

CONNECT@MWC COMMUNITY
October 2021 Newsletter



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ED'S MESSAGE

I made a commitment to myself when I heard saying Sarain Fox , the incredible keynote speaker at Region of Peel's event 'Understanding the Truth and Owning Our Future' – in commemoration of the National Day for Truth and Reconciliation, that women had a power to change the world by knowing, sharing and creating awareness among their local communities....I committed to play my part for making that meaningful change for myself, for my neighbors, for my community , for my city, for my province, for my country and for the whole world ...Now the question is what kind of change? Change to connect, to be more open to embrace people around us, to reconnect with the people who claim or reclaim to have direct relation with the land. A land that is mother earth, a land where "water is not just water but the blood of our ancestors", where "air is precious to us" and where, "all things are connected like the blood that unites us all" (In Chief Seattle's words).



Uzma Irfan
Executive Director

While visiting Curve Lake First Nation, I was thinking that how Malton Women Council can be more respectful to the land beyond land acknowledgement, how we can be like water, air, fire, earth, and space to connect with the land and all those who are in relation with this land. I realized that we do not need to reinvent the wheel but need to bring more partners on the table for sharing dreams, ideas, and passion in creating a better world. I am so glad to share that in the third season of the year with the support of our existing partner, we have many new partners sharing the same rich values as ours. We have Voice of Men 360 to bring men allies supporting women empowerment, we have Kristi White from Hoops of Hope who is helping us to know and understand the Indigenous culture, we are collaborating with Sampradaya Dance Theatre to create an awareness about domestic abuse, our members are learning to move with Moonhorse Dance Theater, MWC ambassadors are working with Greenwood Community Service to develop and design resources for Caregiver of individuals with dementia. At the same time executive team is busy in helping Immigrant Women Information Network in developing online course and media resources on Gender Based Violence for frontline workers.

I am still pondering on the message given by keynote speaker, writer and media maker, Ryan McMohan for Sep 30th that we need to come together and must build better relationship to Build Back Better. We have a bigger responsibility than ever as we are answerable to our generation next as well as to the ancestors of this land who are watching us from a distance. I am optimistic that with partnerships and collaborations we can make a bigger impact. Let's hope to make a better today together for owning the best tomorrow together!!!

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.

*Malton Women Council*

RESILIENT COMMUNITIES PEER AMBASSADORSHIP PROJECT

This Program is Funded by:

**Women and Gender Equality Canada**

Femmes et Égalité des genres Canada

Areas of Support:

- ✓ Health and Well-Being
- ✓ Economic Security
- ✓ Social and Cultural Connections
- ✓ Domestic Violence
- ✓ Community Resource Navigation

ONE ON ONE AND GROUP PEER SUPPORT

**Eligibility**

- South Asian Women
- 18-64 years of age
- Residing in Mississauga and surrounding areas

**Service Location**

Zoom, Phone,
E-mail & What's App

**Services Offered In**

Hindi, Punjabi, Urdu & Tamil

For registration, please contact:
647-391-9668 or uzma@mwcommunity
www.mwcommunity

**+1(647) 391-9668**

GENDER BASED VIOLENCE AND DISCRIMINATION

Did you know: "Rates of gender-based violence were high in Canada, even before the pandemic: on average, every six days, a woman is killed by her intimate partner. Thousands of women, girls, and trans and non-binary people now face a heightened risk of violence at home with COVID-19 isolation measures, whether it takes the form of emotional, physical or sexual abuse." (Canadian Women's Foundation)

Please join us on Sunday, October 17th, at 10am, as we learn from Asma Khan about 'gender based violence and discrimination', how to seek help, and available community supports and resources.



Malton Women Council

RESILIENT COMMUNITIES PEER AMBASSADORSHIP PROJECT

**SUNDAY, October 17, 2021
10AM TO 1PM
ZOOM MEETING**

This Program is Funded by:

 Women and Gender Equality Canada Femmes et Égalité des genres Canada

GENDER BASED VIOLENCE AND DISCRIMINATION



Asma Khan works as Project Coordinator on Mentorship Connections for Success, a project of Malton Women Council. She is also connected with a local hospice in Mississauga conducting outreach and education around hospice palliative care. Asma has a background in Pharmacy from Pakistan and a Master's from USA in Pharmacy & Administrative Sciences.

Session Highlights

- ✓ Identifying violence against women- forms of abuse
- ✓ The Power & Control Wheel
- ✓ Gender Discrimination
- ✓ Barriers in getting help & safety planning
- ✓ COVID 19 & rise in violence against women
- ✓ Case Scenarios
- ✓ Resources

For registration, please contact:
647-391-9668 or uzma@mwc.community
www.mwc.community

 **+1(647) 391-9668**

MENTAL HEALTH FIRST AID TRAINING

During the months of July and August , 27 staff, volunteers, and peer supporters of Malton Women Council received Mental Health First Aid Training provided by Mental Health Commission of Canada. The 8-hour virtual training provided participants with the knowledge to identify early signs of mental health and tools to provide initial support to individuals dealing with mental health issues. **Funded by Region of Peel**, the project has helped build the capacity of our staff, volunteers, and peer supporters to better understand the mental health and well being needs of our services users and provide initial supports before connecting them to next level of care/professional help.

From Training Participants

"Before this training whenever I saw someone with mental health problem, I used to get scared and just stay far away from that person but now I think I will be able to approach them and help to overcome their challenges".

"It's an excellent program, like an eye opener. How to approach and listen carefully with patience is really important. Then recognizing the peculiarities of people and help them understand the importance of mental well being".

"Mental Health First Aid training helped my understanding regarding mental health and as mental health first aider. Now I could differentiate between first aider, social worker, counsellor, psychotherapist, and support worker. That really broadens the horizon of knowledge and perception, extremely valuable for further advancement of my professional development".

"The MHFA trainings were useful because they taught me the different ways that mental illness can impact people and how I must be careful with the way I approach clients".

THE MISSED PATH

Time elapsed, I became unconscious
Toxic thoughts and feelings festered deep within
Scars from the lies and deceit thickened
Confidence and esteem departed

The past constantly swirling a storm in my head
Spinning in circles with no way out
Headaches were a constant overcast
Clarity fogged and direction lost

A map and compass toward forgiveness was gifted
to me

And so I started the journey
It became long and tiresome with no end in sight
Stayed on the path but the route felt 'wrong'

I must have missed a turn
Or my compass was broken
For I kept returning to the starting point
Frustration and despair set in

I needed to reach 'forgiveness point'
But what would that look like
Then AHA, I remembered
I missed the path to forgive myself

Stacey D Persad

Author, Transformation-Keep It Simple



Claudia Moore
MOONHORSE DANCE THEATRE

Dancing with Autumn

STARTING OCTOBER 5, 2021

TUESDAYS, 7:00PM - 8:00PM

ZOOM MEETING

MOonhORsE Dance Theatre in collaboration with Malton Women Council is offering a 4-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.

SESSION SCHEDULE

| | |
|-----------------|------------------|
| MICHELLE SILAGY | OCTOBER 5, 2021 |
| JULIA ALPIN | OCTOBER 12, 2021 |
| ANKITA ALEMONA | OCTOBER 19, 2021 |
| DEEPTI GUPTA | OCTOBER 26, 2021 |

For registration, please contact: Nidhi Baadkar at 289-544-7916 or e-mail at nidhi.baadkar@gmail.com

www.moonhorsedance.com www.mwc.community

DISPELLING DARKNESS

Dispelling Darkness is a 12-week workshop on visual arts, theatre, and movement to focus on awareness and prevention of domestic abuse in South Asian communities across Ontario.



SAMPRADAYA
DANCE CREATIONS



Sampradaya Dance Creations
in partnership with
SAWITRI Theatre group & Malton Women Council
presents

Dispelling Darkness

A 12-week workshop on visual arts, theatre
and movement to focus on awareness and
prevention of domestic abuse in
South Asian communities.

Participants will be offered an honorarium
for their time and participation.
To know more or participate,
please contact

Jasmine Sawant - 416.726.9824 | Suma Nair - 647.986.9689

Starting October 18th 2021
Every Monday, 1:00 pm – 2:30 pm, Online



Conseil des Arts
du Canada

Canada Council
for the Arts



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



MISSISSAUGA

MENTORSHIP CONNECTIONS FOR SUCCESS PROJECT

Malton Women Council is organizing an online event on Monday, October 25, 2021, from 6pm to 8pm, to celebrate the success of OTF funded Mentorship Connections for Success Project which is coming to an end in October 2021. The event would include project highlights and testimonials from project mentors and project mentees.

Funded by Ontario Trillium Foundation, Mentorship Connections for Success Project provided one-on-one mentorship, skills building training, and resources linkages to 80 newcomer and immigrant women who aimed to build careers in their respective professions, in the Canadian labor market. Launched in November 2020, the 12-month program matched the newcomer women with experienced mentors from diverse professions, who provided guidance, information and connections to the mentees that helped clarify and strengthen their career paths.

From Project Mentee

"I have been very pleased with the way that the mentoring program went, and I felt that I benefited greatly from being able to discuss work and career-related situations with Mentor. I gained a huge amount of confidence during this program. I think the network is the plus point for this program. The Programme is an excellent step towards enabling and realizing talent which might otherwise not find its own way specially for women. I would strongly recommend this program to all newcomer ladies to settle in Canada".



MALTON WOMEN COUNCIL

MENTORSHIP CONNECTIONS FOR SUCCESS PROJECT-END CELEBRATION

MONDAY OCTOBER 25, 2021
06:00 PM TO 08:00 PM - ON ZOOM



Roma Puri



Jehanara Chagani



Kiran Maqsood

MENTORS



MPP Deepak Anand
MPP for Mississauga-Malton



Aashim Kochar



Sonal Arya



Umme Habiba Zeeshan

MENTEES



Sukhjit Singh
Keynote Speaker
Change Agent with a philosophy of
Preparation-Persistence-Patience

EVENT HIGHLIGHTS

- Remarks by MPP Deepak Anand
- Project Highlights by Asma Khan
- Remarks by Ontario Trillium Foundation Representative
- Keynote Speech by Sukhjit Singh
- Testimonials by Mentors & Mentees
- Remarks by Uzma Aziz Irfan, ED

www.mwc.community

REGISTRATION
647-860-2206
ASMA@MWC.COMMUNITY

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

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

Celebrating
International
Day of Girl
Child
OCTOBER
11TH



WHO ARE WE TO BLAME?

Amrit Sandhu



We enter this world as mirrors of our loved ones, reflecting their smiles and laughter. However, these mirrors may become tainted with toxicity if one's youth has been dwelt within an environment sweltering of hate. Due to life's peculiar randomness, some are born into more unfortunate circumstances, in which they are not given the nurture that children require to grow into adults who may reciprocate such virtue to their societies.

This absence of awareness regarding the vitality of compassion due to the lack of receipt from their childhood may develop into a fit of raging anger towards the world, expressed through juvenile delinquency. In fact, a study showed that experiencing maltreatment as a child can result in the exhibition of similar offending behaviour in the future. After all, who are we to blame the disheartening reflection of a mirror placed amidst chaos?

Thus, reinforcing the notion of simply being a "bad kid" to a youth who demonstrates signs of juvenile delinquency will likely result in a counter-intuitive outcome through the expression of further violence as an embodiment of society's perception of them. Instead, showing compassion may enforce the most substantial change as who are we to blame the unkindness of a youth who has never been shown what kindness looks like?

CHILD LABOR

Eeman Elahi



"That a child should not work, it is their right to get education and pursue their dreams.....not to work, not to beg at this age, but should have equal opportunities and resources to get education. All the kids should have equal resources irrespective of how much money they have".

Hey! I'm Eeman. An enthusiastic Pakistani and a lover of my city Lahore. Currently studying Environmental Sciences at Punjab University. I love to write, draw, and do poetry. Urdu is my love. Recently there was an event organized by Forman Christian College Lahore. It was open for all universities students to apply. The theme was (child labour/ child marriage). I participated in it, in the "Express by Art Category". I presented my digital drawing on child labour, in which there was a boy holding a bottle of liquid soap and a hand wiper to clean cars at signal. And to my surprise it got selected and won among all students. I'm very thankful to Allah Almighty who has blessed me with this achievement. Personally, I want to see all Pakistani kids to have the right to education and have equal opportunities and resources. I want to see them as great leaders of the world and I'm hopeful that day will come.

SANITARY KIT DRIVE

Jasnoor Kalsi



Clutching your stomach in agonizing cramps, wondering how amazing it would be if periods were painless... Many of us have found ourselves in this situation at least once. Have you thought of how wonderful it would be to go through a cycle without pain? What about without adequate sanitary products? The latter is an unfortunate reality for too many menstruators around the world. It is lamentable that we cannot change the painful part of the beautiful reproductive system. We can, however, act on ensuring access to resources and supporting each other through their cycles. Access to menstrual hygiene products is an apparent issue, but often neglected. Working as an executive member of Girl Up Brampton to organize their 2020 Sanitary Kit Drive, I had the opportunity to glimpse the positive change from a collective act of donating a few menstrual products. Volunteering at Seva Food Bank, countless menstruators in my community have requested help in achieving security during their periods, but food donations are often oversupplied, and hygiene products are in demand. It is time to take local action. Hand in hand, we can accumulate small contributions and empower each other to fulfill our goals.

Jasnoor is a grade 12 student at Chinguacousy S.S. She loves playing volleyball, practicing flute and reading.

Do you know?

The Ontario government says it has partnered with Shoppers Drug Mart to provide free menstrual products for the students across the province beginning this fall. "The partnership will benefit students who need menstrual products and are unable to afford or access them, resulting in an inability to participate in school and other activities," the provincial government said in a news release. The agreement will see Shoppers Drug Mart provide six million essential hygiene items for free, annually, to school boards in Ontario for at least the next three years. For now, only period pads will be available, though the plan is to eventually include tampons as well. Boards will have discretion about where the products are distributed based on local needs, the province said.

MANDALA ART

Prenjal Sharma

"I'm Prenjal Sharma from Chandigarh, India.
Art work keeps me creative and focused.
Mandala Art is like meditation for me".

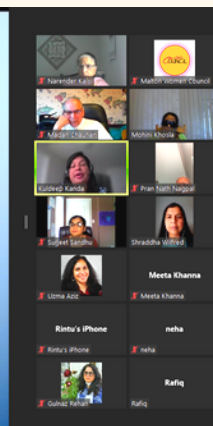


PARENT INVOLVEMENT IN SCHOOLS

Dr. Arshi Ali

What does Parent Involvement mean?

- Partnership between parents and teachers/schools
- Parents and teachers sharing a responsibility to help their children learn and meet educational goals.
- Parent involvement happens when teachers involve parents in school meetings or events, and parents volunteer their support at home and at school.
- While teachers can advise parents on some things, parents also have important information about their child that teachers might not know. Both can bring perspectives to the table that enrich a student's learning experience.



As part of our back to school initiative, MWC organized an information session on 'Parent Involvement in School'. The session was facilitated by Kuldeep Kanda. Here are some highlights from this session:

WHAT IS PARENT INVOLVEMENT?

- The partnership between parents and teachers/school.
- Parents and teachers sharing a responsibility to help their children learn and meet educational goals.
- Parent involvement happens when teachers involve parents in school meetings, events and parents volunteer their support at home and school.
- The teacher can advise parents on something. Both can bring perspectives to the table that enrich a students' learning experience.

IMPORTANCE

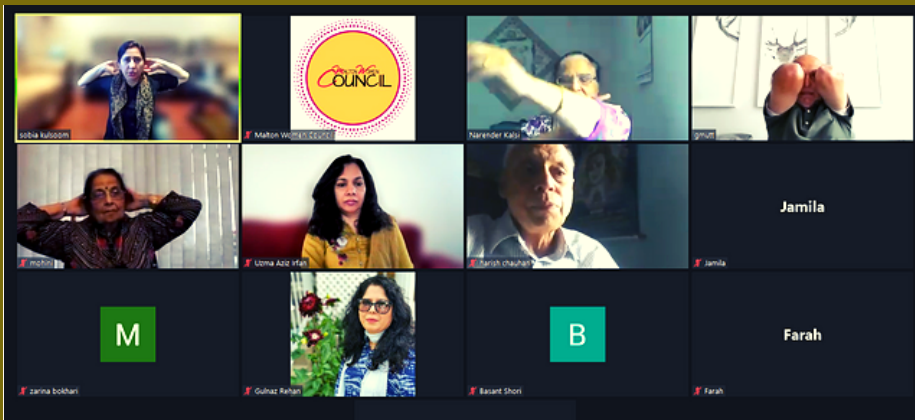
- Parents involvement leads to student success and achievement in schools.
- Parents engagement is connected with an enhancement of school achievement and well being.
- Students are motivated and earn higher grades
- Students exhibit better behavior and social skills.
- Students attendance, self-esteem and graduation rate rise as well.
- Students reach their academic potential.
- More than 80% of a child working and learning hours are spent outside of the school, primarily at home, that's why parents' involvement is necessary.

HOW TO GET INVOLVED

Parents involvement have various expressions such as

- Serving on school councils and Parent involvement Committees (PIC).
- Volunteering for field trips and school activities.
- Helping with homework.
- Attend parent-teacher meeting.
- Talking to your child about their day at school.

Dr. Arshi Ali is a Registered psychotherapist (qualifying), with the "College of Registered Psychotherapist of Ontario (CRPO)" since 2018 and the "Ontario Association of Mental Health Professionals (OAMHP)" since 2015. Arshi is the community ambassador and actively engaged in various community projects. Please visit her blog for amazing articles and resources:
<https://gratitudepractice365.blogspot.com/>



HUMAN TEETH

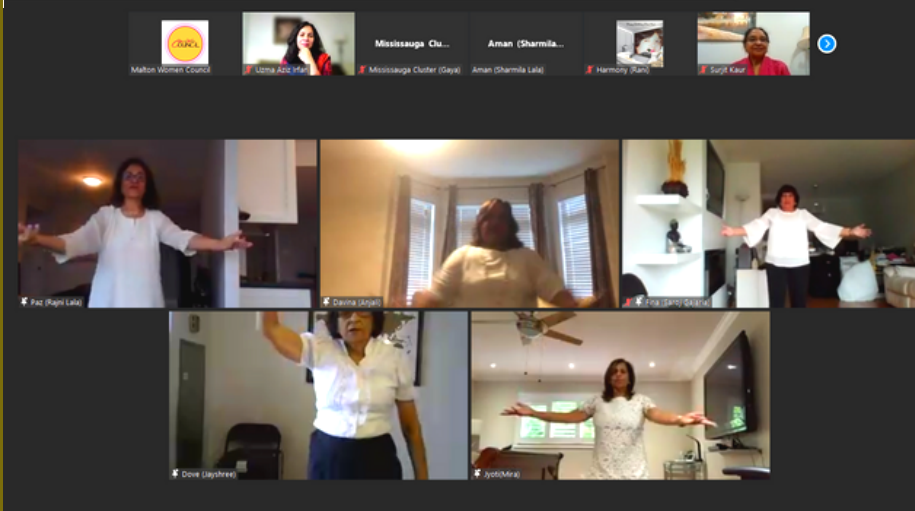
TWO SETS OF TEETH IN A LIFETIME

1. Primary Teeth, Deciduous teeth, Milk teeth, baby teeth
20 in number, 5 in each quadrant
Starts erupting in 6 months, starts falling out in 6 years
2. Permanent Teeth, Adult teeth
32 in number, 8 in each quadrant, emerge at age 6, usually all emerge at 12 years of age
Wisdom emerge around the age of 17-21

Management of Diabetes

Management of diabetes = Feeling good and living Healthier

2 Presentation Title Goes Here



ALL
IS
WELL
SENIORS
WELLNESS
CAFE

Join us every Wednesday at 4pm for socialization, information, exercises, and lots of fun!

EMOTIONAL DIET

Dr. Arshi Ali

Emotional diet is the way of mindful living and attentiveness of the strategies to pursue and follow daily to soothe, console and relieve stress, negative thoughts and be resilient. Emotional diet intake commences from the morning when you initiate your day with eyes open till you go to bed at night. An emotional diet brings harmony to mind, body and soul. A variety of components of emotional diets are:

- **Deep breathing** is an essential and part of the emotional diet. Since eyes are opened in the morning, do deep breathing, for instance, 478 deep breathing (4 cycles) or square breathing or you may turn on YouTube and follow instructions of Wim Hof breathing exercise. This practice will set the tone for the rest of the day.
- **Gratitude** is the most essential practice of consuming an emotional diet. Begin a day with the thought of "I am grateful for", this thought and practice will shift a mind from negative to the positive side. Gratitude practice is scientifically proven a natural antidepressant to the body and brain. Whenever a mind shifts from negative to positive or not enough to enough paradigm, in fact, the brain releases dopamine and serotonin. These two neurotransmitters are happy hormones and instantly boost our mood and emotions.
- **Deep sleep** (7 to 9 hours) has an impact not only on the physical body but profound influence on feelings, thoughts and emotions.
- **Practice forgiveness** is the process to let go of the tension or holding negative emotions or energy. Forgiveness is the best approach to release or loosen emotional strain and sense or feel the power of releasing hate, anger, grudge, jealousy and revenge.
- **Instant chargers** are a meaningful way to connect with and charge your depleted energy. These chargers will help to renew, restore, recover, and rejuvenate depleted energy and can instantly recharge you to deal with the situation daily. Instant chargers might be a good friend, a cup of tea, deep breathing, walk, bubble bath and meditation.
- **ME TIME** is the uninterrupted and designated break from the daily routine. This me-time is 10 to 20 minutes 2 to 4 breaks on daily basis. ME time is utilized for deep breathing, listen to a podcast, journaling, gratitude practice, listening to music, yoga, meditation, listening to your own thoughts and feelings, power nap, engage in a creative activity. ME time is to nurture, feed and nourish thoughts, feelings and emotions.
- **Positive self-affirmation** is a genus of self-talk but in a positive manner. Positive affirmations positively influence the thought, feelings, and emotions and automatically transition to positive behaviour.
- **Socialization** is part of the emotional diet. Try to find clubs, wellness cafes, sessions or networking events online at this time of the COVID 19 pandemic. Socialization will boost your sense of belongingness, connectivity and affect your thought, feelings and emotions.



ROAD TO RECOVERY, REBUILDING, AND RESILIENCE WORKSHOP SERIES

**Starting October 1st
Fridays, at 6pm**

Malton Women Council is excited to launch workshop series called 'Road to Recovery, Rebuilding, and Resilience'.

Funded by Ontario Trillium Foundation, these workshops will provide us with knowledge and skills to support the process of recovery and rebuilding post COVID-19.

Starting October 01, 2021, please join us every Friday at 6.00pm as we engage in a mutual learning process with the subject matter experts who will bring a new topic every week.

**FOR REGISTRATION AND ZOOM MEETING LINK,
PLEASE CONTACT:
INFO@MWC.COMMUNITY OR 647-391-9668**

COMMUNITY INITIATIVES

DONATION DRIVE FOR INDIGENOUS FAMILIES



"Thank you MWC Malton Women Council (each and everyone who helped to organize all these items); Uzma Irfan who came forward and joined together, supported this great cause, initiative. They got lots of necessary items and packed very well within a short time. All the items were dropped. They will be repacked and distributed based on the needs and demands. Thank you all for who helped and supported this great cause directly and indirectly, special thanks to Uzma and Kristi White who are the key people in the joint-venture project". Sivam Velautham from 360 Voice of Men

"I'd like to take this time and say thank you again to Malton Women Council for Inviting me to speak and share about indigenous communities. With your support we were able to help 20 families including some that were evacuated due to the forest fires, we were also able to hand out 75 care packages to homeless community members". Kristie White

BACK TO SCHOOL INITIATIVE

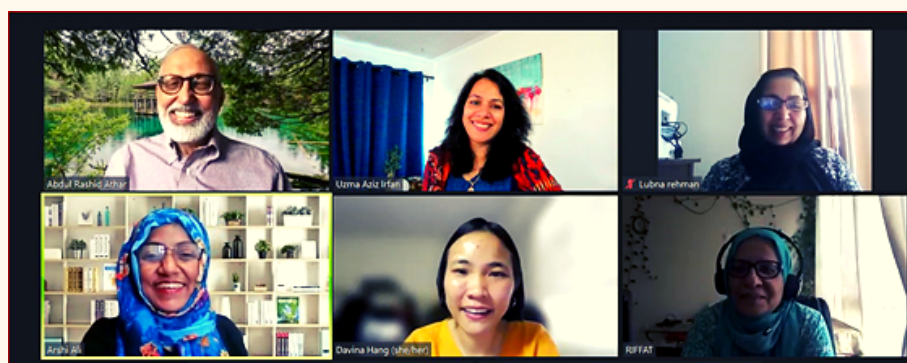
Peter Zehdee, a recent University of Guelph graduate and Ascension of Our Lord Alumni, organized a Back-to-School Initiative where he partnered with Malton BDA to raise close to \$3000 to purchase running shoes for close to 80 Malton elementary school students including 5 families of MWC. Thanks to his coworkers at Sport Check, he was able to put together store discount to buy many of these shoes 50% off resulting in larger quantities, and better quality for the youth of Malton.



"Recently, you helped us arrange brand new pair of sports shoes for both of my daughters. Trust me, this item was there on my school shopping list, but the priority depended totally on my budget! Thanks for making my daughters comfortable at school and happy about their new shoes. They simply love them and enjoy flaunting them too".

"A big shout out to Malton Women Council"

COMMUNITY INITIATIVES



DIVERSE CAREGIVERS ACCESS PROJECT

Malton Women Council ambassadors and executive team attended four weeks 'Diverse Caregivers Access Project' by Woodgreen Community Services. This project is to enhance access and promote the wellbeing of caregivers by developing, testing and delivering culturally sensitive and linguistically appropriate tools/resources for caregivers of people living with dementia in various ethncultural communities.

Malton Women Council

You were there when we needed you most!

Thank you so much for your support of Hoops For Hope. We are so grateful to have wonderful people like you in our community willing to help those in need. We at Hoops for Hope strive to better the lives of those struggling in our community through your donations and support and we will ensure these will go directly to those in need either directly through us or through our partnered community organizations like Atlothsa, Okaanadje, Life*Spin, etc.

If you have any questions please feel free to contact us and don't forget to keep your eye out for our future projects!

River Christie-White - Hoops For Hope

749 little grey st
London ON
N5Z1P2
(226) 378 1338
Hoopsforhope@icloud.com



Malton Women Council

"You were there when we needed you most!

Thank you so much for your support of Hoops For Hope. We are so grateful to have wonderful people like you in our community willing to help those in need. We at Hoops for Hope strive to better the lives of those struggling in our community through your donations and support and we will ensure these will go directly to those in need either directly through us or through our partnered community organizations like Atlothsa, Okaanadje, Life*Spin, etc."

River Christie-White - Hoops For Hope

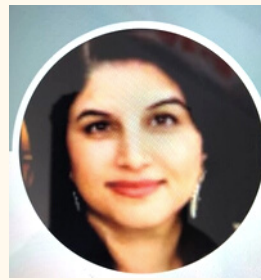
THANKS TO ALL OUR GUEST SPEAKERS, PRESENTERS & TRAINERS



Imran Akram



Dr. M.P Monga



Sony Deol



Asma Khan



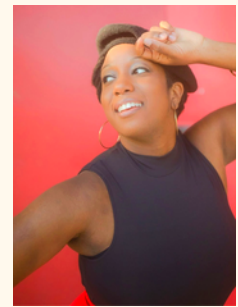
Julia Alpin



Nidhi Baadkar



Claudia Moore



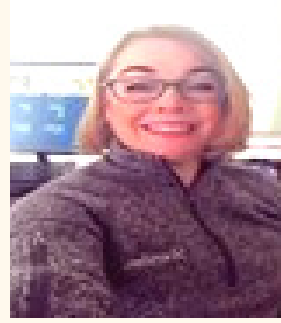
Natasha Powell



Neeraj Varshney



Bronwen Evans



Angela Wigfield



Harmhan Chhibbar



Neha



Dr. Sukhdev Kamboj



Sobia Kulssom



P.N Gupta

THANKS TO ALL OUR GUEST SPEAKERS, PRESENTERS & TRAINERS



Kristie White



Paramjit Deol



Dr. Gurminder Sidhu



Parm Saran



Pallavi Jassal



Gaurav Palliwal



Kuldeep Kanda



Felisia Campusano



Hunyah Irfan



Kiran Maqsood



Sandeep Jassal



Fozia Murtaza



Faria Jafri



Narender Kalsi



Rashmi Varshney



Shivalee Paliwal

THANKS TO ALL OUR GUEST SPEAKERS, PRESENTERS & TRAINERS



Parminder Randhawa



Surjit Kaur



Arifa Muzaffar



Gaya Nagendra & Team



Khivi & Asees

SHEENA THANDI

AMBER KHALID

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Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



Employment and
Social Development Canada

Canada

Ontario
Trillium
Foundation



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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)