



CONNECT@MWC COMMUNITY

Quarterly Newsletter

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ACHIEVING MORE & MORE.... LITTLE BY LITTLE

by Uzma Irfan, Board President



Sometimes life bestows the best in the worst circumstances, and this is what exactly happened with Malton Women Council. Many of you are aware that due to pandemic, MWC launched many virtual initiatives which eventually transformed into Virtual Wellness Hub. All our programs were designed and created based on the unique needs of the community. To cater those needs, MWC took an asset-based approach and efficiently modified and streamlined all the programs within a short span of time.

This soulful Virtual Wellness Hub has become lifeline for many of its members. From our respectable seniors to restless youth, from innovative girls to progressive women, there is something for everyone to quench the inner thirst whether it is singing, laughing, shedding tears, meditating, movie making, nutritious cooking, knowledge sharing, mindfulness and yoga, energy healing, sharing healthy tips, digital learning, courageous discussions or simply pouring the heart out.....A meaningful way to empower and uplift each other through the best use of technology. MWC takes pride to share that through Virtual Wellness Hub we have significantly increased the digital connectivity, partnerships, social and emotional capital. MWC is creating new partnerships with mutual trust, respect, and integrity. We are fortunate to get support from multiple streams of funding, partner agencies and community members and are able to create many part time jobs for MWC family.

Together we are achieving More & More.....Little by Little!!!

Sincere Regards,

Uzma Irfan

WE CONTINUE TO SERVE THROUGH OUR ONLINE/VIRTUAL SERVICES



MWC PROGRAMS AND SERVICES 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

Connect With Us

Phone: 647-391-9668

E-mail: info@mwcommunity


Website: www.mwc.community



Malton Women Council (MWC)

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

ALL IS WELL



Malton Women Council offers:

ALL IS WELL

Holistic Health and Well-Being for Older Adults

AN OPPORTUNITY TO:

- IMPROVE PHYSICAL AND EMOTIONAL HEALTH
- ENGAGE IN SOCIAL PARTICIPATION
- ADVANCE TECHNOLOGY SKILLS
- LEARN ABOUT FINANCIAL INDEPENDENCE
- RELAX AND HAVE FUN WITH OTHERS


Weekly Virtual Sessions Every Wed (4-6pm) from August 2020

Digital Literacy

Physical Well -Being


Financial Well-Being

Socio-Emotional Well-Being



To register, contact:
Project Coordinator
Samina Khan
Ph: 416-317-1800
Email: info@mwcommunity.com
www.mwc.community

Funded by:

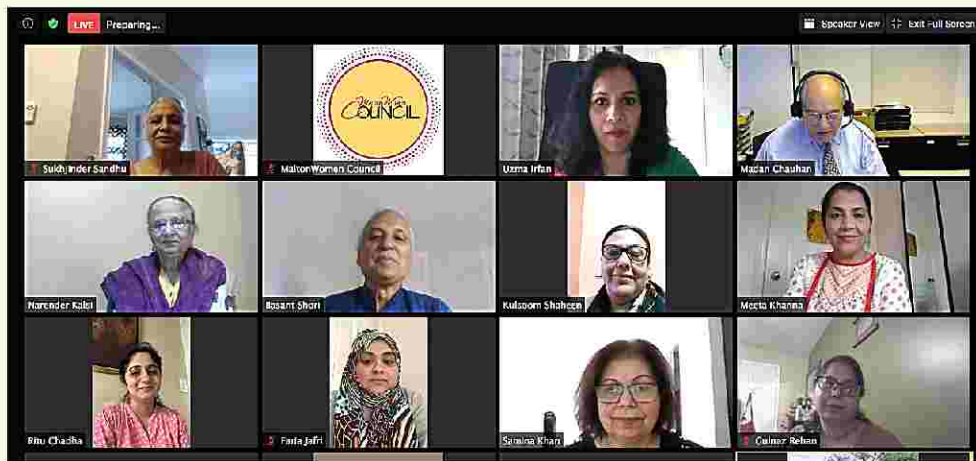


Employment and
Social Development Canada

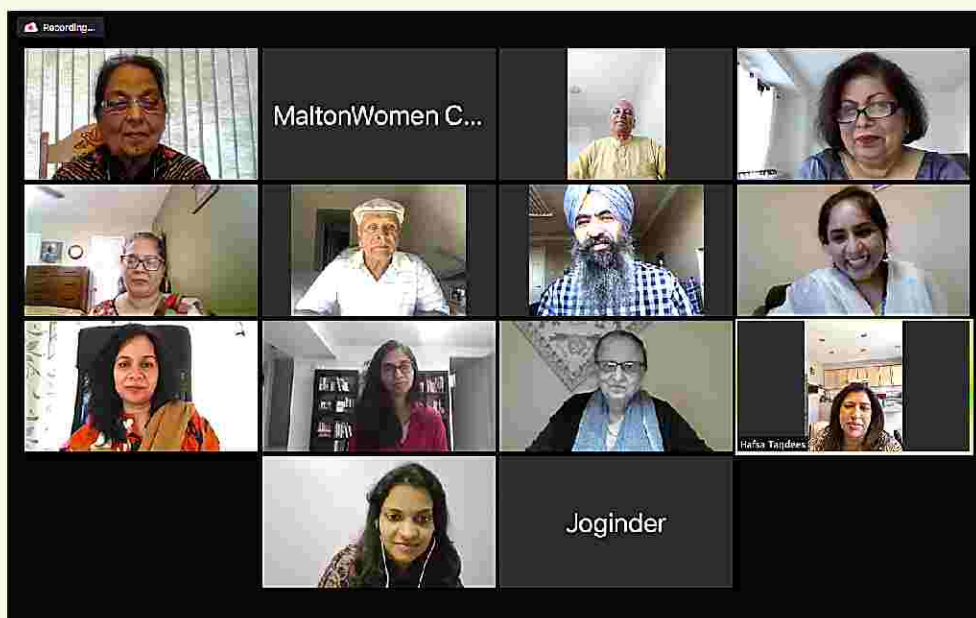
Canada

New Horizons for
Seniors Program

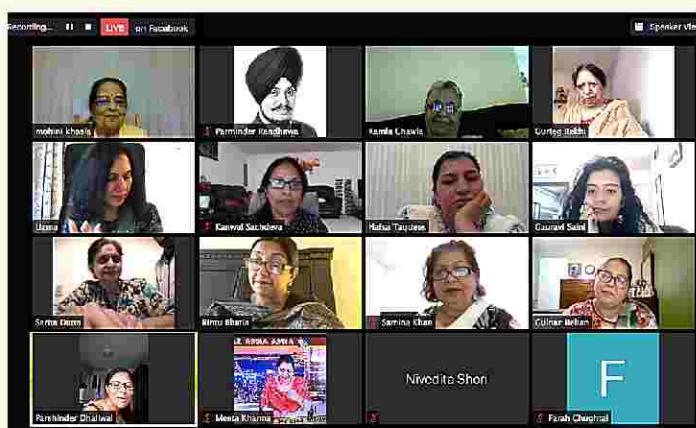
Geared towards older adults and seniors, this program provides participants with opportunities to learn, connect and relax from the safety and comfort of their own homes. Members and guests participate enthusiastically. Laughter resonates from the devices the participants are using. Helpful advice is being sought and given. Smiles light up the digital world. Older adults and seniors are provided education, resources and opportunities to improve their physical and emotional health; participate in online activities to socialize with other seniors; enhance their technology skills; learn about financial resources and connect with others.



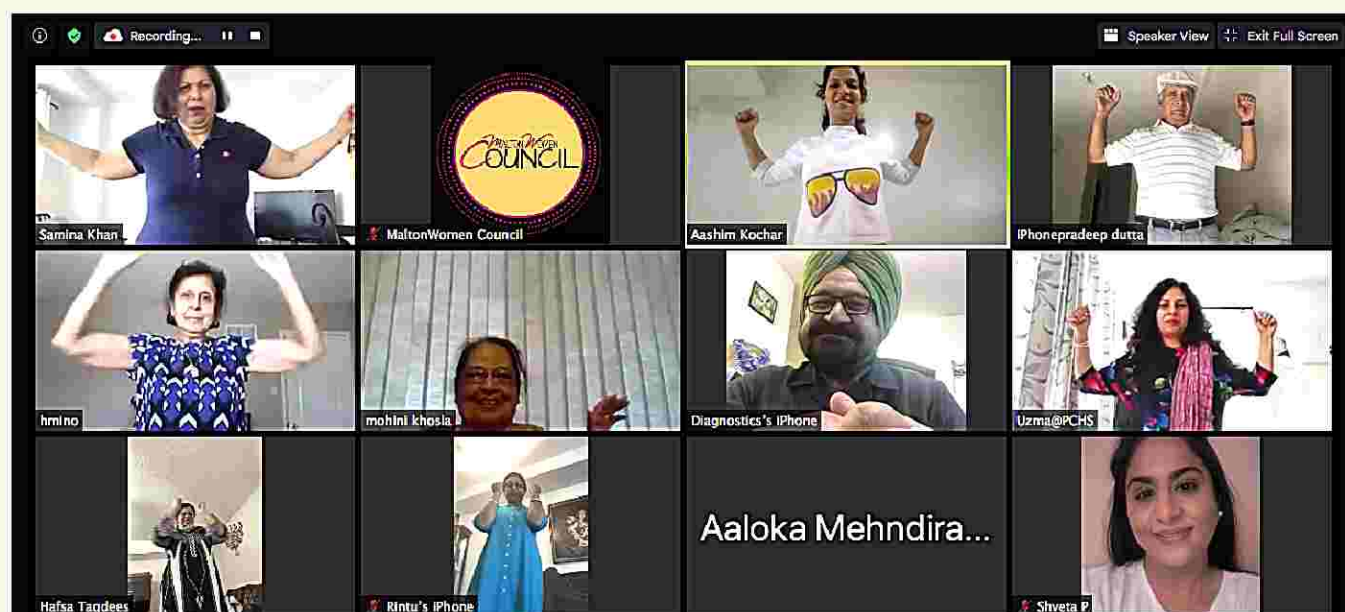
Creating Virtual Support Systems for



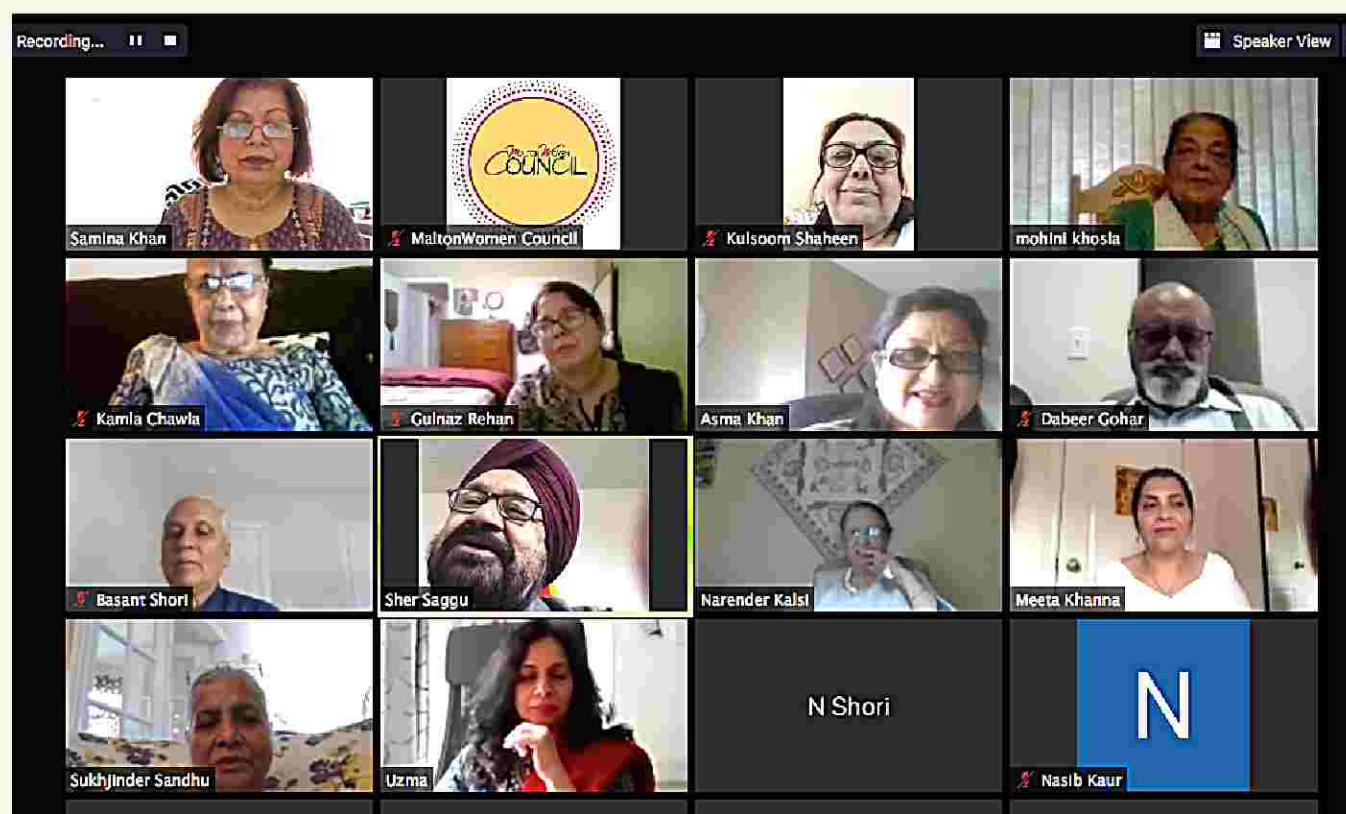
Older Adults and Seniors



Promoting Health & Well-Being



Creating Opportunities for Social & Cultural Connections



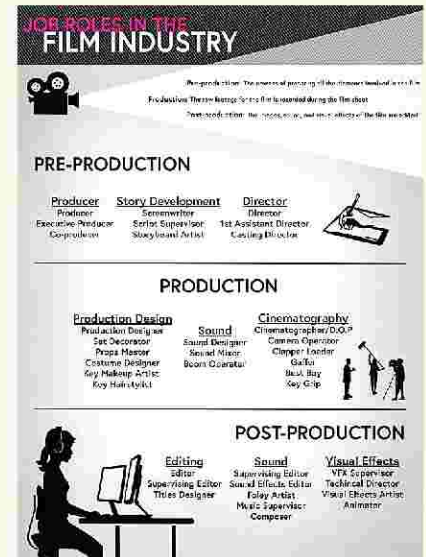
I AM LIKE YOU

by Mallika Sothinathan



Like you, Just like you!
An immigrant like you!
Are we not all immigrants here?
Several days, Several years!
“Where are you from you native Indian?”
They laughed at my accent, at my clothes
In my call center job, they often said, “I don’t want to talk to you.!”
You are not American; you are not Canadian.
Yet I am chosen for bare minimum pay
A job that no one wants.
I am like you Just like you!
My tears rolled as I carried my bullied child.
His crime, he was brown
They thrashed my house burnt in flames.
My husband was in middle east
That was my real crime.
Go back to your country
Some said and pushed me to the wall.
I am like you, Just like you
My eyes are tired, my blood is red.
I am just like you. Like you
An Immigrant, A Canadian Citizen!
With all my pride I said.

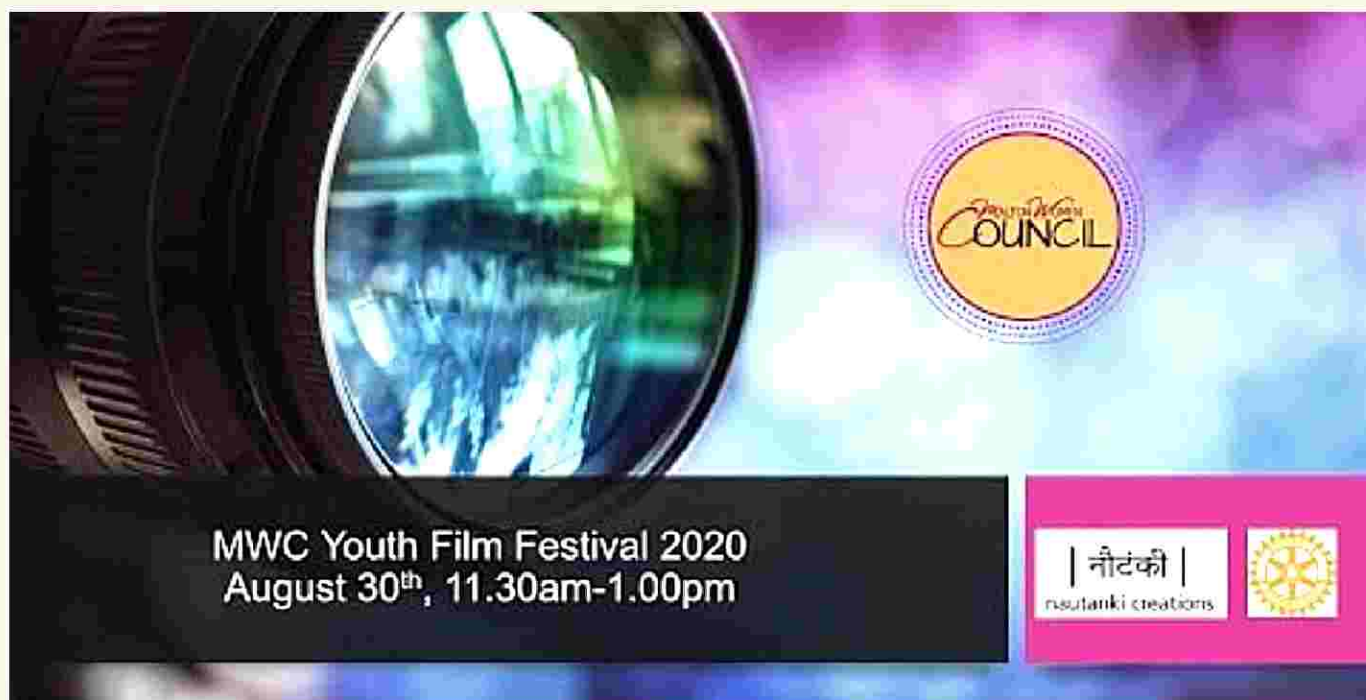
Mallika is a filmmaker, public speaker and social activist.



YOUTH VIRTUAL STORYTELLING PROJECT



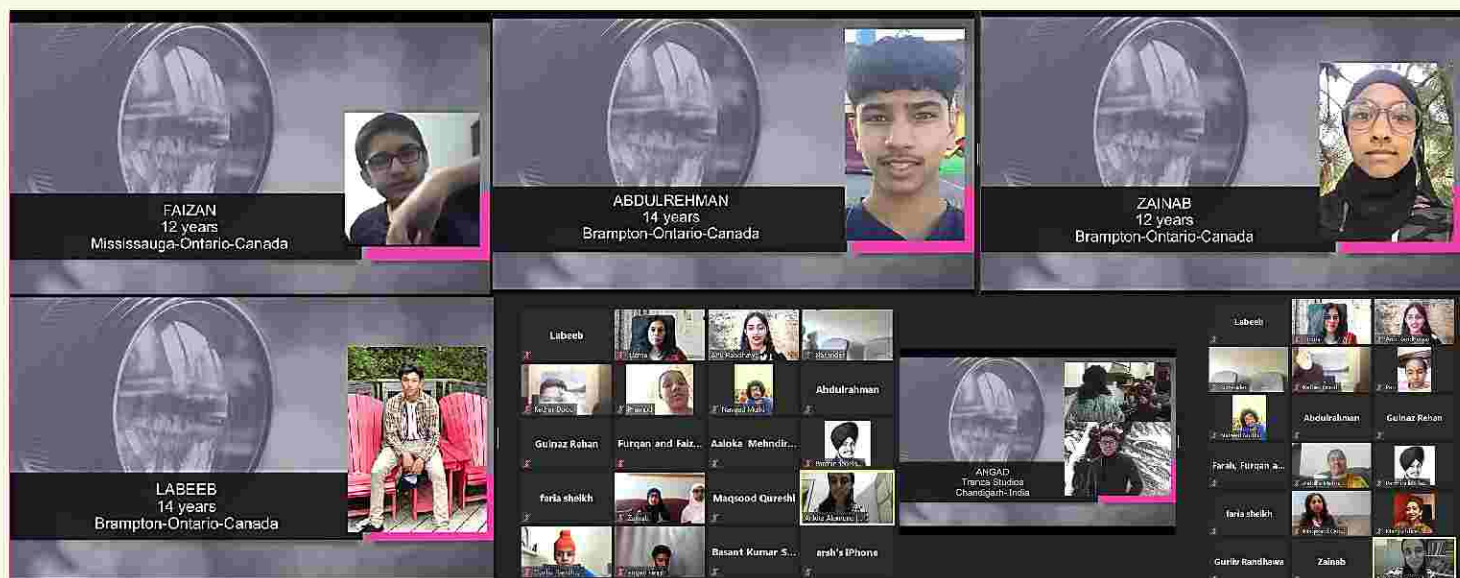
In the summers of 2020, ten youth participated in online Visual Storytelling Project, organized by Malton Women Council in association with Nautanki Creations. During the 6 weekly sessions, participants learnt about how to make short films from the comfort of their homes, using whatever device they had access to. The project gave them basic techniques, tools, and strategies to find, process, and share the stories that surrounded them, in order to make their own films. The project concluded with a 'Youth Film Festival' whereby all the youth participants showcased their short films and shared their experiences and learnings.



Malton Women Council would like to thank everyone who helped us in making our 1st Youth Film Festival a HUGE SUCCESS!!! The event was a true reflection of creativity, experimentation, synergy and learning.....a platform that inspired us all to challenge our creative limits.....a beautiful reason to celebrate the spirits of the MWC Global Community.....We would like to thank all our youth participants for sharing their creative journeys and work with us. We thank all the parents and families for their support throughout the project. A heartfelt thanks to Ankita Alemona from Nautanki नौटंकी Creations for being such an amazing mentor to all our youth participants; for ensuring ongoing creative engagement and for adapting the program in ways which allowed creative blossoming of each of the youth participants in their own unique ways.....

Our special thanks to Angad from Tranza Studios and Naveed from Faraway Originals for showcasing their creative work; for helping us learn the intricate elements of filmmaking and for inspiring everyone in the audience! Thank you Rotary Club Mississauga Malton for helping us make this project a REALITY! Thanks to all our supporters from around the world who attended the event and provided encouragement to our youth participants! A very special thanks to Parminder Randhawa for all the IT and behind the scenes support throughout this 6-week project. Thanks to Uzma Irfan under whose leadership, all these dreams and visions become REALITIES!!!!

Please check out the video coverage of this event on MWC's YouTube Channel/MWC Youth Film Festival 2020-Event



MWC Youth Film Festival 2020



8 Youth Filmmakers presented Their Creative Short Films.....

Please check out all the short films on MWC's YouTube
Channel/MWC Youth Film Festival 2020

BLAME

by Stacey D Persad



BLAME

But I did not do it
Let someone else take responsibility
Appearances must be maintained
Make me responsible another day
Ego needs me today

But really, the consequences I cannot face
Let the guilt and shame be enough for me
Anger intensifies with this guilt
My conscience is punishment enough
Eventually I will own up...someday

~Stacey D Persad

Stacey is author of the book 'Transformation-Keep it Simple'

VIRTUAL SUPPORT SYSTEMS PROJECT



VIRTUAL SUPPORT SYSTEMS

Malton Women Council proudly launches Virtual Support Systems Project which will provide one on one digital literacy support to seniors (through phone and in-person sessions)

Eligibility Criteria: Seniors (60 years and above) residing in Mississauga and Brampton (intake process will be completed)

Topics Covered: Basic computer skills, use of smart phones, Zoom/GoTo Meetings and social media

Session Type: Phone or In-Person (for in-person sessions, COVID-19 screening questions will be asked and guidelines issued by Peel Public Health will be followed)

To book your appointment, please call Project Scheduling Assistant, Gulnaz Rehan at 416-414-7002

www.mwc.community

Funded by

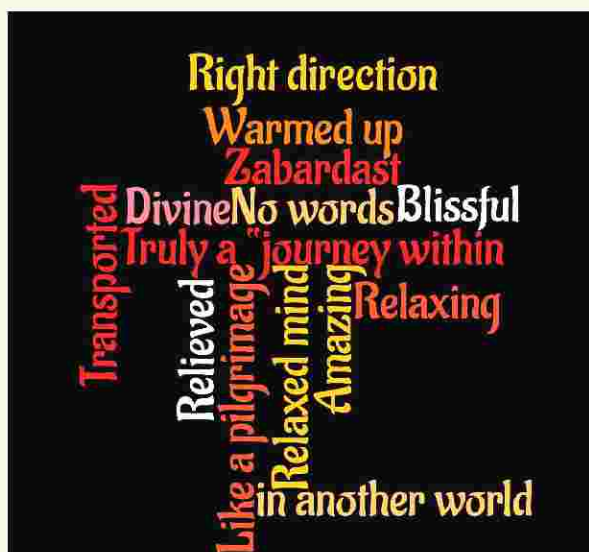


Canadian
Red Cross

Canada

The purpose of the project is to provide individualized IT support to seniors who are living by themselves; thereby enabling their digital connectivity to create a virtual support system for them during these times of COVID-19. Through one on one IT support sessions, the project builds the capacity of seniors to use digital tools to stay healthy, safe, connected, and informed and improve social inclusion.

FROM OUR SERVICE USERS.....



"The strength of being together on this platform as sisters is enormous."

"I am a refugee claimant, and I am new in Canada. The staff assisted me in how to find information for child-care service and assisted on other areas during pandemic. Thank You Virtual Wellness Connections Program for Women".

"The IT support sessions are informative and helpful. I am able to attend zoom meetings easily by myself".

"I really enjoyed the conversation that was sparked and am grateful for the other women in this community. I believe I learned some helpful tips on being productive and liked listening to how others spend their days. It was also a great way of communicating with others in these difficult times".

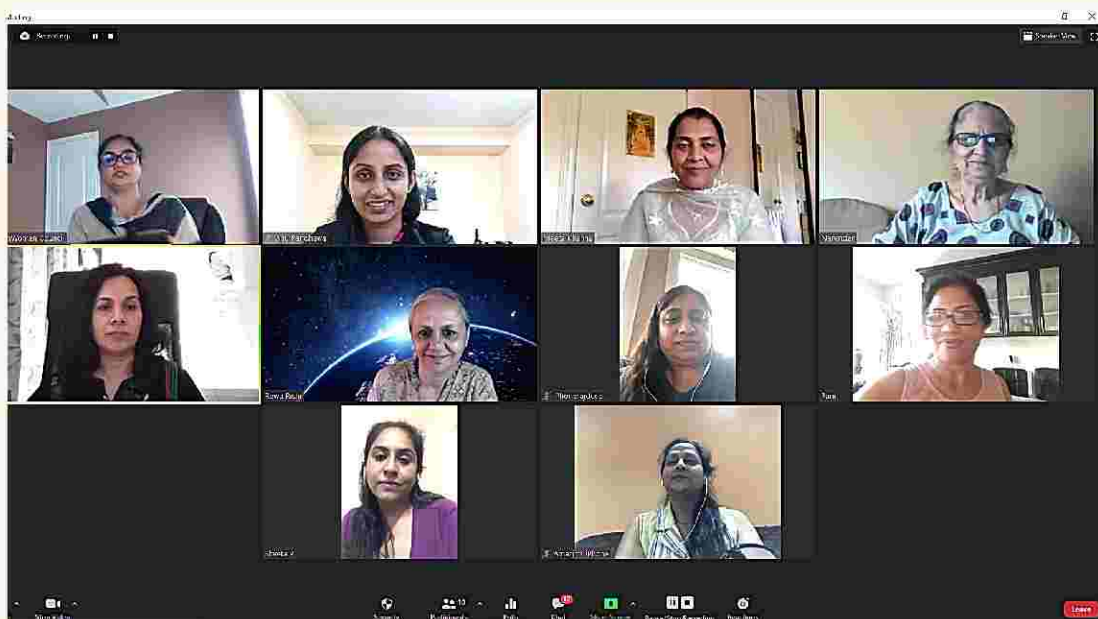


VIRTUAL WELLNESS CONNECTIONS PROJECT

Funded by Canadian Red Cross Society, the project provides individualized and group peer support to women experiencing COVID-19 challenges and losses related to health and wellbeing, economic security, social and cultural connections, personal freedom, and future dreams. Individualized and peer support sessions provide knowledge, tools, and resources to build resilience. This helps address the impacts of COVID-19 by providing individual and peer support opportunities in support primarily of South Asian women & girls, seniors and elders, to address their particular pressing social inclusion, health and well-being and resource navigation needs related to COVID-19.



VIRTUAL WELLNESS CONNECTIONS PROJECT



Information sessions and community resource linkages related to physical and mental health and well-being; relationship building; youth leadership; mentorship; career opportunities; entrepreneurship; social and cultural connections; supports during COVID-19; parenting; legal services; civic engagement and more.

During COVID-19 -

- What Changed For You?
 - How Did You Deal With That Change?
- What Have You Noticed That You Have Been Doing Differently?
 - Do You Think This Is A Good Or Bad Habit?
- What Would You Like To Incorporate Into Your Daily Routine?





Malton Women Council's 4th Annual General Meeting

Friday, October 16, 2020, at 6.30 pm

Formal Proceedings:

- Recruitment of Board of Directors for 2020-2021
- Annual Report 2019

&

**A Soulful Evening:
Ishq-e-Haqeeqi with Rintu Bhatia**

To register, please contact:

647-391-9668 or e-mail at info@mwcommunity

www.mwcommunity

PARTNERSHIP PROJECTS



Malton Women Council was a proud supporter of Virtual Diversity Festival 2020, organized by Moksha Canada Foundation.

"LET'S MAKE CHANGE THAT MATTERS"



SINAI FOUNDATION CANADA

Seniors Help -COVID-19

Sinai Foundation Canada is a registered **Non-For-Profit** organization, currently providing **free groceries** to our senior residing in Mississauga, at their door so they can avoid the contact to get infected from current pandemic.

Please share the flyer with your networks.

Coming Soon

- Health and Fitness programs for Seniors
- Nutrition and Wellbeing seminars for Seniors
- Interpersonal Development trainings for Youth
- Math and Science education assistance for Youth
- Skills and Language programs for Adults
- Food Security programs for Community in Need

Our Partners:



Our Supporters:



Contact us at: (647) 628-8801
Email: info@sinaifoundation.ca
Or visit us: www.sinaifoundation.ca






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.

Thank you MPP Deepak Anand for the generous donations of laptops which helped our women and seniors to stay connected during COVID-19.



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



ART OF LIVING IMPERFECT LIFE PERFECTLY.....



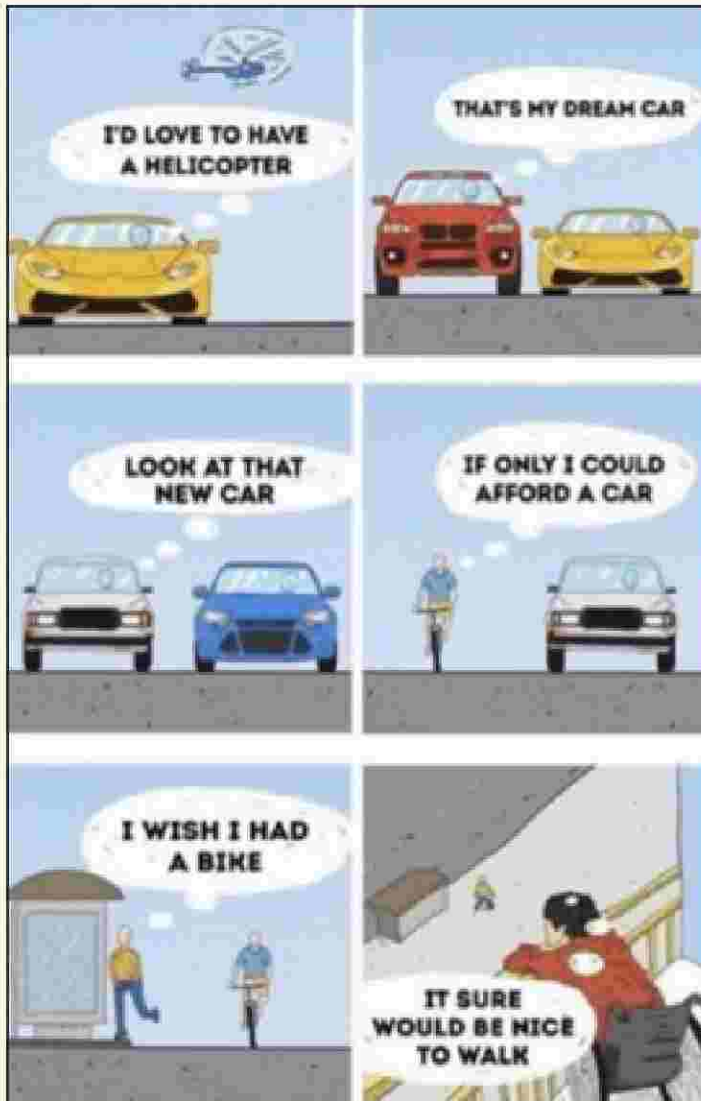
by Vidhya Marothu

“When life gives you lemons, make lemonade”

This is a famous proverb. But no one tells you how to do that. You have to learn it yourself. And once you learn this art, no matter how much lemons life throws at you, you manage to squeeze them and make lemonade out of it. Life is beautiful. But its not always perfect. One has to accept this fact and deal with the imperfections of life. When you learn to deal with these imperfections life becomes perfect.

First of all, stop feeling sad and pitying yourself. You are not the only one in this whole world who is suffering. You just don't know about the troubles others are going through. Just because someone smiles all the time, doesn't mean life is perfect for them. They just learn to manage it with the smile on their face. So, stop judging people when you don't know enough about their life. When you will come to know about the problems they are facing, you might feel your pain is much lesser as compared to them.

ART OF LIVING IMPERFECT LIFE PERFECTLY.....



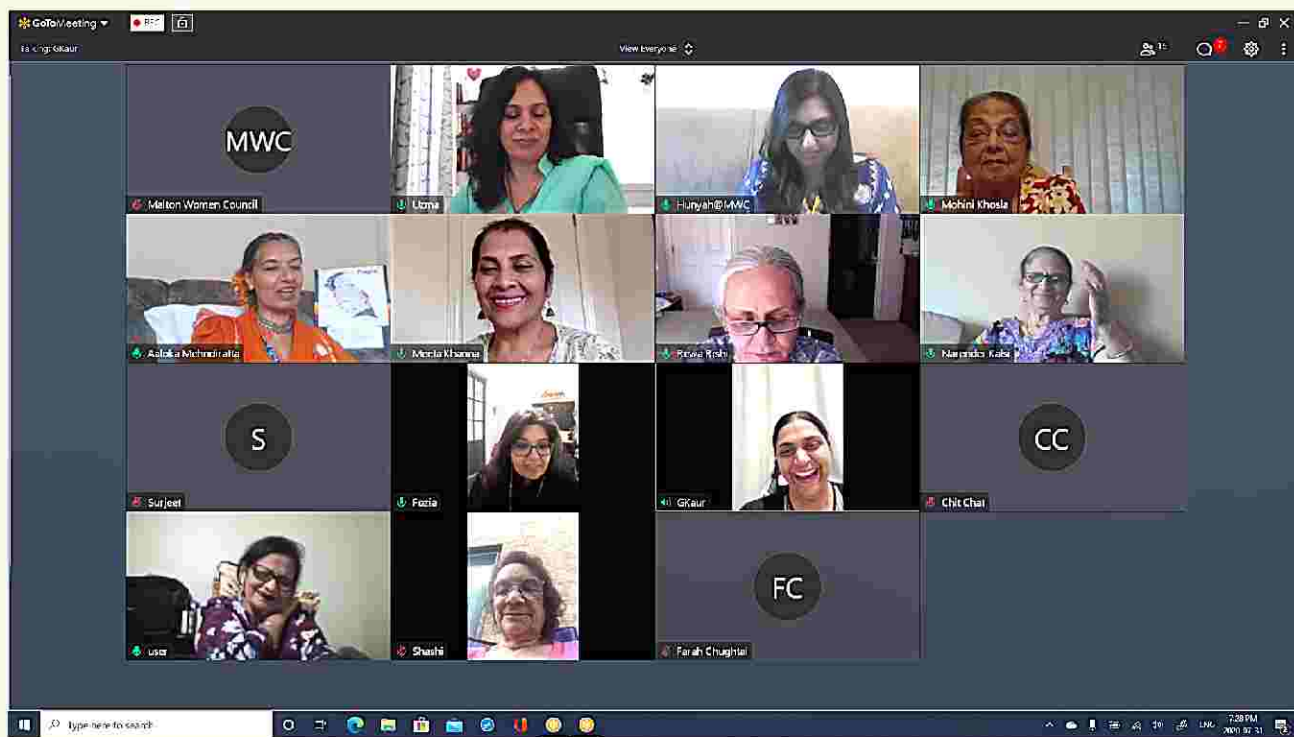
Secondly, start counting your blessings and be grateful for what you have. Because few people don't even have what you have. Please have a look at this picture. No one is truly happy with what they have. Everyone in this picture has at least something and wants more from life.

And when they don't get that; they feel unhappy. This is the only cause of sad and unhappy life and relationships. People tend to expect too much from life and people around them and when that requirements are not fulfilled, they get unhappy, sad and sometimes get depressed too.

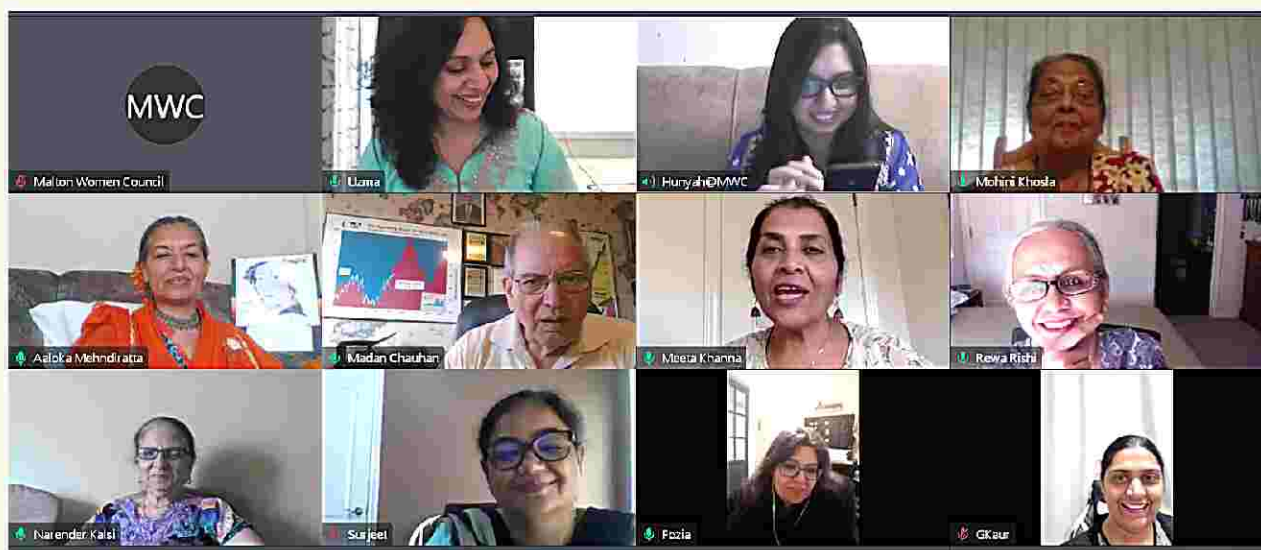
They over exaggerate their basic needs of the life and misunderstand their desires with needs. Thinking and craving about those desires; they completely forget that they can live happily even without them. Overthinking creates confusions. When you have too many choices you tend to desire more and this habit causes dissatisfaction. So be mindful about it. Focus on your basic needs and if you have it all be happy and thankful about it. And if you wish for more; work hard for it without expecting too much in return as you already have what you need.

Vidhya is an active volunteer and a strong supporter of MWC

JOIN US EVERY FRIDAY AT 6.30PM.....

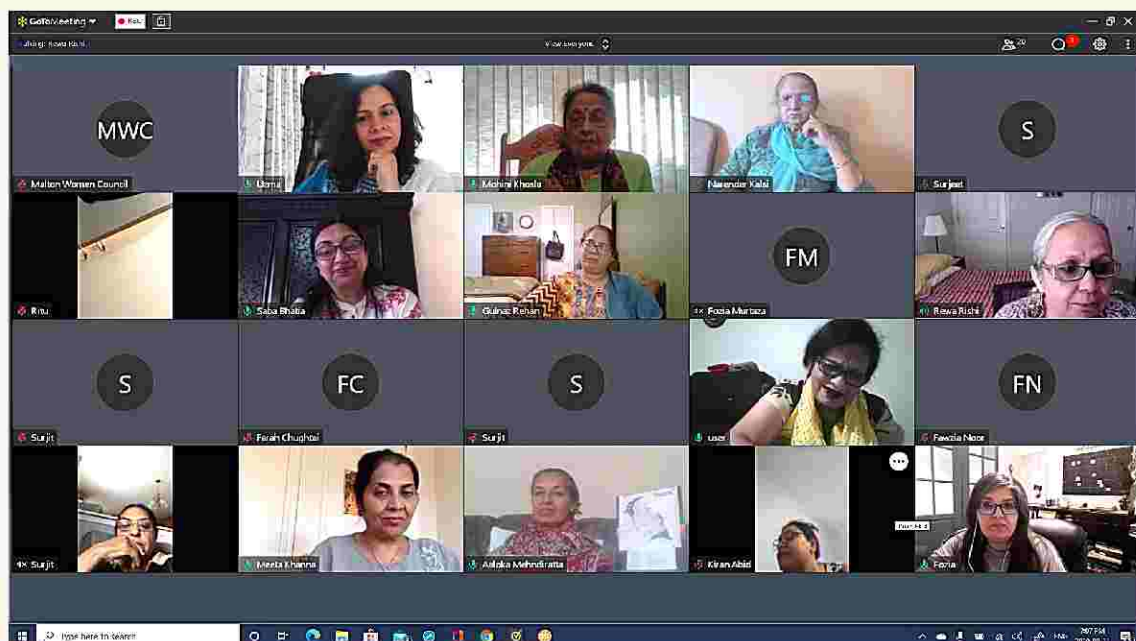


FOR FUN.....

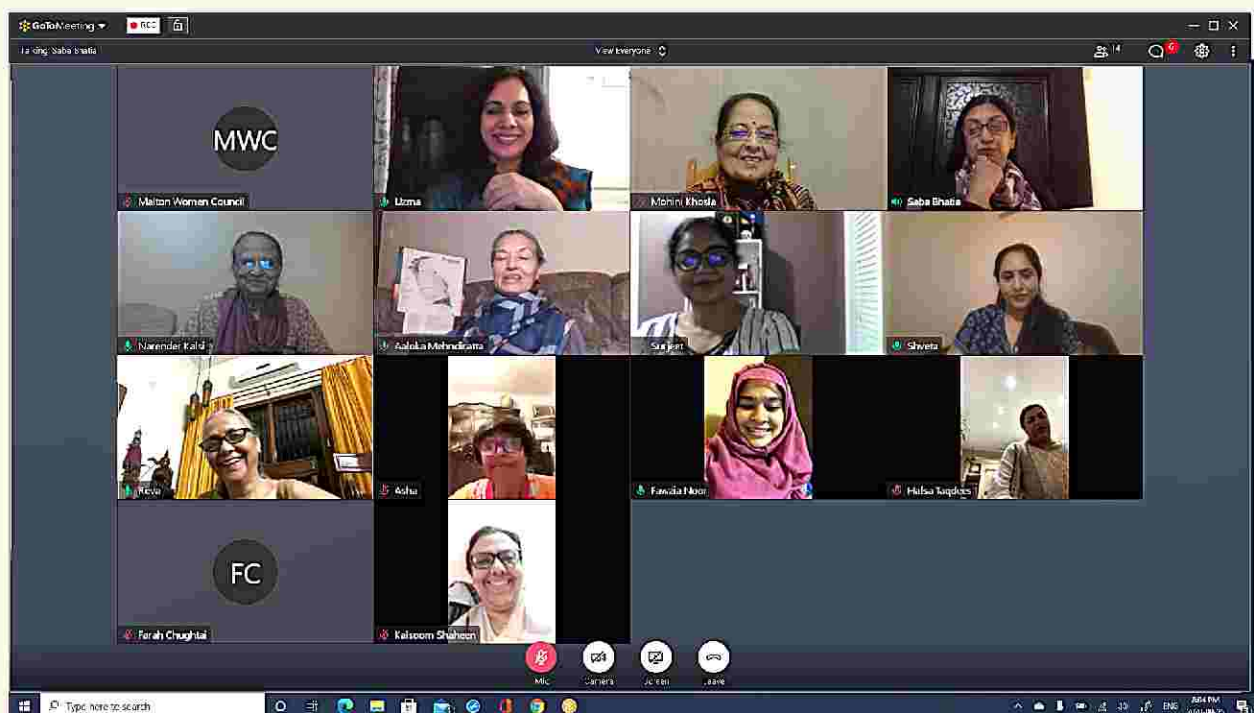


.....AND LAUGHTER

JOIN US EVERY FRIDAY AT 6.30PM.....

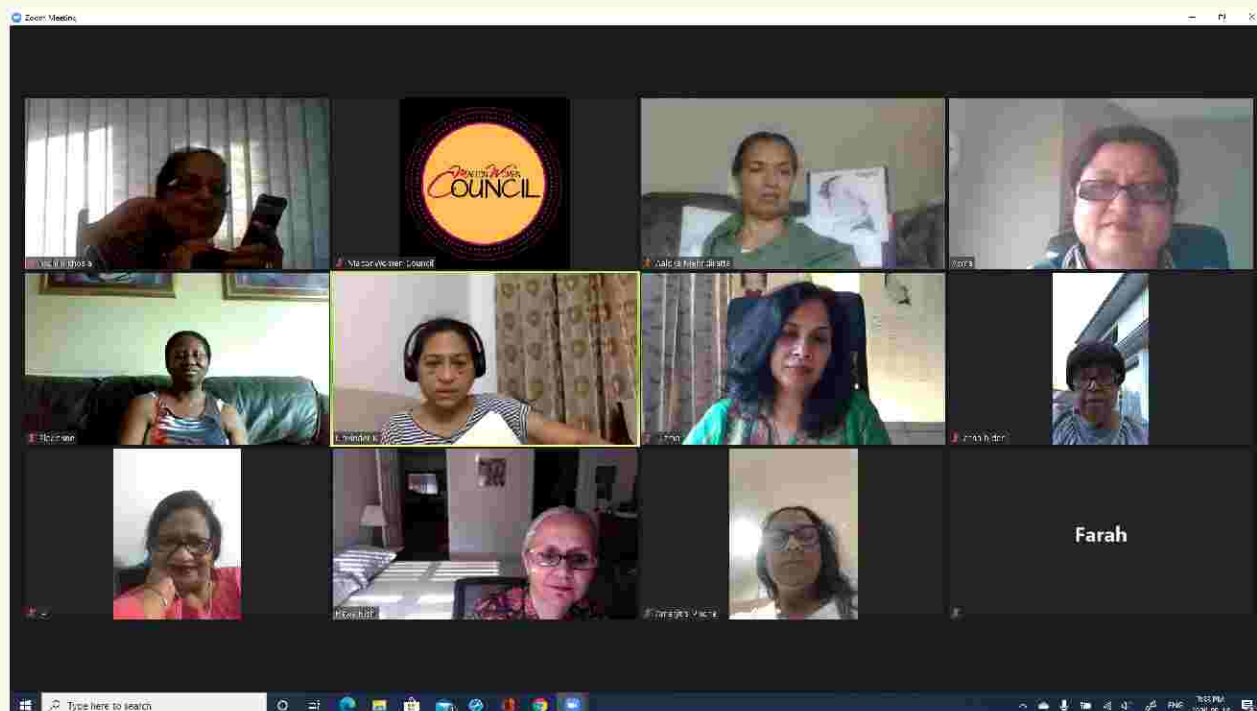


FOR PROFOUND DISCUSSIONS.....

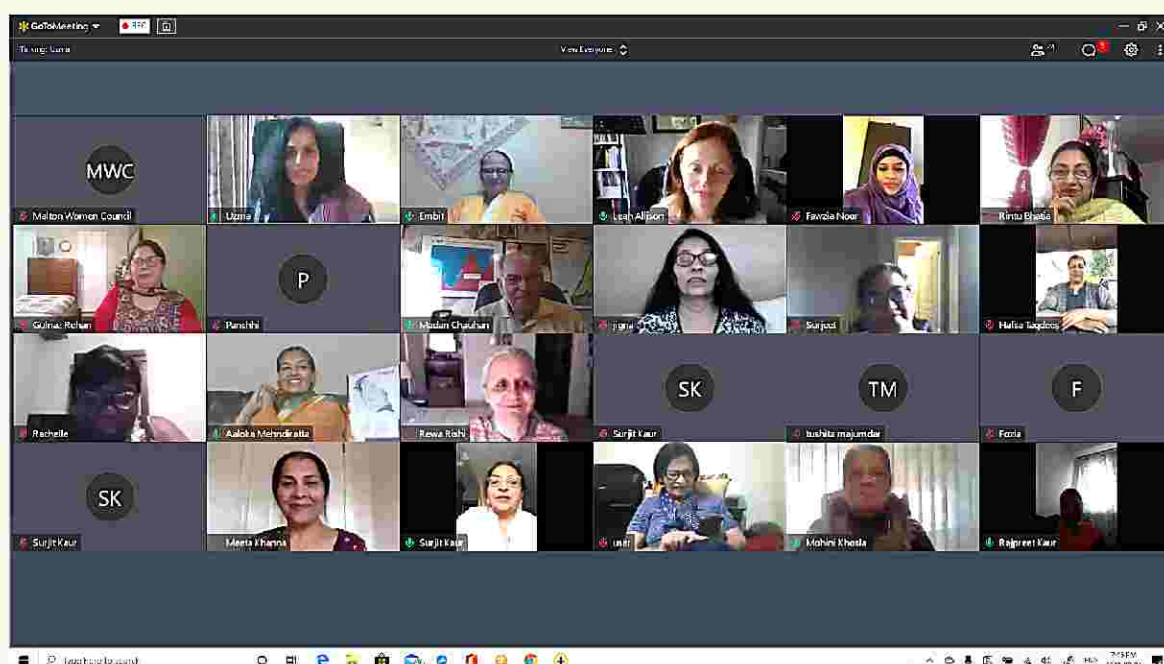


.....AND INSPIRATIONAL STORIES

JOIN US EVERY FRIDAY AT 6.30PM.....



**FOR HOLISTIC HEALTH &
WELL-BEING.....**



.....AND SOULFUL CONNECTIONS

VISION

**Empowered Women,
Empowered Communities**

MISSION

Malton Women Council
empowers women and
enhances their overall well-
being by providing platforms
and creating opportunities to
excel.

OUR VALUES:

**EMPOWERMENT
ACCOUNTABILITY
COLLABORATION
RESILIENCE
CONTINUOUS IMPROVEMENT**

www.mwc.community

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



Asma Khan



Fozia Murtaza



Shveta Pathak



Meeta Khanna



Aruna Anand



Susan Benjamin



Nivedita Shori



Navneet Nagpal



Ritu Chadha



Nurulayn Noor



Tushita Majumdar



Hunyah Irfan



Leah Alison



Dr. Rewa Rishi



Rachelle Alincy

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



Arooj A Rajput



Surjeet Sandhu



Fawzia Noor



Kiran Maqsood



Anureet



Hafsa Taqdees



Stacey Persad



Gulnaz Rehan



Ashim Kochar



Gauravi Saini



Madan Chauhan



Kulwant Singh



Zarbia Ahmed



Faria Majeed



Kajal Singh

MWC acknowledges the financial contributions of:

The logo for the Government of Canada, featuring the word "Canada" in a serif font with a small Canadian flag to the right.The logo for Employment and Social Development Canada, featuring a small Canadian flag and the text "Employment and Social Development Canada" above the word "Canada" in a serif font.The logo for the Region of Peel, featuring a stylized "P" icon and the text "Region of Peel" and "Working for you".The logo for the City of Mississauga, featuring a stylized blue "M" icon and the word "MISSISSAUGA" in blue capital letters.

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)

OUR MEDIA & COMMUNICATION TEAM:

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Parminder Randhawa

Uzma Irfan