

CONNECT@MWC COMMUNITY
July 2021 Newsletter



MALTON WOMEN
COUNCIL

IN THIS ISSUE

Executive Director's Message	2
Resilient Communities Peer Ambassadorship Project	3-5
Buried Dreams	6
Dancing with Spring	10-12
Islamophobia	14
The Celebration	17

SO MUCH MORE....

Time is slipping through like sand from our hands, July is here, half of the year is gone in a flash... So much has been done in these six months.

AstraZeneca, Moderna and Pfizer run in our cells now. We have learned and unlearned a lot during this pandemic and now heading towards relearning new norms of life, a life full of colourful masks and maintaining distances.... A life where we recognize the importance of life, freedom, and blessings of togetherness.



Uzma Irfan, Executive Director

As the province of Ontario prepares to enter the stage-3 of re-opening after COVID-19, Malton Women Council continues to build the capacities of women, families, and communities to rebound post pandemic. The last 3 months have been power-packed as we trained 16 Community Peer Ambassadors to support women and seniors dealing with the challenges of COVID-19. Through our OTF funded Mentorship Connections for Success Project, we are working towards building the employability skills of more than 50 internationally trained South Asian newcomer women professionals to help them succeed in Canadian labor market.

We had the opportunity to meet Honorable Maryam Monsef, Minister of Women and Gender Equality and Rural Economic Development, for a virtual ministerial announcement and fireside chat on building the capacity of organizations that are working to advance gender equality during the COVID-19 pandemic.

Malton Women Council had the honor to receive Remarkable Citizen Award from MPP Deepak Anand for working tirelessly during pandemic and providing unconditional support to the community. While receiving the award, I was self-reflecting that MWC has done a lot, more than what is expected from a small grassroots organization and at the same time I am aware that so much more needs to be done especially for youth and seniors... seniors who had the glorious past and youth who are dreaming for the victorious future.

These awards are indicators that recognitions bring more responsibilities and urge to do more and more....Let's hope and pray to do more in making a peaceful community where everyone is there for each other, to hold hands, to uplift others with love, care and dignity!!!

RESILIENT COMMUNITIES PEER AMBASSADORSHIP PROJECT

Funded by Women and Gender Equality Canada (WAGE), the newly launched Resilient Communities Peer Ambassadorship Project will provide 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.

The MWC Team had the opportunity to meet Honorable Maryam Monsef, Minister of Women and Gender Equality and Rural Economic Development, for a virtual ministerial announcement and fireside chat on building the capacity of organizations that are working to advance gender equality during the COVID-19 pandemic. We shared with Minister Monsef about the current priorities of MWC, as these relate to building the capacities of women to rebuild and rebound post COVID-19.



RESILIENT COMMUNITIES PEER AMBASSADORSHIP PROJECT AMBASSADORS



FAIZA MAQSOOD
4th Year Undergraduate
Student at UTM



MAHMOODA WASEEM
Designated Early Childhood
Educator



GAYA NAGENDRA
Community Services
Worker



ARSHI ALI
Writer, Blogger, Parenting



SURJIT KAUR
Writer/Poet



**FARHAADIBA
CHUGHTAI**



GULNAZ REHAN
Botanist, Graphic & Web
Designer, Digital Marketer,
Founder of
ChatKharaPointCookBook



TAHIYA NAEEM
Arts and Crafts
Teacher



ISHAA AMIR
High School Student,
Artist
Graphic Designer



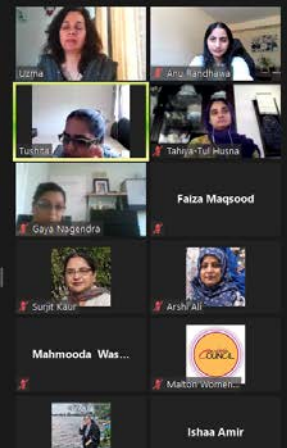
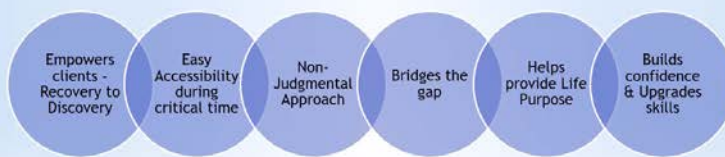
**AASHIM
KOCHAR**
Postural Trainer

The 18-month project will leverage lived experiences, knowledge, and wisdom of 10 Women Peer Ambassadors to provide holistic, culturally, and linguistically appropriate services to South Asian women, in the form of peer support, information and awareness, and resource linkages and navigation.

RESILIENT COMMUNITIES PEER AMBASSADORSHIP PROJECT

As part of the project, the Peer Ambassadors have received training in the areas of peer support, effective communication, and leadership and community engagement.

What would you be doing as a Peer Support Mentor?



Leadership and Community Engagement

Everyday Leaders

27 June 2021

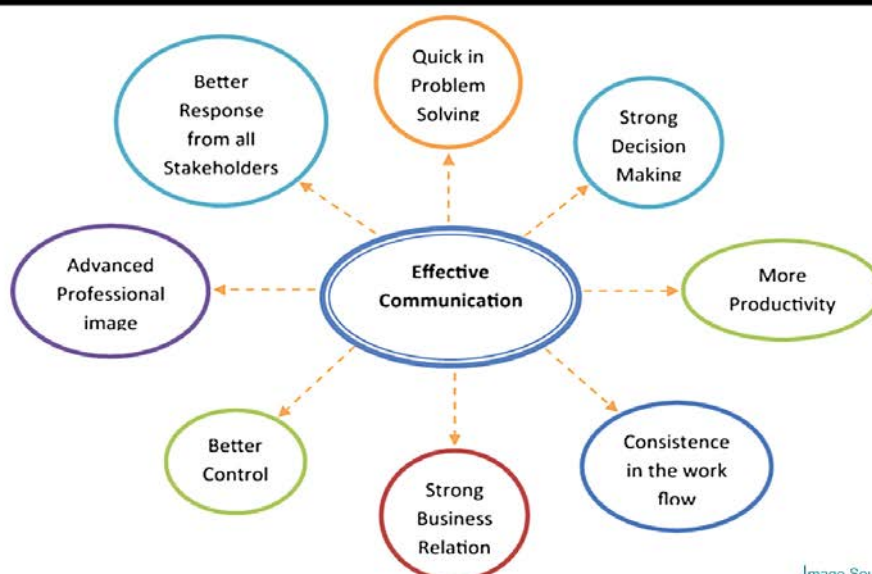
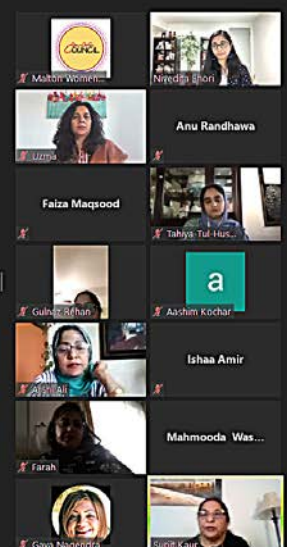


Image Source: SMARP



BURIED DREAMS

Nivedita Shori

We wished wishes of joy and dreamt dreams of peace
That were snatched and buried, piece by piece
Our souls were alive, you smothered them to slumber
Our beautiful names, you made them a number
There was love and beauty in the world around
None for us though, for we were trapped and bound
We were promised a future of glorious stars
How come then, only sorrow was ours?
We wept then, as we all weep now
Our sweet smiles were too much to be allowed
We stand witness to timeless wrongs
The destroyed dreams, the silenced songs
Yet we live on, in the spirit of the wind
In the sky and the earth, where life begins
When you smell the flowers, and see the sun,
Think of us. Think of our stories. Of the damages done.
May the tears you shed never be a waste
May they bring hope and love for the future to taste
Tears of our blood and tears of your sorrow
Together, may they usher in a better tomorrow

In memory of the unmarked graves uncovered in 2021 in residential schools in Canada: 215 in Kamloops, BC; 751 in Saskatchewan and 182 in Cranbrook, BC. This devastating news serves as a stark reminder of Canada's history of atrocities and insensitivities towards the original owners of this land, the Indigenous. We —you, me, and all of us—have a part to play in righting this wrong, by standing up for what is right, by calling out what's unfair and by dissecting issues of power and privilege. We owe this much in honour of each precious life lost.

STRONG ROOTS, STRONG WINGS PROJECT

Funded by Women and Gender Equality Canada (WAGE), the Strong Roots, Strong Wings (SRSW) Project aims at building organizational capacity through strategic planning; development and implementation of strong operational and governance policies and procedures; and development of a financial sustainability plan. As part of the SRSW Project, we offered online business training program for emerging women entrepreneurs. 11 women completed this program, whereby they learned about business concepts; online marketing; bookkeeping, finances, and tax planning; legal obligations and creating a social media strategy. The successful completion of business course was celebrated through a graduation ceremony which took place on April 30th.



**“With every experience, you alone are painting your own canvas,
thought by thought, choice by choice.”**

Oprah Winfrey, Entrepreneur, Producer and Philanthropist

STRONG ROOTS, STRONG WINGS PROJECT

"After doing this course, I got the knowledge about all the things I need to do before starting the business. I loved the business plan and Online marketing trainings provided in this course. Few ideas just clicked while studying the business success rules. This course gave me the roadmap to establish my business from scratch. I am sure I will use all this training and create something beautiful soon which will help community too."

- Vidhya Chitta

From Our Business Course Participants....

"I want to thank and congratulate Shelley Jarrett and her team for the successful completion of the course. The course was structured properly, covering important aspects for successful business like proper business plan, target population, Search Engine Optimization tactics, social media as a platform to promote the business, taxation and finance related to business.

Moreover, light was thrown on the acceptable and legit business structures and how they are registered at provincial level and at federal level in Canada."

- Aashim Kochar

STRONG ROOTS, STRONG WINGS PROJECT

"The 5 Rules for Business Success Program was a highly informative program which taught me real life skills and information which I was able to incorporate into my own small business!"

- Tripti

From Our Business Course Participants....

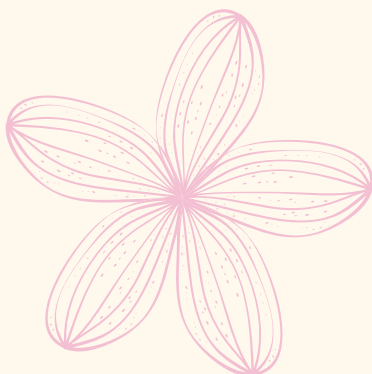
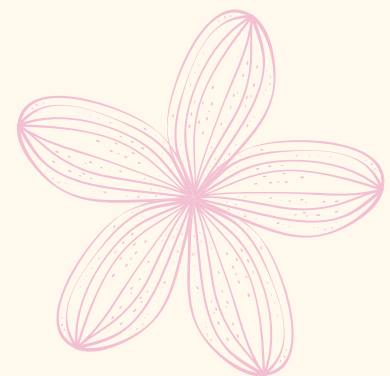
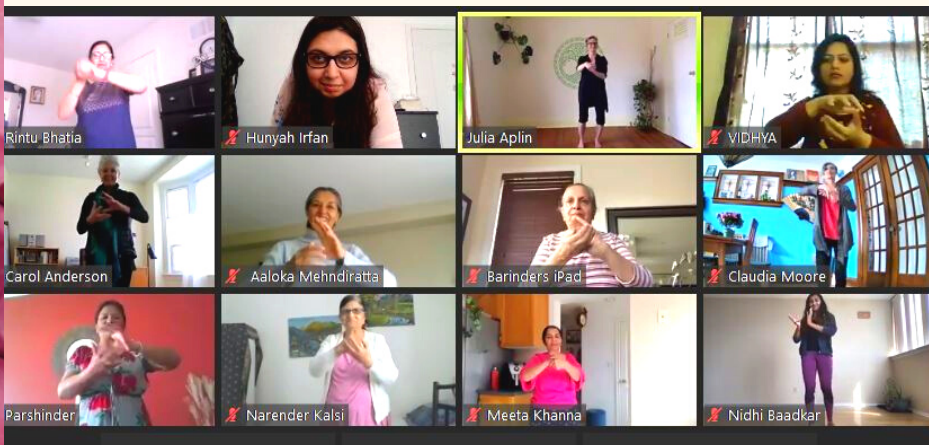
"Thank you so much Malton Women Council (MWC) and Shelley Jarrett for providing me with the opportunity to attend the "5 Rules of Businesses Success". Initially, I doubted that how can only 5 videos about 35 minutes long can guide you to start your own business? But when I went through the whole course and took the notes, that was so amazing. I found it, step by step, well explained, easy to understand, exceptionally practical and a complete road map to start your very own business. Starting from the selection of your business name, registration, legal and financial requirements to accounting, taxation, marketing and finally to organize, establish and grow your business. A Complete Marvelous Business Guide to Start your Own Business."

- Gulnaz Rehan

DANCING WITH SPRING PROJECT WITH MOONHORSE DANCE THEATRE

Nidhi Baadkar

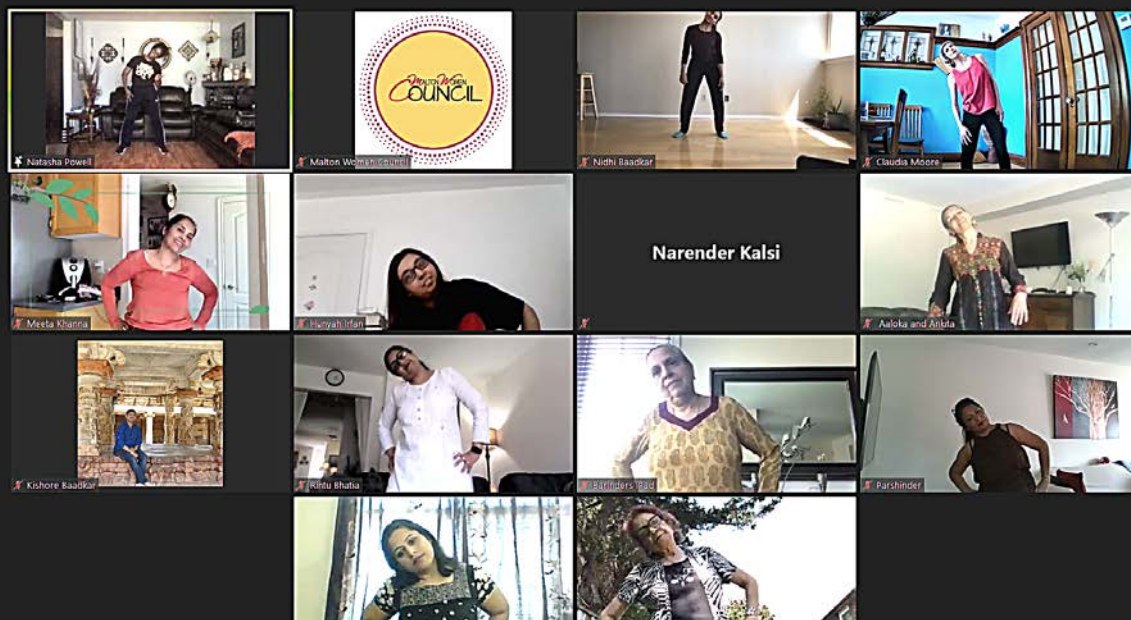
This spring season, Malton Women Council witnessed an additional layer of joy collaborating with MOonhORsE Dance Theatre presenting six amazing sessions of Movement techniques titled "Dancing with Spring". As we experienced different moods of Canadian weather, even on those gloomy cloudy days the facilitators brought in the essence of spring in our life through digital technology on zoom screens. The enthusiastic participants were not any less to bring their zeal and eagerness to enjoy every bit of these sessions. The participants had an opportunity to learn more about their bodies and understand their relationship with movement which brought immense satisfaction and happiness to them.



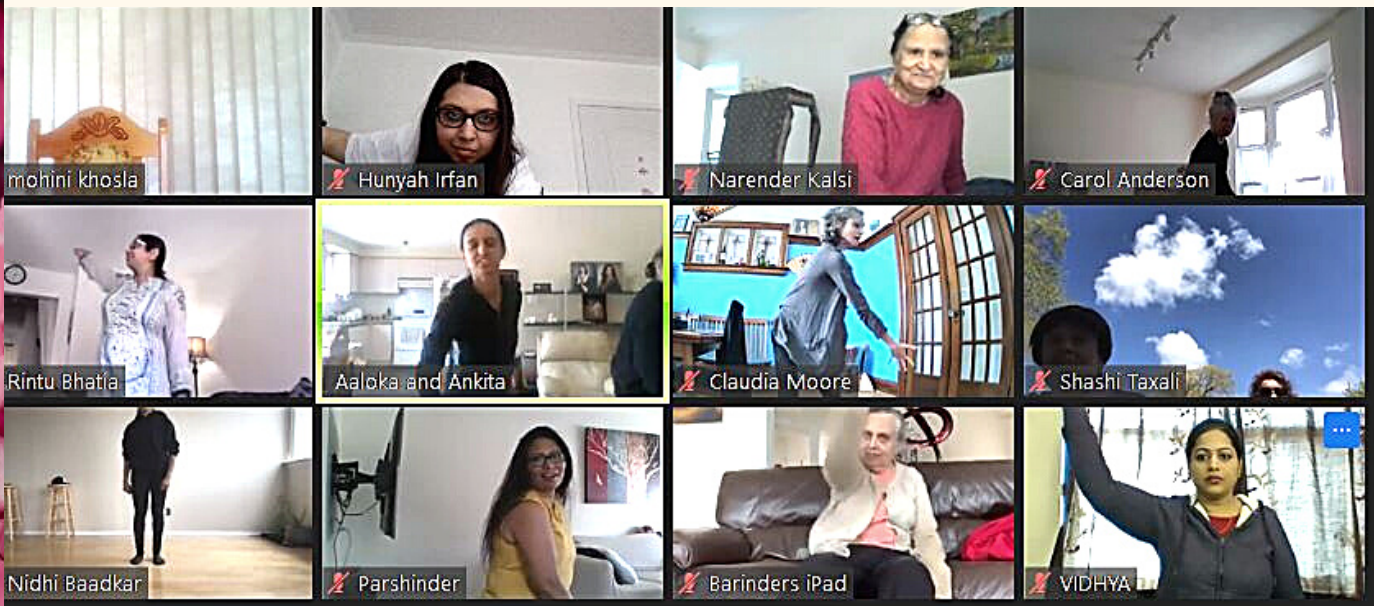
DANCING WITH SPRING PROJECT WITH MOONHORSE DANCE THEATRE

Nidhi Baadkar

Dance is not just physical activity; It is also a fuel for our mind and soul. The theme of the sessions was related to the joy of spring season and the initial week began with Deepti Gupta taking us through the traditional Indian dance form of Kathak and expressing our emotion of joy through the Mudras and basic footwork. The following week Julia Alpin shared with us her practice developed by study of trees and beauty of our blue planet making the movers energize their body through movement expressions. The weekly event followed, and Carol Anderson used her spherical movements which helped the movers create space in their body and release all the tension they retain. Further, with some gentle movements adopted from Tai-chi and low-impact aerobic exercise, Claudia Moore demanded the movers to build relationships with every corner of the space they used and observe while performing with fellow dancers. Ankita Alemona charged the participants with her energetic martial art skills derived from the traditional Indian Martial Art form Kalaripayattu and also educated them through some insightful videos about its origin. The final session was conducted by the dynamic Natasha Powell who got the movers grooving with vernacular jazz to some amazing jazz and swing music. Though not an easy task to forget the world and get moving during a pandemic, but these experienced artists made it possible without demanding much from the movers.



DANCING WITH SPRING PROJECT WITH MOONHORSE DANCE THEATRE



“Moving with Carol Anderson freed me in my body, in my soul, in my energy that is in and around me. It was very cool experience. I learnt to connect with the element of water in me and learnt a fun fact that almost 75% of our body is water.

From Julia Alpin I learnt to be rooted in a way that I could explore and grow with my body. If the roots are strong and grounded, you know how to flow with the breeze. Sensitive to the music, the darkness, the delicate light of moon and stars sparked a wonderful feeling in me.

There has been so much pain because of the pandemic, it was relaxing to listen to jazz music and learn from Natasha Powell. Moves like BOOGIEY, FISH TAIL, MESS UP made this class so much fun.

Kalaripyattu with Ankita Alemona was amazing. It helped me tap into the warrior energy in me. I liked that she showed small film clips to give us a feeling of the roots of KALARIPAYTTU and sent us the resources after the class which were also very good. Kathak with Deepti Gupta was a lovely session. Learning to tell a little story with the help of MUDRAS and HAND GESTURES of KATHAK was a very good idea. Claudia Moore's class was relaxing and rejuvenating. I was not doing well that day and my focus was not a 100% but I got to learn and listen to my body in positive ways.”

Aaloka Mehndiratta (Project Participant)

MENTORSHIP CONNECTIONS FOR SUCCESS PROJECT

Funded by Ontario Trillium Foundation, the project is providing mentorship, skills building training, and resources linkages to newcomer women who aim to build careers in their respective professions, in the Canadian labor market. The program matches the newcomer women with experienced mentors from diverse professions, who provide guidance, information and connections to the mentees that would clarify and strengthen their career paths.

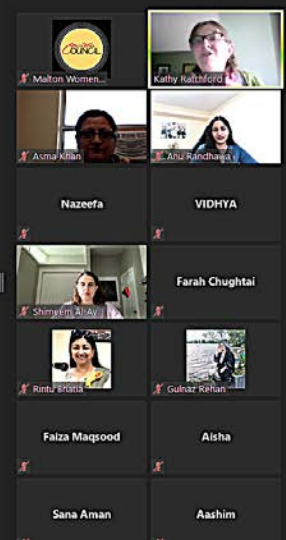
As part of the project, the mentees are receiving skills building training in the areas of digital literacy, volunteering, networking, communication skills, workplace harassment, gender based violence, diversity, equity, and inclusion, resume writing, and second career and OSAP.

DIVERSITY, EQUITY & INCLUSION

Mentorship Connections for Success
By, Asma Khan- May 28- 2021



Communication Skills



ISLAMOPHOBIA

Islamophobia is a phrase with two distinct notions, Islam and phobia. The literal meaning of islamophobia is fear, anxiety and worry related to the ideology of Islam or Muslims. The appearance of Islamophobia emerged in the early 20th century. An early application was in a French biography of Muhammad (PBUH) titled "islamophobie". However, Islamophobia is well-known to the world after 9/11 2001.

This anxiety and fear even without being knowing the faith or teachings of Islam. If the term islamophobia dig further, it is based on stereotypes, schema, prejudice, bigotry, exhibits hatred, envy and hostility even the Islamophobic person don't know about Islam and its notions. Islamophobia has been hitting the Muslim community psychologically, emotionally and physically. Several innocent Muslims and their families lost their lives because the offender had been suffering from Islamophobia.

Momentarily is the time, Canadian government take some serious actions or measures to address the Islamophobia, for instance:

- Appoint or hire Muslims in an organization, at least 2 to 5 % representation will help to overcome the fear and anxiety-related Muslims and the ideology of Islam. It might help people with different faith to understand Muslims
- "Knowledge is power". Print books for children to understand the Muslim community. Knowledge and proper education will help to understand instead of promoting stereotypes or prejudice
- School boards must have a designated month for faiths (TDSB has the month of Islam). The designated month will promote a true philosophy and perspectives of not only Islam but a variety of faiths, for instance, Christianity, Jewish or Hinduism. Invite scholars, community ambassadors, parents representatives and council members to speak about Islam and other faiths
- Offer societies or clubs at school levels with distinct faiths to approach any issue. Students will learn and understand each other's faiths while working together. This way they accept and respect each other.

Arshi Ali (Ph.D. PMDCP, M.A.)
Registered Psychotherapist Qualifying

MWC FOR ME.....

Gurjit Kohli

Team MWC

* Started with a seed planted in a heart and the eyes had a vision and dreams
* A Dream to stand together and Stronger to empower
* Where I see people finding Love, Smiles and Rhythm to dance on the beats of music ...the music that this beautiful Life has blessed us with
* Where there dreams are coming alive!



Team MWC

Started with a seed planted in a heart and
the eyes had a vision and a dream....

A 'dream' to stand together and stronger
to empower....

Where I see people finding love, smiles,
and rhythm to dance on the beats of
music...the music that this beautiful life
has blessed us with....

Where their dreams are coming alive!

ALL IS WELL....

Seniors Wellness Cafe



MWC PROUDLY INTRODUCES

ALL IS WELL SENIORS WELLNESS CAFE PROJECT AMBASSADORS



A Project Committed to Holistic Health and Well-Being of Older
Adults and Seniors



‘All is Well – Seniors’ Wellness Café is a one-year project funded through Employment and Social Development Canada.

Through this project, we hope to provide the necessary support to seniors in the areas of physical, social, emotional and mental health and well-being, raise awareness on elder abuse; build capacities of seniors related to financial and digital literacy. The goal of the project is to help seniors become independent members of the community, to empower them to make informed decisions and to help them create feelings of positive self-worth and happiness.

THE CELEBRATION

Surjit Kaur

One dull evening
Suddenly the Autumn warned me
"Look! the sun is
slowly moving down from saffron
skies to the horizon
and going to touch the earth's
naval!

I sighed!
Yes! it is time...

Suddenly a faint voice
emerged from the window,
I saw carefully out
there a dry leaf fell from the tree,
trembling like a scared child
lying helplessly on the ground!

Panicked...
My attention ran to my father's
room!

Eighty-Nine-years-old
My dad was sitting alone
in an empty deserted room
and watching a Cricket match
on his age-old T. V.!

I barely breathed
that another sound-
loud and clear,
emerged in the environment!

This time
when I checked
there was no dry leaf that fell
from the tree
but my father had clapped hard
after a loud laugh,
perhaps his favorite team had
won!

I laughed,
Looked at saffron skies
and amazed to see
the bright sun totally engulfed
my father's room!

I whispered in the ears of
Autumn,
If you learn to enjoy life
every age is a Celebration!



Ontario

June 27, 2021

congratulations

Malton Women Council

For Being a Remarkable Community Organization

*Thank you for your tireless work in the Mississauga-Malton community.
Your dedicated & generous service to your fellow Canadians is much
appreciated by all.*

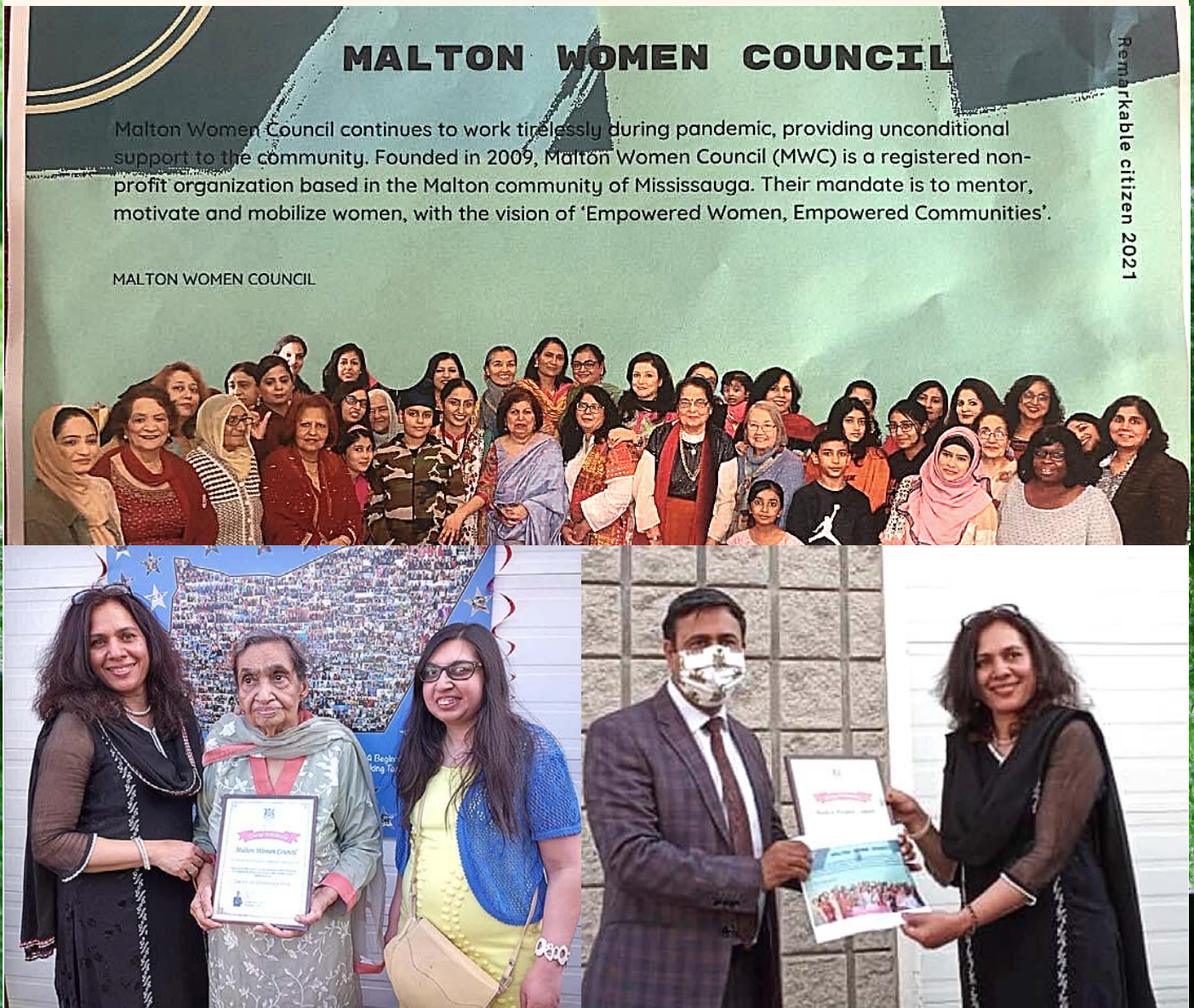
You are our Community Hero!



*Deepak Anand, MPP
Mississauga – Malton*



MWC RECEIVES REMARKABLE ORGANIZATION AWARD FROM MPP DEEPAK ANAND



Thank You MPP Deepak Anand For This Recognition!!!

WRAP WORKSHOP SERIES

MWC offered 6-week WRAP (Wellness Recovery Action Plan) Workshop Series to build the capacities of people who experience mental health challenges and for those who care about them. The series was facilitated by certified and experienced WRAP Facilitators: Fozia Murtaza and Isabelle Rivaletto.

MALTON WOMEN COUNCIL PRESENTS

MENTAL HEALTH AND WELLNESS RECOVERY WORKSHOP SERIES

A 6-week online workshop series for people who experience mental health challenges and for those who care about them.

Mondays, 4.00pm to 6.00pm (via Zoom)
May 17, May 24, May 31, June 07, June 14, and June 21, 2021

What is WRAP?
The Wellness Recovery Action Plan (WRAP) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination. It is used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address all kinds of physical and mental health challenges, and life issues.



WRAP will help you:

- 1) Decrease and prevent intrusive or troubling feelings and behaviours
- 2) Increase personal empowerment
- 3) Improve the quality of your life
- 4) Plan and achieve your own life goals and dreams


Key Elements of WRAP:

- Wellness Toolbox
- Daily Maintenance Plan
- Identifying Triggers/Stressors and Action Plans
- Identifying Early Warning Signs and Action Plans
- Identifying When Things Are Breaking Down and Action Plans
- Crisis Planning
- Post Crisis Planning

Register at: info@mwcommunity.org or 647-391-9668
LIMITED SPOTS!



www.mwcommunity.org


WRAP WORKSHOP FACILITATORS



FOZIA MURTAZA



Fozia Murtaza is a Stress Prevention Strategist, Certified Facilitator for Wellness Recovery Action Plan (WRAP) Mental Health and Wellness Recovery Workshops, Certified Life and Wellness Coach, Writer, Speaker, Ambassador for the Jamie Oliver Foundation (JOFR), member of the Durham Chapter of the Canadian Council of Muslim Women (CCMW), member of Happy Strong Family (HSF), member of Voices Against Stigma Everywhere (VASE), and member of the Malton Women Council (MWC).
Fozia has a heart of service. Drawing from her personal journey, she uses a 3-part system that will teach you new habits around your self-care, nutrition, and physical and mental wellness. Her mission is to awaken women to the belief that our wellness is our responsibility and teaches the importance of putting themselves first.



ISABELLE RIVALETTO

Isabelle Rivaletto is a Community Coordinator for the Homeless Prevention Program with the Brain Injury Society of Toronto. She is also a Certified Facilitator for Wellness Recovery Action Plan (WRAP) Mental Health and Wellness Recovery Workshops. She has a background in Psychology and Journalism and has been working in the field of Acquired Brain Injury (ABI) since 2014. Isabelle has worked in the community and supported individuals with medical appointments, community referrals, and one to one support.
Her experience working in the community with individuals suffering from ABI has allowed her to create positive community partnerships and networks to assist individuals living with ABI to meet their goals, live healthier lives, and be able to better access specialized services within their communities and obtain support.

Register at: info@mwcommunity.org or 647-391-9668
LIMITED SPOTS!


www.mwcommunity.org


From Our Workshop Participants....

- "A safe place to talk about mental health problems, from a culturally appropriate lens as the make -up of the group was primarily South Asian".
- "Stressors always prevail and being too much caring for others as our personality part induces more anxiety but WRAP helps to be caring for own self and how to. Organize oneself".
- "It enlightened us and focused light on the aspects that we usually ignore or seek solutions for but hesitate in discussing".
- "It promotes mental health and resilience. It also helps people take initiative in their own mental health and well being".
- "We all have our share of struggles in our lives where we met many difficult people and face some tough situations. This program definitely is helpful, is guiding us to find ways to maintain good mental and emotional health".

South Asian diaspora are at the forefront of Canada's response to Covid-19

FAIZAL KHAN

JUNE 20, 2021 / 09:23 AM IST



In Malton, Mississauga and Brampton cities in Ontario, Pakistani-Canadian social worker Uzma Irfan would pack her car's boot with groceries and wellness kits containing sanitisers, yoga mats and crossword puzzles every day for the elderly population. "We wanted to connect with the people, especially the seniors, to educate them how to take care of themselves during the pandemic," says Irfan, Executive Director of Malton Women Council.

Irfan and other social workers gave the seniors laptops and taught them how to attend Zoom sessions. "You are living alone, but we are there for you round the clock was our message," she says. In building blocks where the seniors lived, it was also important to educate them about vaccination.

Irfan and other social workers gave the seniors laptops and taught them how to attend Zoom sessions. "You are living alone, but we are there for you round the clock was our message," she says. In building blocks where the seniors lived, it was also important to educate them about vaccination. "Intergenerational activities to connect with their children was vital," adds Irfan.

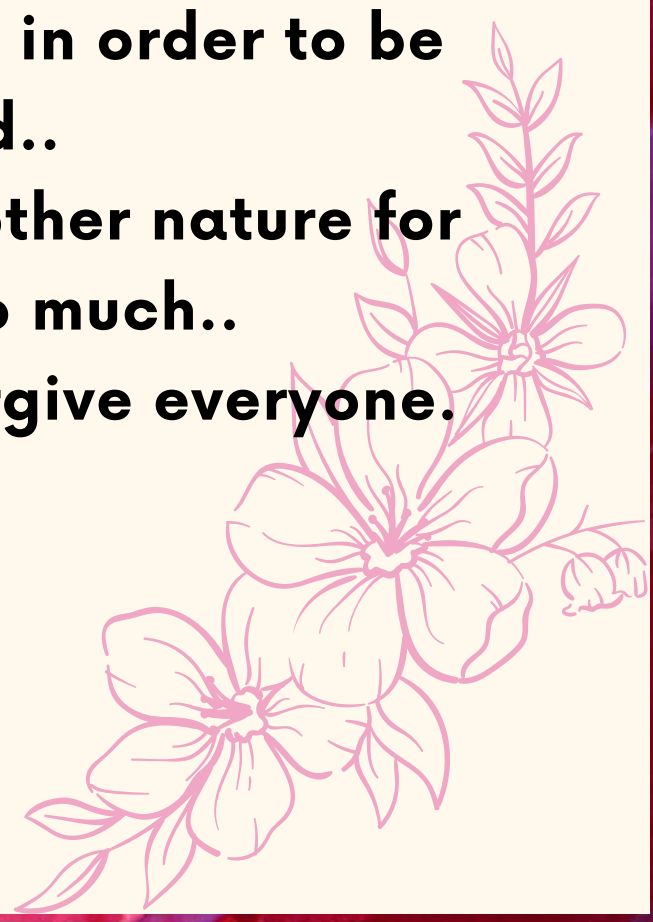
Please check out the whole article at the link below

www.moneycontrol.co/news/trends/health-trends



FIVE FOR LIFE

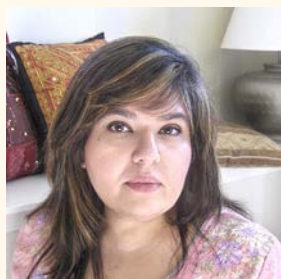
Meeta Khanna

- Let's love ourselves, our body,
each part of our body as a
beautiful creation..
 - Let's love our inner being as we
are souls with no impurities..
 - Let's love others in order to be
loved..
 - Let's love the mother nature for
giving us so much..
 - Let's love and forgive everyone.
- 

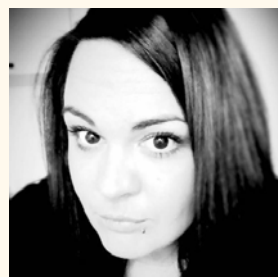
THANKS TO ALL OUR GUEST SPEAKERS, PRESENTERS & TRAINERS



Gaurav Paliwal



Fozia Murtaza



Isabelle Rivaletto



Asma Khan



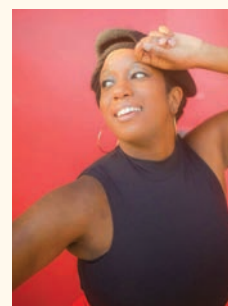
Julia Alpin



Carol Anderson



Claudia Moore



Natasha Powell



Ritu Neb



Ankita Alemona



Deepti Gupta



Sarabjit Ludhar



Meeta Khanna



Amarjit Kaur



**Mallika
Sothinathan**



Dr. Jamshaid Gul

THANKS TO ALL OUR GUEST SPEAKERS, PRESENTERS & TRAINERS



Arshi Ali



Rintu Bhatia



Rupika Sharma



Vidhya Chitta



Madan Chauhan



**Parminder
Randhawa**



Basant Shori



Shaan Abassi



Naeha Sareen



Farwa Khan



Sandeep Jassal



Charu Agarwal



Kathy Ratchford



Zakia Ghazal



Rashmi Varshney



Gulnaz Rehan

THANKS TO ALL OUR GUEST SPEAKERS, PRESENTERS & TRAINERS



**Syeda Asma
Mehboob**



Surjit Kaur



Shelley Jarret



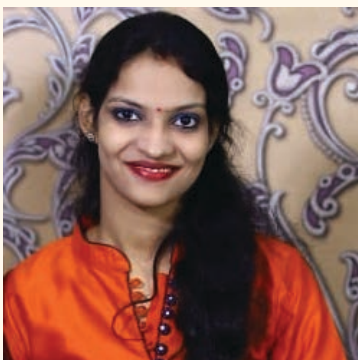
Tushita Majumdar



Nivedita Shori



Sukhjit Singh



Aashim Kochar



Surjeet Sandhu



Pavenveer Gill

SHEENA THANDI ARVINDER KAPOOR



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



SAVE *the* DATE

Sunday, August 8th, 2021

2ND NAUTANKI CREATIONS FESTIVAL
SMITTEN AND STARSTRUCK

LIVE Virtual Sharing

9:30 AM - 11:30 AM EST
7:00 PM - 9:00 PM IST