



CONNECT@MWC COMMUNITY

January 2021 Newsletter

A Toast To Our Strength

Like the resilient ice
Refusing to melt with the warming snow,
Like the last dewdrop
Testing how long before the sun will make it go.
For all to see — our strength we'll show.
Like a stubborn grey strand
Peeking through thick, dark hair,
Like the last leaf on autumn's branches
Clinging tight, as if saying, "I dare".
Unstoppable — we'll triumph with flair.
Like thunderous clouds
That roar before they pour,
Like the fragrance that wafts in
From underneath a closed door.
We stand tall — to stay, to sway, to soar.
~ Nivedita Shori



CONNECT@MWC COMMUNITY

Quarterly Newsletter

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BOUNCING BACK STRONGER!!!

by Uzma Irfan, Executive Director

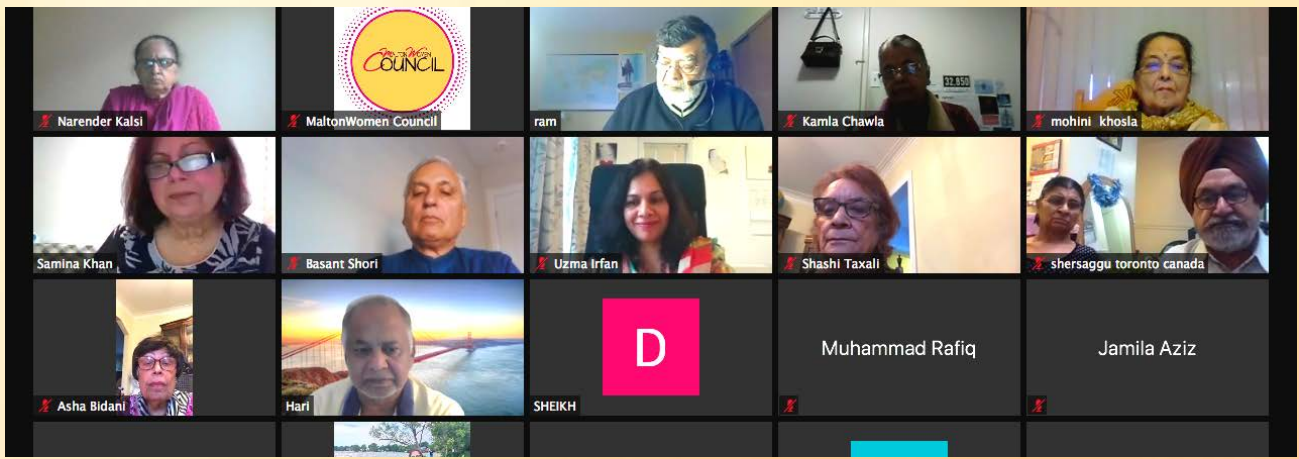


As we are embark 2021 with gratitude, humbleness, and hope, I must reflect upon 2020.....what a year we had.... A year like no other!. In the words of Dickens, " It was the epoch of belief, it was the epoch of incredulity".

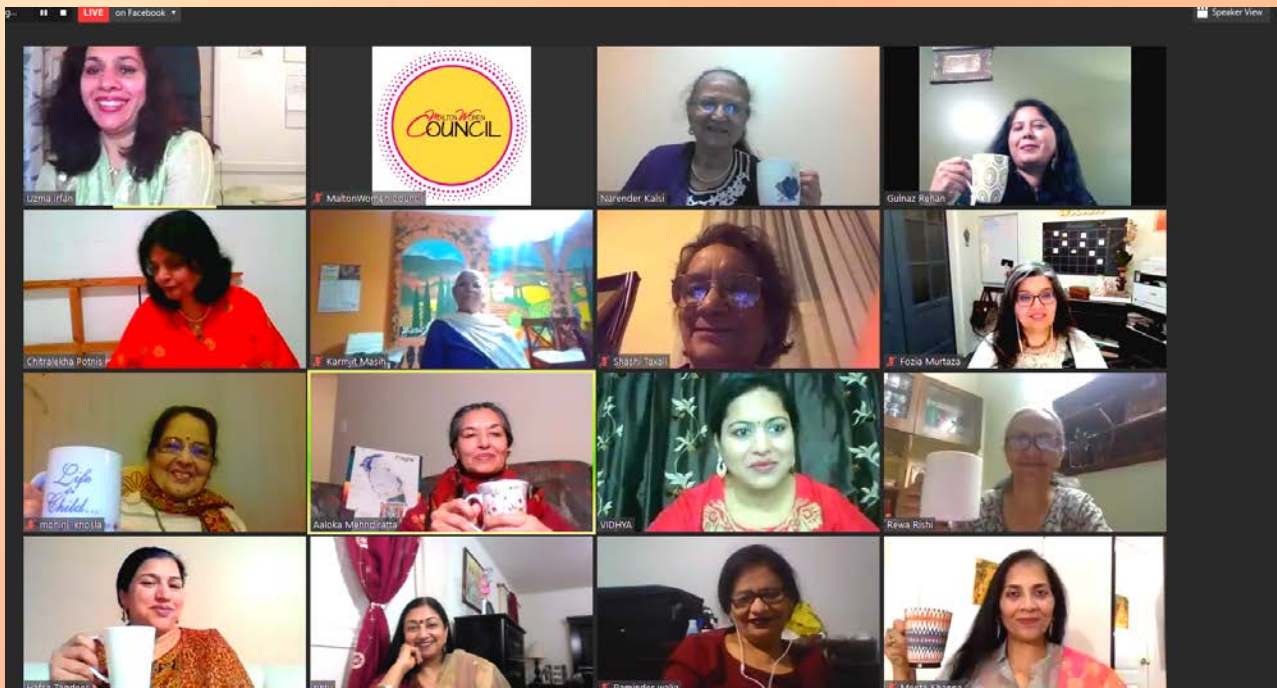
A year where we as a community strived to be there for each other as we fought and overcame new challenges. I am grateful to the Universe that Malton Women Council had the strength and resources to rise to the occasion and serve our communities in need . Amid uncertainty and vagueness, MWC continued to support hundreds of families locally as well as globally by making the best use of technology. Through live streaming of our formal and informal programming, Zoom meeting sessions, phone calls, What's App group interactions, e-mails, and video-conferencing ; MWC maintained the continuum of support for communities. I cannot thank enough to all our staff, volunteers, community supporters, partners, and funders who contributed towards making this daunting task achievable.

With resilience as a core organizational value, Malton Women Council is positively looking forward to 2021, where we will continue our efforts to support women, families and communities to bounce back stronger! MWC is grateful to all our funders for their financial contributions to help us build the capacities of for our organization, service users and communities.

I will conclude my message by thanking all of you for your trust in my skills and abilities to steer the organization during these challenging and most difficult times. I look forward to our continued journey towards MWC's vision of 'Empowered Women, Empowered Communities'.



Staying Safe, Connected, and Informed



....While Staying Home!!!



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

Virtual Wellness Connections

Peer Support Program for
Youth and Women

Virtual Support Systems

IT Training & Supports for 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

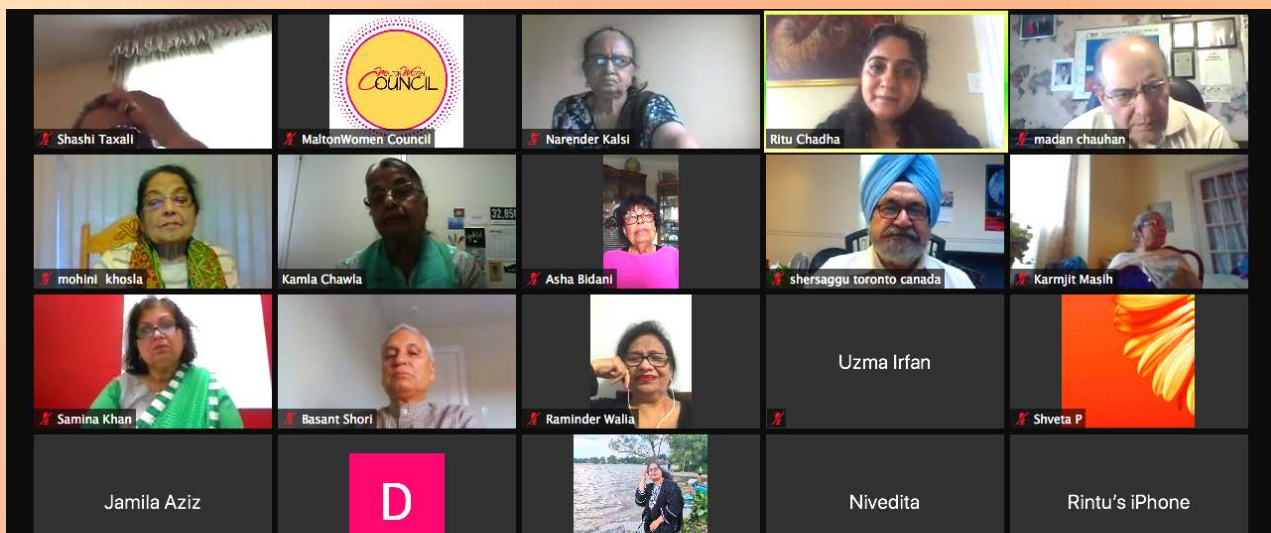
Website: www.mwc.community

 Malton Women Council (MWC)

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



Information & Awareness Sessions



Virtual Social Connections





Health and Well-Being Sessions



Community Resource Linkages



Cultural and Spiritual Connections

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

EASY IT WAS...

by Surjit Kaur

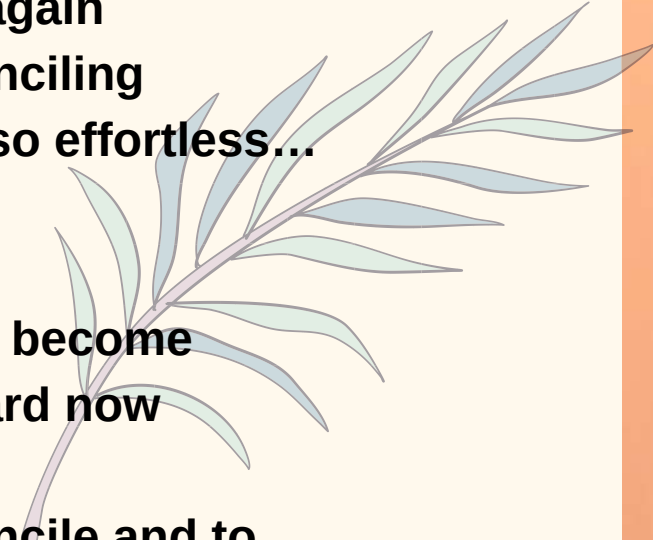


O' friend
Do you remember?
How easy it was!
To fill colors
In all seasons
With infectious Smile
Of the Mind's youthful age
In the adolescent stage!!!

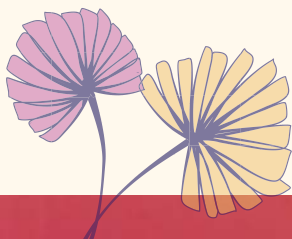
Easy it was
To turn delicately
Effortlessly
And so smoothly
To catch the wings
Of breeze in the spring!

Effortless it was
To control
Uncontrollable storms
With the magic of
Words so warm

And equally effortless
It was
To sit in the lap of LIFE
To talk of things and 'nothings'
And roll over with laughter
To heart's delight
Forgetting life's STRIFE...
Complaining
Grousing
Grumbling
And again
Reconciling
Was so effortless...



But
It has become
So hard now
To
Reconcile and to
Reach an agreement
After hours of arguments
Over Philosophies divergent
Fighting like fools
With Mind's silly tools
To find MEANING of LIFE
And its endless strife!





MWC's ANNUAL GENERAL MEETING October 16, 2020



MWC Board of Directors 2020-21

				
Lubna Rehman President & Chair	Anshu Paliwal Board Member	Mehwish Javed Secretary	Tehmina Haq Treasurer	Vidhya Chitta Board Member

HAPPINESS IS A CHOICE

Vidhya Chitta

If you don't have happiness in your life; try to create it yourself. Find out what you like to do, what are your hobbies and passions. What makes you truly happy. If you like reading do it, if u like painting start doing it, if you like singing then sing your favorite songs, take guitar or piano lessons. If you like to spend time with friends and family; visit them, talk to them.

And my favorite one help a needy or less fortunate person. Be kind, be helpful, be funny, do something which will make a sad person happy. There is no greater joy than helping others and seeing smile on their faces. This will make your soul happy, satisfied and content like nothing else.

You can have everything in your life and still be unhappy or you can have nothing and still be happy all the time. Happiness is a choice. It's the result of the choices and decisions we make in life. Be wise and make right choices. Don't let the pain or injuries caused by the situations or hammer of life break you. Instead take efforts to learn to overcome this pain or obstacles and carve yourself into a masterpiece as you are the sculptor of your life.



PROUDLY LAUNCHING....



MALTON WOMEN COUNCIL PROUDLY LAUNCHES

EXPERIMENTS IN CREATIVITY

In this 8-week project, participants will be invited to play with different modes of artistic expression to develop skills in creative thinking. They will learn what it means to articulate a vision through art, and be given the opportunity to develop their own artistic work(s), using writing tools and exercises as an entryway into the creative process. This course will use Julia Cameron's The Artist's Way as a guidebook, to assist creators in harnessing their creative skills and talents. Though all forms of artistic expression will be tapped into, participants should have an interest in writing as this will be our main entry point throughout the course; no prior experience necessary. **Requirements:** 1 notebook with only blank pages, pen for writing, colored pencils / crayons, etc.


EVERY SATURDAY, STARTING JANUARY 16, 2021, 10AM TO 11.30AM (EST)
ZOOM MEETING

SESSION FACILITATOR: ANKITA ALEMONA OF NAUTANKI CREATIONS



TO PARTICIPATE, YOU NEED TO BE:
A WOMAN WITH INTEREST IN WRITING
16+ YEARS OF AGE
AVAILABLE TO ATTEND ALL 8 SESSIONS

REGISTER AT:
info@mwc.community
647-283-2121

www.mwc.community



ANKITA ALEMONA



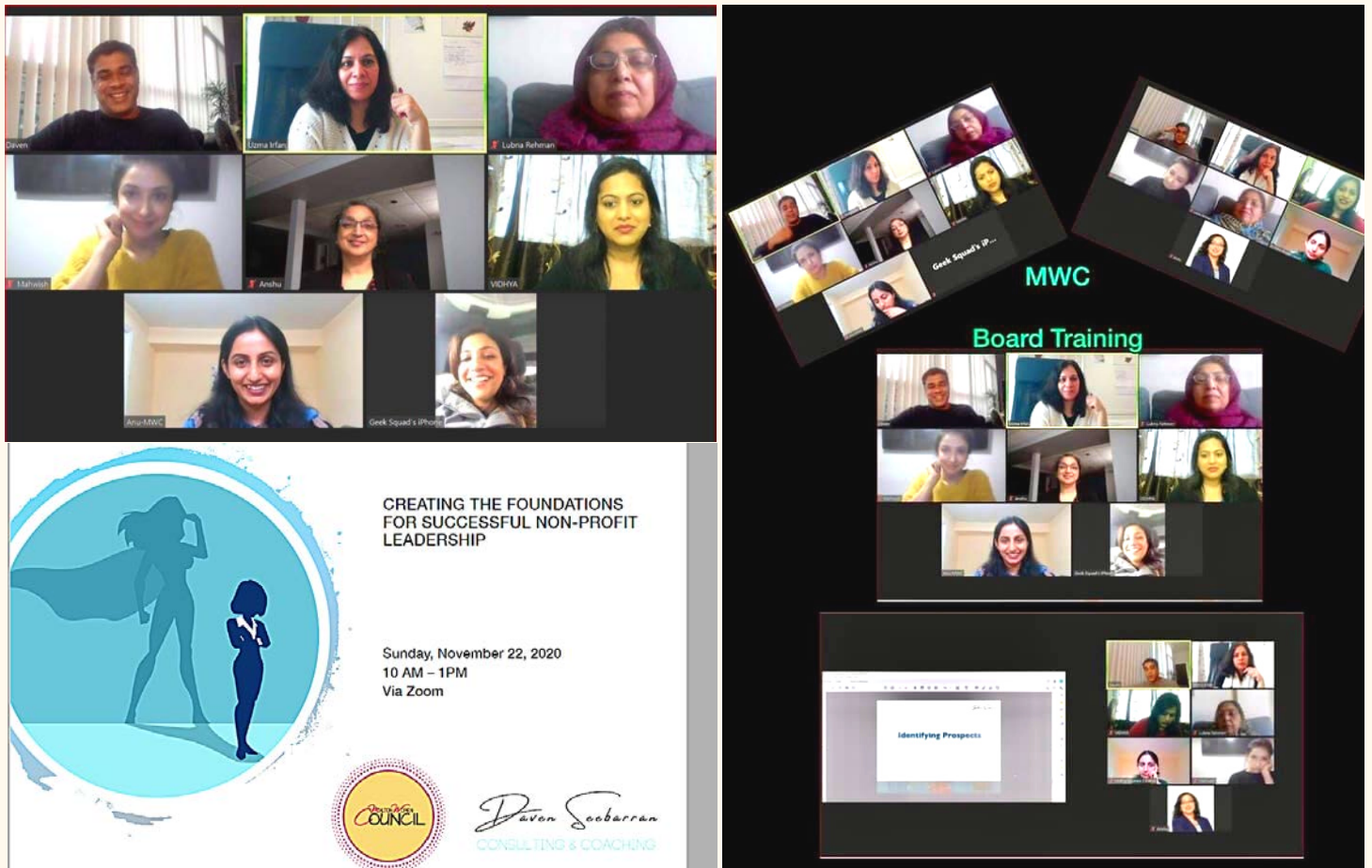
Ankita Alemona is an interdisciplinary artist & founder of Nautanki | नौटंकी | Creations. She has over ten years of experience working in arts education and has a deep love for creative exploration; as such, she thoroughly enjoys helping people discover, communicate with and re-connect to their inner artist. She graduated with distinction in Theatre, Drama & Performance from the University of Toronto and more recently, completed the Diploma program at Attakkalari's Centre for Movement Studies in Bangalore, India. An avid learner, Ankita herself is constantly "taking courses in something or the other" (to quote a dear friend of hers) and is very much looking forward to facilitating these sessions, during which she will share some favourite tools & exercises she's collected over the years to help you tap into your creativity!

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STRONG ROOTS, STRONG WINGS PROJECT



GOVERNANCE 101 TRAINING

The Strong Roots, Strong Wings Project funded by Women and Gender Equality Canada (WAGE) aims to build the organizational capacity in the areas of strategic planning; human resources and governance; operational planning; financial management; partnership development and performance measurement, evaluation, and innovation. As part of this project, the Board of Directors of Malton Women Council received 2-day training from External Consultant to better understand their roles (visionary, financial and accountability), including types of boards, board sub-committees, keys to effective governance and fundraising plan. The training also provided the Board with knowledge and tools to gradually move from an operational board to strategic/policy board. Our sincere thanks to Daven Seebarran for facilitating these training sessions.

STRONG ROOTS, STRONG WINGS PROJECT



ORGANIZATIONAL SUSTAINABILITY TRAINING

As part of the Strong Roots, Strong Wings Project; the staff and Board of Directors of Malton Women Council received 2-day training on sustainability and social enterprise. The training focused on understanding the key characteristics of sustainable organizations; understanding traditional and non-traditional fundraising strategies, including social enterprise. Our sincere thanks to Noor Din, Executive Director of Human Endeavour for sharing his knowledge, experience and expertise related to organizational sustainability and social enterprise.

"For charitable nonprofits, the phrase "sustainability" is commonly used to describe a nonprofit that is able to sustain itself over the long term, perpetuating its ability to fulfill its mission. Sustainability in the nonprofit context includes the concepts of financial sustainability, as well as leadership succession planning, adaptability, and strategic planning"...National Council of Non-Profits

WHAT ARE YOU SOWING

by Shveta Pathak



My conversations with my grandmother, more often than not, revolve around how happy she used to be in the years when she had numerous things at hand to do, kids to raise, household to take care of and a world of things to deal with. Our talks are usually interspersed with stories from the past and her general dis-satisfaction with the way things are going. Health problems, not enough work, people around not having enough time to talk to her, and so on and so forth.

A chat with my friend in the US is often quick, with us mostly talking about how hard things are with no time for ourselves, tonnes of things to handle and how there is always a desire to reach that place, a wait for that day when we won't have so much to do!

No awards for guessing at what this leads us to. And that is the “power of now”. Now is the only moment we have, it's the only treasure, it is the only power we have! There is absolutely no control you can exercise on any other moment than NOW. So now, you choose. How do you want to use this treasure? You may complain, you may hate, discriminate, be jealous, angry, resent things around you, or, you may choose in this moment love, joy, peace, wholesomeness. Of course, the ways to either of these paths are many. Remember, what you are sowing, you will reap.

What are you sowing in this moment?

FROM OUR SERVICE USERS.....

"Team MWC have done so much during this pandemic helping communities and the response is overwhelming. I am feeling so happy, lucky, proud and honored to be a part of MWC.

I love the passion and dedication of MWC members who are always there for the team balancing their busy personal and successful professional life.

They have lit a fire back in me which had cooled down due to personal life tragedies, traumas and depression. They have given me place to speak, smile, learn and grow in life".

by-V.C.



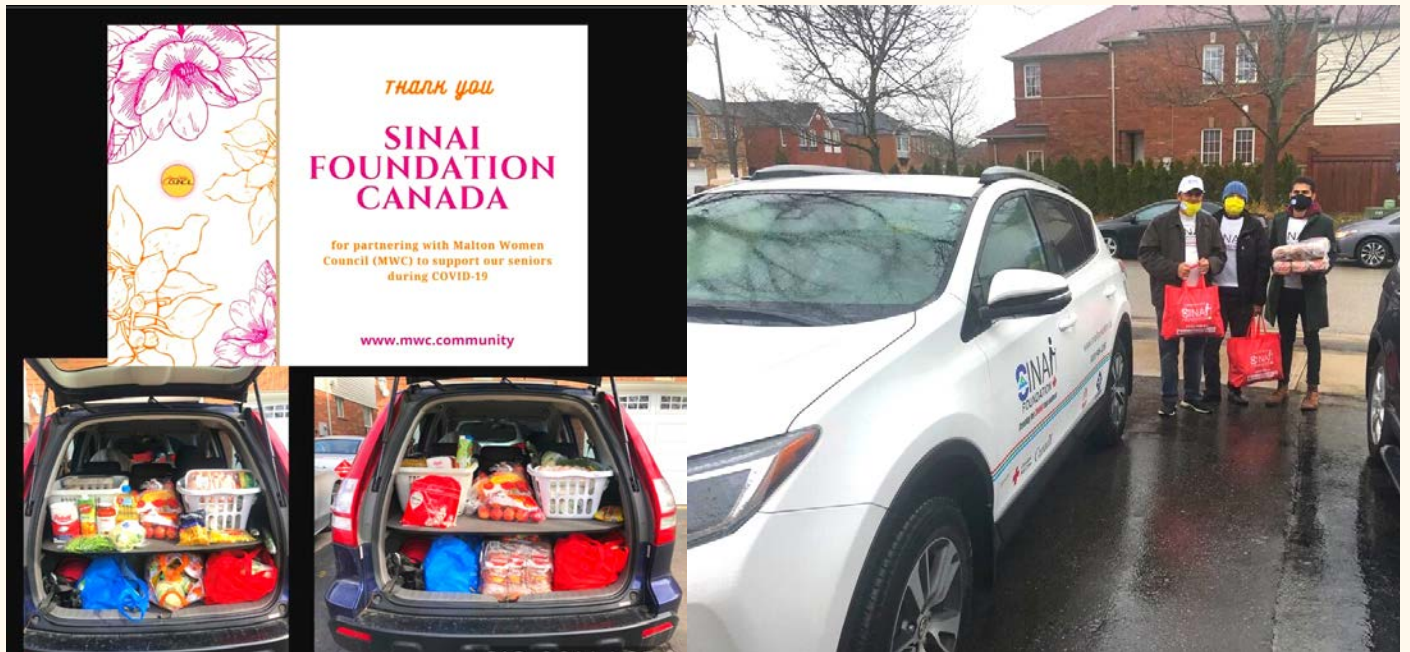
"The Weekly Program organized by Malton Women Council is highly appreciable. Due to Covid situation, we had been locked down over the last several months and we were feeling very bored and lonely. During such times, weekly events of MWC became a key to make us active, happy and social.

Samina Ji and Uzma Ji and the entire team planned the weekly events very sincerely. They invited guest speakers who presented information much relevant to our happy living and wellness in an atmosphere of healthy discussion.

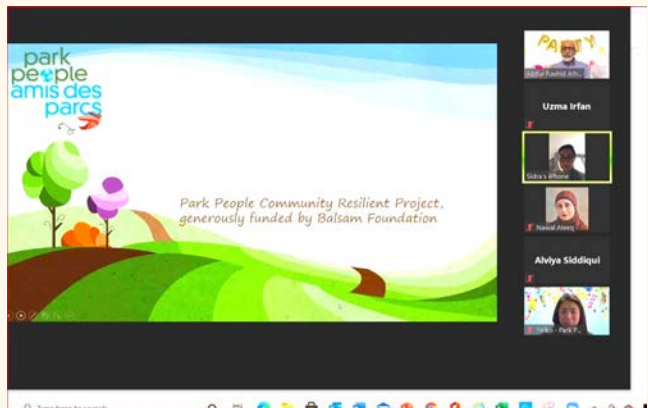
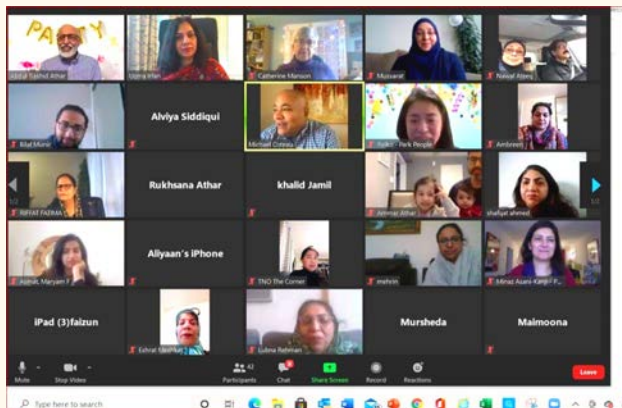
Every participant shares their viewpoint and have an opportunity to remove doubts and queries. The group hosts and all participants are so good natured, and I look forward to attending the event every week. This program should continue to enrich is with valuable thoughts, information and fun moments so that nobody becomes bored and sad in our daily lives".

by-K.C.

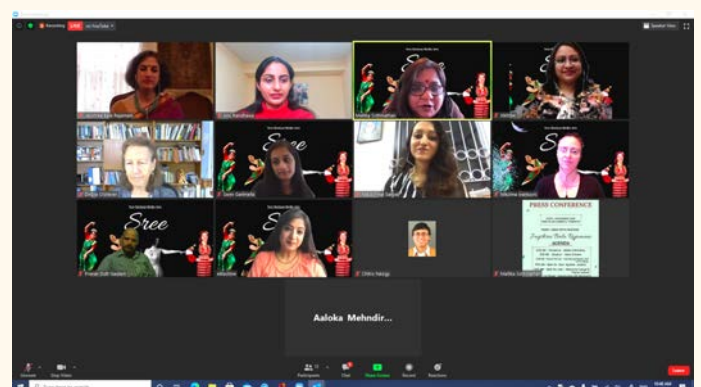
SUPPORTING OUR COMMUNITY PARTNERS



Malton Women Council has partnered with SINAI Foundation to deliver free groceries to Mississauga seniors to prevent them from the risk of exposure during COVID-19 pandemic.



Park People Project



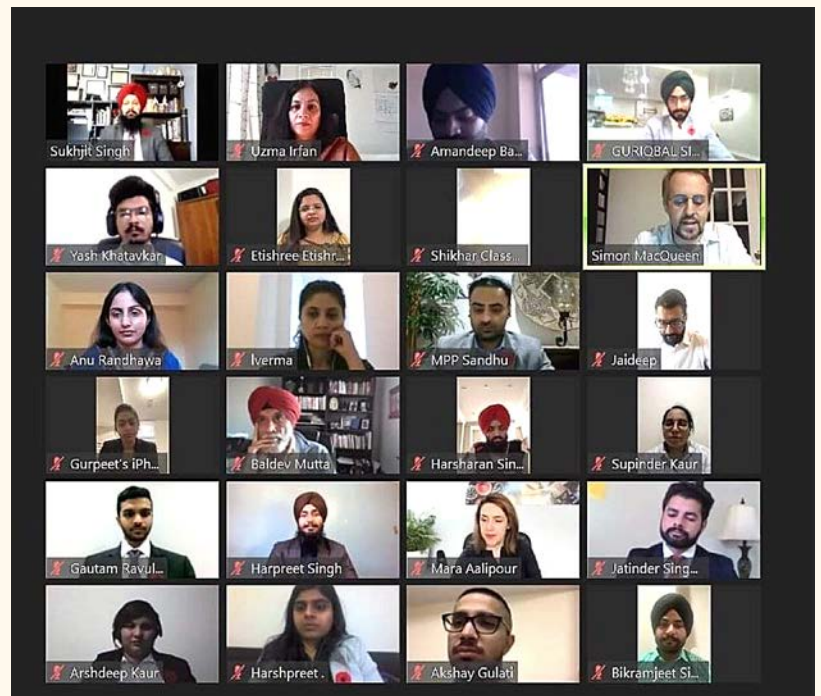
SREE Press Conference by New Horizon Media Arts

SUPPORTING OUR COMMUNITY PARTNERS



**Let's Talk by New
Horizon Hope
Foundation**

**Launch of Success
and Innovation
Organization**



**Fueling Health Minds
Initiative by MPP
Deepak Anand and Sai
Dham Canada**

SUPPORTING SAI DHAM FOOD BANK



17 volunteers from Malton Women Council supported Sai Dham Food Bank in delivering food hampers in 2 seniors' buildings in Malton.

PARTNERSHIP PROJECTS



WEBINAR: RAISING AWARENESS ON ELDER ABUSE



In collaboration with Malton Women's Council

Wednesday, October 14, 2020 | 3:00 p.m. - 4:00 p.m.

Guest Speaker: Mr. Ramnarine Sahadeo
(Retired Lawyer and Author)

You will learn about:

- What is elder abuse
- Types of elder abuse
- Prevention of elder abuse
- Community resources and support available



For more information, please contact (416) 518-3472 or sdeol@achev.com

Please click below to join live webinar: [RaisingAwareness](#)

Seniors Engagement and Empowerment Network (SEEN) Project with Achev

Positive Parenting Sessions with Peel Children's Aid Society

MWC's Virtual Wellness Connection Program for Women brings to you a session on

POSITIVE PARENTING



TUESDAY, OCTOBER 27, 2020: 5.00-7.00 PM

Zoom Session: <https://us02web.zoom.us/j/81885402707>

Please join us on October 27th, as Kuldeep Kanda, from Peel Children's Aid Society, shares about ways to create a nurturing home environment with tips on child development and positive discipline. The session will be delivered in Hindi, Urdu and Punjabi.

To register, please contact Hafsa Taqdees at 416-473-9275 or e-mail at info@mwc.community



FORGIVENESS: THE SUPERPOWER

by Samina Khan

At some point in our lives, we have experienced hurt from the people we love and respect. Conversely, we might have hurt others with our words or actions. Though we like to be forgiven it is harder to offer that same forgiveness to others, specially when they have hurt us.

Us humans have been blessed with Freewill. However, it comes with a lot of responsibility. Just like we do wrong to others with this gift of freewill, we have the power to make it right. To seek forgiveness and expect to be forgiven, we must learn to forgive others. First and foremost, one must acknowledge the wrong, repent your actions by going through a rigorous self examination, yes level with yourself first. Perhaps park your ego temporarily ... Now that you are ready for the next step, please do not use a text message to apologize and ask for forgiveness (that is cowardly). Engage with the victim by confessing, expressing regret and humbly asking for forgiveness.

Seeking forgiveness is not a weakness by any means. The one who apologizes is brave and to forgive is a strength on a physical, emotional and spiritual level. To find that beautiful place in your heart where love, peace and humility lives. To me, seeking forgiveness from someone I have wronged is very humbling, to surrender emotionally is priceless ... personal experience.

Difficult as it may be, forgiveness is not without rewards and benefits. It sets you free, you acquire the gift of letting go and live light by unloading your excess baggage. Forgive yourself, forgive others. It is through this same power we can expect to be forgiven by others.

STANDING UP WITH OUR COMMUNITIES.....



Orange Shirt Day

The annual Orange Shirt Day on September 30th opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussion about the effects of Residential Schools and the legacy they have left behind. A discussion all Canadians can tune into and create bridges with each other for reconciliation. A day for survivors to be reaffirmed that they matter, and so do those that have been affected. Every Child Matters, even if they are an adult, from now on.

The date was chosen because it is the time of year in which children were taken from their homes to residential schools, and because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year. It is an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come.

www.angeshirtday.org

Every Child Matters



November is

WOMAN ABUSE PREVENTION MONTH

We all have a role to play in ending violence against women.

ontario.ca/women





SPARK THE LIGHT WITHIN

by Gulnaz Rehan

“Know What Sparks the Light in You. Then Use That Light to Illuminate the World.” - Oprah Winfrey

Perception of life sometimes changes by your life experiences. As before getting married I used to think about a dream life, where a mother stays home with her kids and father works. Perhaps I was inspired by my parent's life. Luckily, my married journey started on the same pattern.

I was feeling so fortunate, enjoying each and every step of my kid's developmental phase from new born to toddler and becoming a high schooler. I was so blessed that God helped me to perform my duties towards my kids with love, care and dedication. First 10 years were like dream, full of fun and thrill. I always felt like doing some productive work by staying at home. "You often feel tired, not because you have done too much, but because you have done too little of what sparks light in you." Have you ever heard; an empty mind is devil's workshop which starts conspiracy if you have so much spare time? I started exploring the way how to escape from this leisure. Introspection is the right way to search yourself and perceive the real meaning of life.

I was lucky enough to find the way to fly high in the sky, by avoiding the negative vibes and fears of failure and accepting diligence to success. It always fascinated me "You are Lucky if Your Passion Is Your Profession", and I am feeling that I have found my 'TRUE PASSION' which can spark light in me.

A SPECIAL THANKS TO OUR NEWSLETTER CONTRIBUTORS



Nivedita Shori
Teacher &
Writer



Shveta Pathak
Energy Healer &
Mindfulness Teacher



Vidhya Chitta
MWC Board
Member



Surjit Kaur
Author & Poet



Gulnaz Rehan
Scheduling Assistant,
Virtual Support Systems



Samina Khan
Project Coordinator,
All is Well Program

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



Asma Khan



Fozia Murtaza



Shveta Pathak



Eashita Sood



Tushita Majumdar



Dr. Rewa Rishi



Hafsa Taqdees



Faria Jafri



Rintu Bhatia



Prashant Shori



Ritu Chadha



Dr. Upvinder Kaur



Suzan Hart



Rajni Tekriwal

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



Lubna Khalid



Gauravi Saini



Kiran Maqsood



Aisha Lakhwani



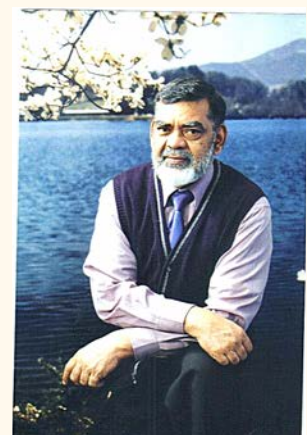
Chitralekha Potnis



Mehwish Javed



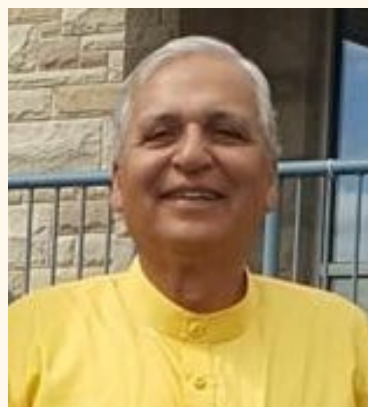
Kuldeep Kanda



**Ramnarine
Sahadeo**



Madan Chauhan



Basant Shori



Dr. Jamshaid Gul

Sheikh Dabeer

Harpreet Saini-PCHS

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Canada

 Employment and
Social Development Canada
Canada

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Red Cross **Canada**

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Trillium
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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

OUR NEWSLETTER TEAM:

Anu Randhawa

Nivedita Shori

Parminder Randhawa

Uzma Irfan

Vidhya Chitta



Malton Women Council Invites You to Our
10th Annual International Women's Day Event



Celebrating Women's Stories of Resilience

Saturday, March 13, 2021

10.00am (EST)

Online

To register, please contact Hafsa Taqdees: 416-473-9275 or
Uzma Irfan: 647-391-9668
E-mail at: info@mwc.community