing your four lines:

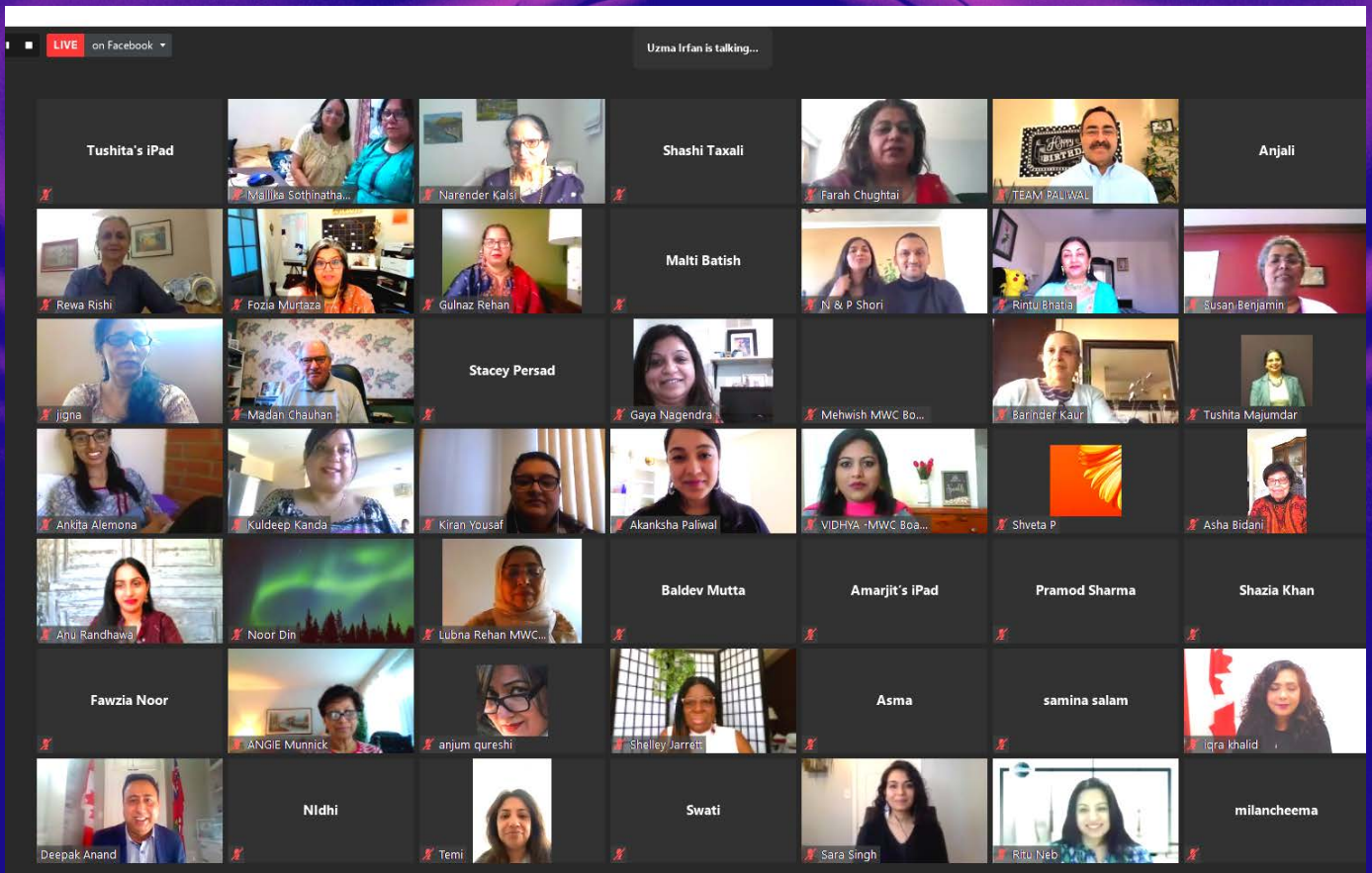
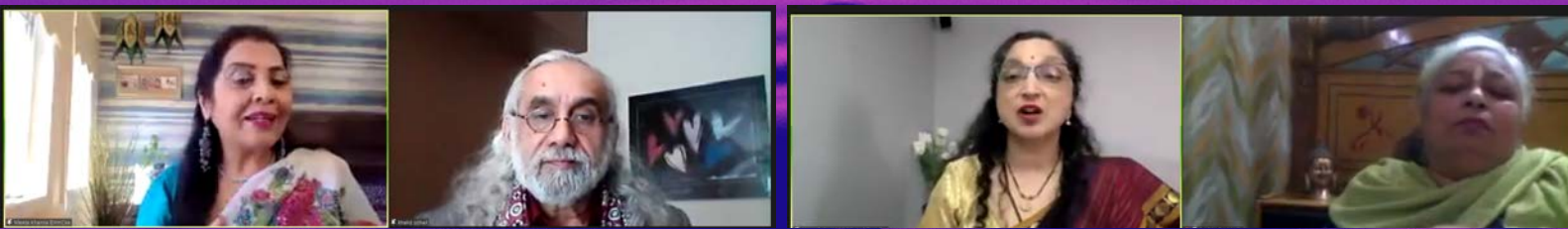
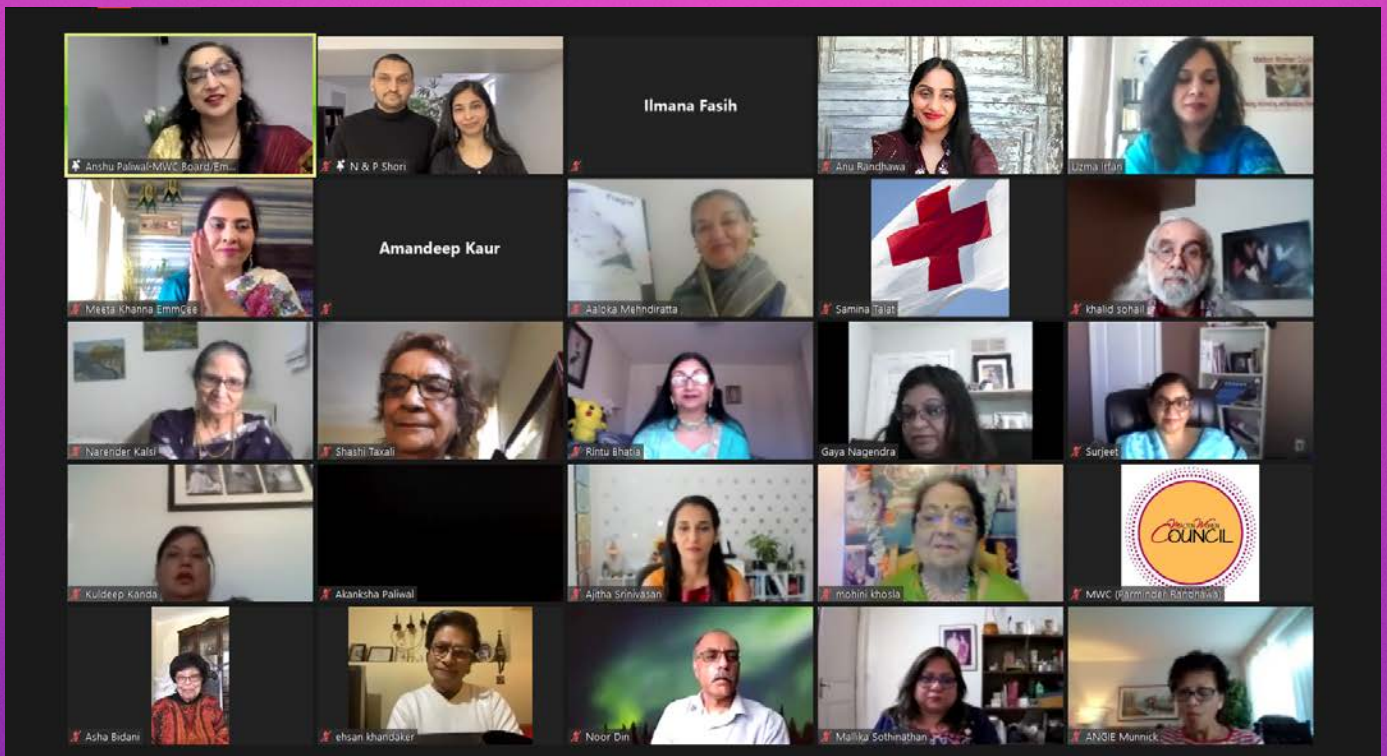
IT WAS INTENSE, IT WAS UNIQUE, IT WAS EXTRA ORDINARY, IT WAS FULL OF ECSTASY

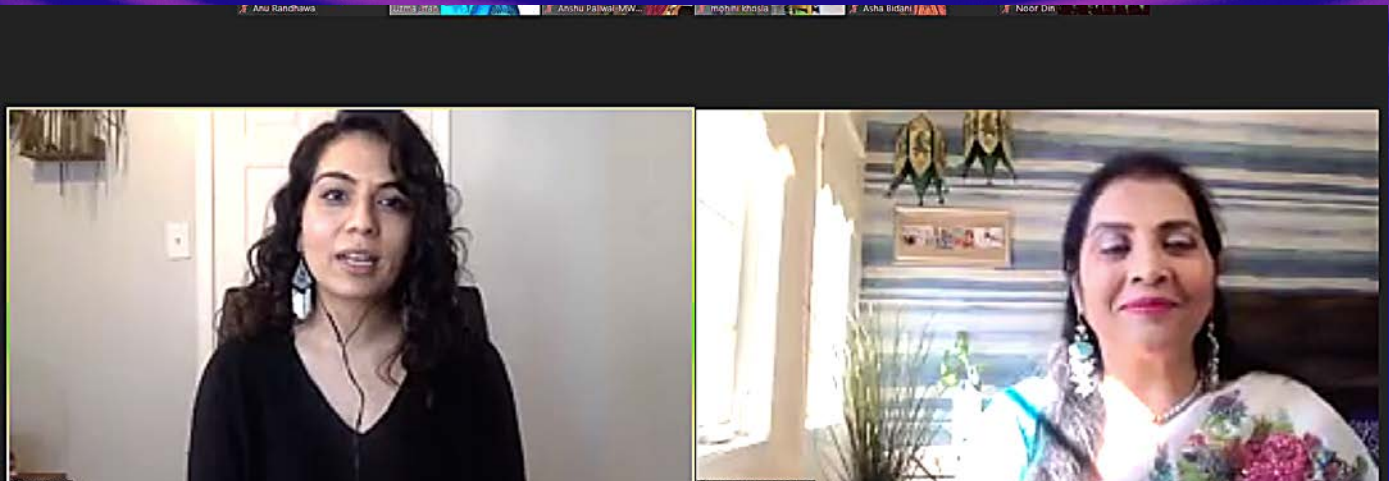
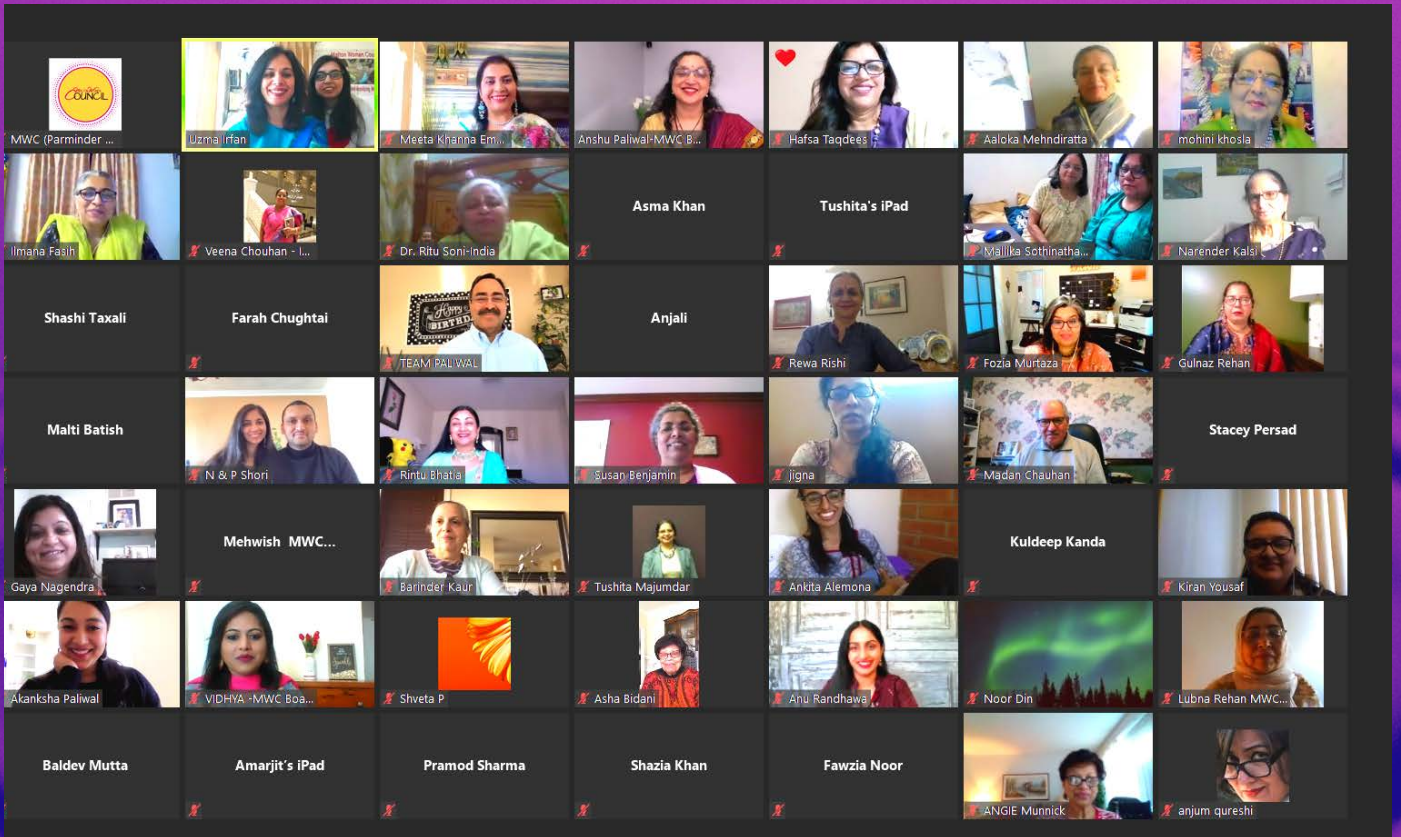
And for that quest for the best, to experience that ecstasy, we questioned many things and dug deeper and deeper to find the answers. We knew that we need to explore to grow.

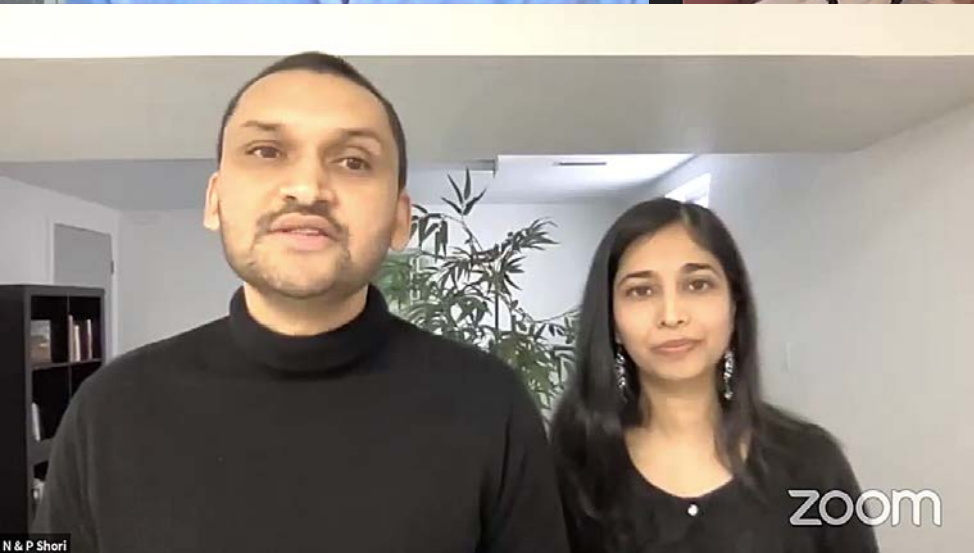
We, as fearless spirits challenged our adaptability, to evolve from normal to new normal. We made a statement of resilience by experiencing and experimenting whatever was there for us. We did not miss a single Friday session and delivered 128 group sessions in 9 months. We accepted and overcame all the obstacles and hurdles in front of us in this journey".

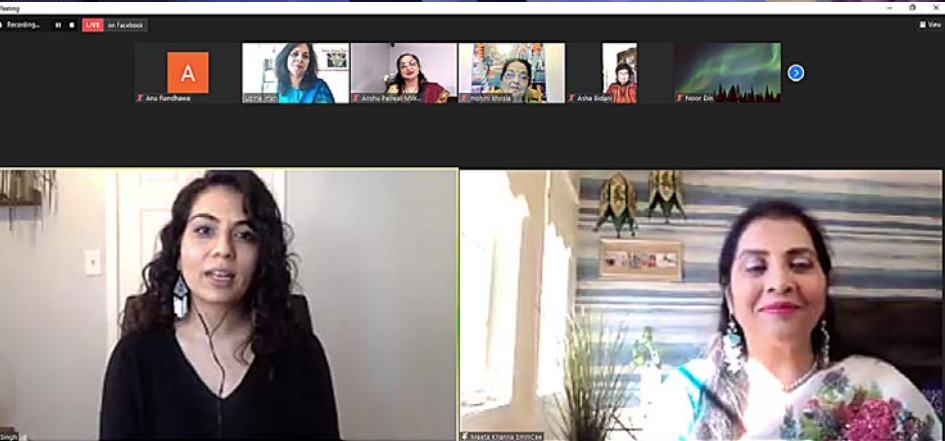
We stand tall, to stay, to sway and to soar: This line is part of the poem 'A Toast to Our Strength' by Nivedita Shori







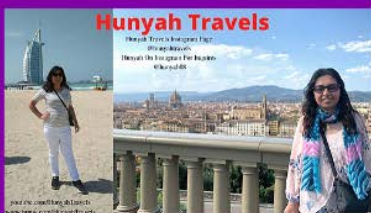




THANKS TO OUR IWD 2021 SPONSORS



Special Thanks To Our IWD 2021 Sponsors



Gulnaz Rehan

Surjeet Sandhu

Meeta Khanna

Farrah Chughtai

MENTORSHIP CONNECTIONS FOR SUCCESS

Mentorship Connections for Success (MCS) is a 1-year project funded through Ontario Trillium Foundation.

The project will provide mentorship; skills building training and resources linkages to newcomer women who aim to build careers in their respective professions, in the Canadian labour market.

The program will match the newcomer women with experienced mentors from diverse professions, who will provide guidance, information and connections to the mentees that would clarify and strengthen their career paths. Through one on one mentorship and support, skills building training and networking event, the newcomer women will be equipped with tools and resources to become and stay employed. The project will be delivered using a hybrid service delivery model which will include both virtual and in-person components.

**Ontario
Trillium
Foundation**



**Fondation
Trillium
de l'Ontario**

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



MENTORSHIP CONNECTIONS FOR SUCCESS

A Project of Malton Women Council

OPENING DOORS FOR YOU!!!

- Get connected to a mentor in your field of choice
- Learn to navigate through the Canadian System
- One on one and group sessions with mentors
- Fields include Healthcare, Education, Social Services, IT, Banking, Entrepreneurs
- Series of skill building workshops (Social Media, Presentation Skills, Boundaries, Workplace Harassment, Resume Writing, Networking and more)
- Linkages with Post Secondary Institutions and Staffing Agencies



YOU NEED TO BE:

Internationally Trained Professional

Newcomer South Asian Woman

18 plus of age

Resident of Mississauga or Brampton

For more details, please contact Asma Khan, Project Coordinator at:

asma@mwc.community

647-860-2206

Ontario Volunteer Service Awards Les Distinctions de l'Ontario pour services bénévoles



PROGRAM | PROGRAMME

O Canada | Ô Canada

Greetings from the Premier of Ontario
Salutations du premier ministre de l'Ontario
The Honourable Doug Ford | L'honorable Doug Ford

Greetings from the Minister of Heritage, Sport, Tourism and Culture Industries
Salutations de la ministre des Industries du patrimoine, du sport, du tourisme et de la culture
The Honourable Lisa MacLeod | L'honorable Lisa MacLeod

June Callwood Outstanding Achievement Award Recipient
Récipiendaire de la Distinction June Callwood pour contribution bénévole exceptionnelle

**Through Service, We Realize the Oneness
Amongst the Self, the Humanity and the
Universe”**

**Congratulations to all the volunteers of Malton
Women Council who were recognized at Ontario
Volunteer Awards Ceremony, on February 25,
2021.**

**Aaloka Mehndiratta, Amrit Sandhu, Anu
Randhawa, Hafsa Taqdees, Parminder Randhawa,
Samina Khan, Surjeet Sandhu, and Virsa Irfan
were 8 of the 6,700 volunteers across Ontario who
were being recognized for their outstanding
volunteer contributions towards a combined total
82,377 years of volunteer service.**

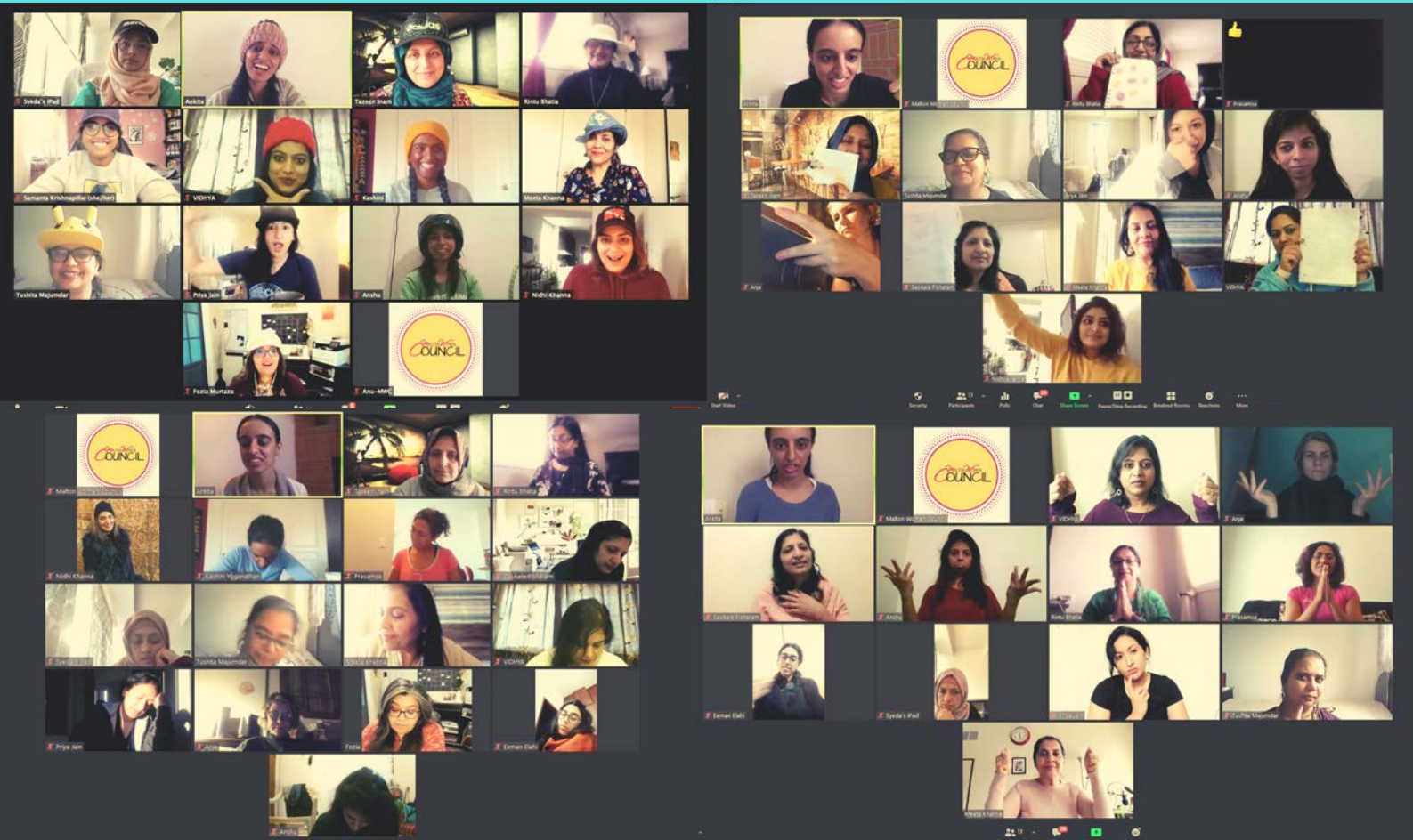
**“Life’s most persistent and urgent question is, ‘What are you doing
for others?’” (Martin Luther King, Jr.)....and volunteerism is the
answer!**



EXPERIMENTS IN CREATIVITY

.....in collaboration with Nautanki Creations

In this 8-week project, participants were provided opportunities to play with different modes of artistic expression to develop skills in creative thinking. They learnt ways to articulate a vision through art, while developing their own artistic work(s), using writing tools and exercises as an entryway into the creative process. Our special thanks to Ankita Alemona for making this project a huge SUCCESS!





EXPERIMENTS IN CREATIVITY

.....*FROM OUR PARTICIPANTS*



“THE CREATIVE ADULT IS THE CHILD WHO SURVIVES”

Kashini Yoganathan

An artist, like many others, tend to keep their inner flame hidden and locked away for so long. Rediscovering that flame felt like a lost cause. Until one day she realized that there is magic waiting for her. To keep the flame from burning out felt like a daunting task. “I haven’t felt the warmth of my flame in so long” she thought to herself.

Yet all the inner work she has done up to point would now allow for her negative ego to win. Her artist flame calling out to her, she decided to unlock the door and let the light out. She was hesitant and overwhelmed. Years and years of ideas and desires came flooding out. She stood tall, welcoming them all with open arms and an open heart.

Slowly she started experimenting and diving into different means of expression. She felt her inner flame getting stronger and brighter. Creating was a privilege, a past time, she once thought. Now she knows it is her fuel.

Her fuel for living, her fuel for being. There is so much beauty all around waiting to be shared and appreciated. She slowly started to trust herself, setting time aside each night to rediscover what moves her and how to keep her flame burning.

Creating her true self, painting the visions of her life with fresh new paint. She began to create again. She began to truly and fully live again.



TAKE CHARGE OF YOUR LIFE

Vidhya Chitta

Everyone wants and wishes for a beautiful life. But only those have it who take efforts to create the life they wish for. Its ok if you are not perfect. Its ok if you are not the prettiest. Its ok if you are not the smartest. Its ok if you are not the most successful person. It's ok, it's perfectly alright. Its ok to be normal. But it is your own choice, either to live like an ordinary person or like an extraordinary one.

When writing a story of your life don't let anyone hold the pen. Do it yourself. You can always be what you want to be. If you don't know anything then learn it. You can acquire new skills, new habits and talent. Do what you like and be the person you love to be. You can not choose what you were in past as that is not in your hands now but you can always choose to be what you want to be in future. That's totally in your hands. Don't get scared of failures. Don't stop when you are pushed out of limits. Stay strong and keep going. There is always a light at the end of the tunnel.

Don't let others define you. Don't let past confine you. Take charge of your life with confidence and determination. You are different, you are unique. Do something great with your life. There are no limits on what you can do. Be in charge of your own life. Lead yourself. Reach at the destination you always dreamed to be, as no one other than you can do it better than you. Be your own Hero. Be your own motivator. Be your own Dream woman. Work hard and fulfill all your dreams and desires as you are born to Sparkle...!



I AM.....

Rintu Bhatia

I Am... I am Alive. I am Blessed. I am a beautiful person inside out. I am in charge of myself and no one can dictate my path besides me. I only compare myself to myself. I am going to make myself proud. I am in a journey to become the best version of myself. I am doing my best and that's enough. I am working towards making a life I love ♥.

I deserve Love. I love and forgive myself.

I'm thankful and grateful for the good in my life I am thankful what I have. I am working on developing better habits. Everyday I am becoming stronger.

I am releasing all negative emotions from my system and letting go of bad thoughts. I am transforming. I am a warrior. I am proud of myself for trying all these. I am better than yesterday. I am improving my life. I am not afraid to be different. I am powerful. I am creative. I am creating positive changes in all aspects of my life. I'm grateful for the lessons life has given me. Now I am ready for the new day. I am Irreplaceable.

I am focused on being the best I can be. I am Unstoppable. I am Special. I am Valuable. I am Love. I am Unique. I am grateful for supporting friends and a loving family.

Last not the least.....

I AM AWESOME....

I AM PRESENT.



MOTHER INDIA.....

Meeta Khanna

My poem is in 'Hindi-typed in Roman' based on the painting called 'Mother India' by the famous painter Padam Shri M.F.Hussain.

Agar mai hoti hissa
Tumhare is shahkaar ka
Tumhare sath
In anoothe kirdaaron ke sang
Sabhi tatvon ke beech kahin
Dikhti shayad nahin par
Gum nahin hoti
Mai hoti uman se bhari
Nachti see jhoomti see
Azaad Mast
Mai hoti pani si nishchhal
Behti jati waqt ke sath
Nauka see, lehren par
Mai hoti kahin barhi-boorhi
Koi lathi koi sahara khojti
Ghoomti rehti phir bhi
Pahiye see, nirantar , lagaataar, anavrat
Mai hotisooraj see roshan
Chamakdaar, garmi aur urja se bhari



Mai akaash see vishal hoti
Antariksh mai kahin
Aur ant mai
Mai hoti Budha see
Shaant bilkul shaant
Us Divya Shakti ke sath leen
Apne Astitva ko
Pehchanti, Samajhti
Swayam ko swayam se milwati
Aur poori tarah se
Unmukt evam prassannchit

PARTNERSHIP PROJECTS



A Starfish Collective Initiative
making a difference
one starfish at a time
in collaboration with





GIFT
Growing | From Today
MY STORY

JOIN US IN A FREE, IMMERSIVE, HANDS ON VIRTUAL ARTS PROGRAM

Engage in self-reflection and build your individual storyboard. Recognize how exceptional you really are!

Focused on reducing isolation through the arts for women. Our primary focus is women of colour, new immigrants, young mothers, single women and seniors.

The program focuses on building confidence, explores creative self-expression, and captures your unique cultural heritage. You will gain personal insight, while using visual art, theatre and movement as tools to identify core strengths and stressors.

Register for the full program with
Uzma Irfan
Malton Women Council
uzma@mwc.community

FRIDAYS - MARCH 5, 12, 19 and 26
2:00 pm to 4:00 pm
Registration means your attendance for the full program, i.e. all four sessions is required.

Art supplies will be provided.



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario



AIM
artists in momentum



Sawitri



SAMPRADAYA
DANCE CREATIONS



Virtual Arts Program with Sawitri Theatre Group

Proud Supporter of Moksha Canada Foundation's Spring Fest



MOKSHA
CANADA FOUNDATION

Spring FEST

CELEBRATING CANADA'S
MULTI-CULTURALISM

**THANK YOU FOR BEING OUR
COMMUNITY SUPPORTER**



 @mokshacanada
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  @mokshacanada

COMMUNITY PROJECTS

SENIORS FUN HOUR
Join us for an afternoon of fun & bonding!

Host,
MPP Deepak Anand

Special Guest,
Minister of Seniors
& Accessibility

Free & Open to all

February 2nd 3 pm - 4 pm
Pre-register - <https://bit.ly/35ZLfpF>

Special Origami Workshop by
Malton Women Council

Deepak Anand
MPP, Mississauga-Malton
deepak.anandco@pc.ola.org | (905)-696-0367
@DeepakAnandMPP



SENIORS' FUN HOUR WITH MPP DEEPAK ANAND

Inviting All South Asian Students and Parents to: "Making My Way Career Workshop"

Guidance for Higher Studies for Middle and High School Students & Parents
An interactive prospectus on How to Select Best Programs & Careers!

LEARN FROM THE VERY BEST ABOUT:

Post-secondary pathways and Career Choices, University, College,
Apprenticeship Programs, Scholarships & Grant Applications, High School
Course Selections and Non-Academic Programs

DATE: Saturday, March 6, 2021 & Sunday, March 7, 2021



TIME: 1:00 - 5:00 p.m.

WHERE: Virtually.

ADMISSION: FREE



REGISTER AT:

https://www.eventbrite.com/e/making-my-way-career-workshop-tickets-139943108605?utm_source=eventbrite&utm_medium=email&utm_campaign=post_publish&utm_content=shortLinkNewEmail

FOR MORE INFORMATION:

Email Gaya @ programsrotary@gmail.com
Or MBDA @ maltonbda20@gmail.com

PRESENTED BY:



DANCING WITH SPRING with MOONHORSE DANCE THEATRE



MOonhORsE Dance Theatre in collaboration with Malton Women Council is offering a 6-week movement course led by senior professional dance instructors. Participants will be guided in through physical warm-ups, exhilarating movement exercises and simple creative tasks. These workshops offer the many benefits of dance to your health and well-being.

APRIL 12-MAY 17, 2021
MONDAYS, 1:00PM- 2:00PM
ZOOM MEETING

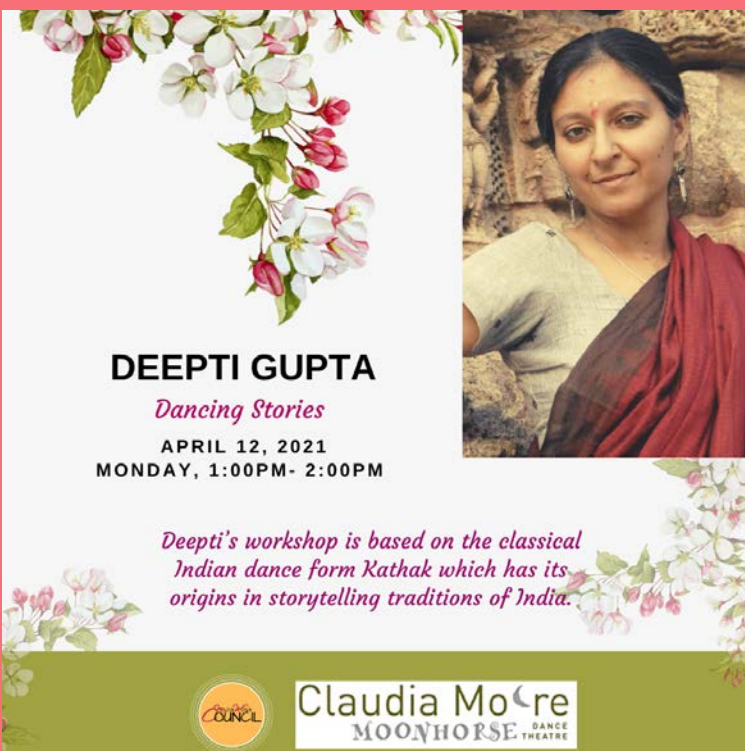
(The 1-hour session includes check-ins, a 30-minute class, and discussions)

For registration, please contact:

Nidhi Baadkar at 289-544-7916 or e-mail at nidhi.baadkar@gmail.com


www.moonhorsedance.com

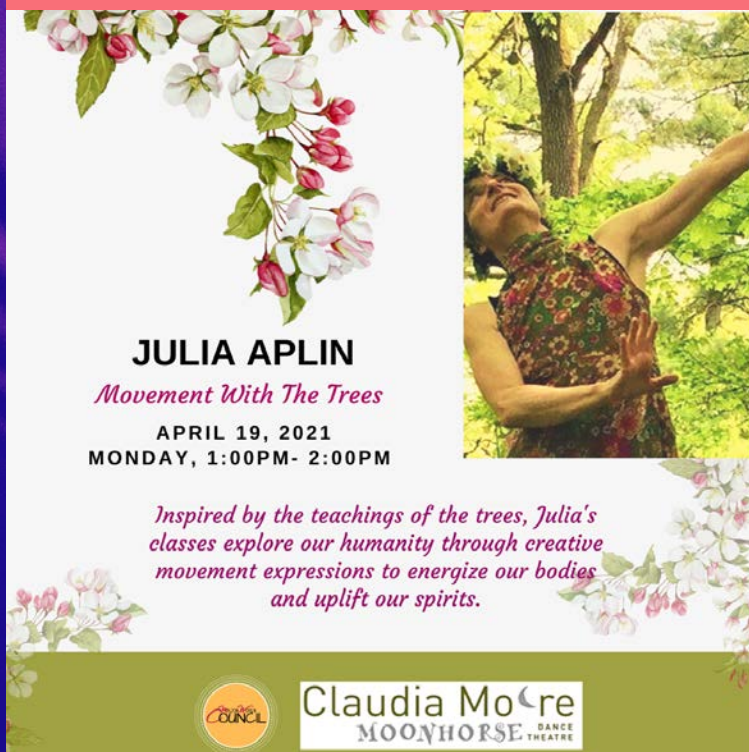
www.mwc.community



DEEPTI GUPTA
Dancing Stories
APRIL 12, 2021
MONDAY, 1:00PM- 2:00PM


Deepti's workshop is based on the classical Indian dance form Kathak which has its origins in storytelling traditions of India.


 **Claudia Moore**
MOONHORSE DANCE THEATRE



JULIA APLIN
Movement With The Trees
APRIL 19, 2021
MONDAY, 1:00PM- 2:00PM


Inspired by the teachings of the trees, Julia's classes explore our humanity through creative movement expressions to energize our bodies and uplift our spirits.

 **Claudia Moore**
MOONHORSE DANCE THEATRE



CAROL ANDERSON
Mindful Motion
APRIL 26, 2021
MONDAY, 1:00PM- 2:00PM

Performed seated, spherical movements integrate breath, motion and movement patterns that fully articulate the spine and contribute to supporting the many health benefits of dynamic alignment.

 **Claudia Moore**
MOONHORSE DANCE THEATRE

DANCING WITH SPRING with MOONHORSE DANCE THEATRE



CLAUDIA MOORE

Dance Your Body, Move Your Heart

MAY 03, 2021
MONDAY, 1:00PM- 2:00PM

These classes feature gentle physical warm-ups based on tai chi, low-impact aerobic exercises using simple stepping patterns and movement phrases incorporating upper body gestures.



ANKITA ALEMONA

*The Warrior Within-
"Fear is Inevitable, so is the Fearlessness"*

MAY 10, 2021
MONDAY, 1:00PM- 2:00PM

This workshop will draw inspiration from the Hindustan Kalari Sangam style of Kalaripayattu, an ancient form of martial arts & psycho-spiritual practice from Kerala, South India.



Claudia Moore
MOONHORSE DANCE THEATRE



Claudia Moore
MOONHORSE DANCE THEATRE



NATASHA POWELL

Vernacular Jazz

MAY 17, 2021
MONDAY, 1:00PM- 2:00PM

From the Charleston to the shimmy, to Snake Hips, to the Suzy Q, we'll dance to some snazzy rhythms while learning the moves and grooves of original jazz dancing.



Claudia Moore
MOONHORSE DANCE THEATRE

THANKS TO ALL OUR GUEST SPEAKERS AND PRESENTERS.....



Meeta Khanna



Fozia Murtaza



Shveta Pathak



Lubna Khalid



Dr. Khalid Sohail



Rana Khan



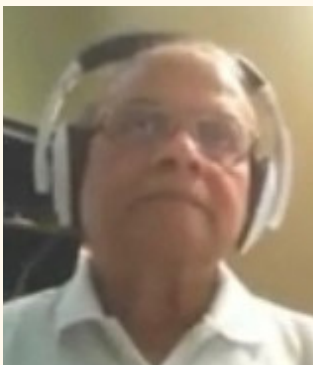
Gaytri Kalia



Surjeet Sandhu



Vidhya Chitta



Mohan Damle



Namrta Mohan



Jawaaid Danish



Abhinav Jain



Samia Anwar



Shahzaib Khan



Syeda Zehra



Dr. Jamshaid Gul

FOR NEW AND ASPIRING BUSINESSWOMEN



MALTON WOMEN COUNCIL (MWC)
Proudly Presents

The 5 Rules for Business Success!

A self-paced online course
for aspiring and new
business women!



This 4-week online course comprises of following 5-modules which must be completed to receive certificate of completion:

- BUSINESS CONCEPTS
- ONLINE MARKETING
- BOOK-KEEPING/FINANCE/TAX PLANNING
- LEGAL OBLIGATIONS
- SOCIAL MEDIA (CREATING A BUZZ)

March 29 to April 26, 2021

For MWC members only

ONLY 10 SPOTS!!

First come, first serve

This course is brought to you
by Malton Women Council in
collaboartion with:



Funded by:



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada

To register, please e-mail at info@mwc.community
www.mwc.community

WE CONTINUE TO SERVE THROUGH OUR ONLINE/VIRTUAL SERVICES



MWC PROGRAMS ARE AVAILABLE ONLINE

Every Friday at 6.30 pm

1st Fridays: Women Wellness Session

2nd Fridays: Chit-Chat & Chai

3rd Fridays: Rooh Say Rooh Tak-Creative Expression Cafe

4th Fridays: Suno Sakhi Women Circle

5th Fridays: MWC Entrepreneurship Program

Every Wednesday, 4-6pm

All is Well-Wellness Program for
Older Adults and Seniors

Mentorship Connections for Success

Mentorship Program for
Foreign Trained S. Asian Women Professionals

Connect With Us

Phone: 647-391-9668

E-mail: info@mwc.community

Website: www.mwc.community



Malton Women Council (MWC)

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

MWC acknowledges the financial contributions of:



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



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)

National Volunteer Week!

April 18-24, 2021



The Value Of One The Power Of Many

All of your volunteer work is greatly appreciated.



*Thanks for all
you do..*

*Thank you for all
your time and hard
work..*

*Your example is an inspiration to
others seeking to serve..*