



MWC PROGRAMS

Every Friday at 6.00 pm - Zoom

1st Fridays: Women Wellness Session

2nd Fridays: South Asian Women in Business

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

4th Fridays: Suno Sakhi Women Circle

5th Fridays: Community Connections

Every Wednesday, 4-6pm - Zoom

Seniors Mental Health Awareness Ambassadorship Project

Resilient Communities Peer Ambassadorship Project

One on One & Group Peer Support

South Asian Women Empowerment & Equality Of Rights Alliance

Women Support Group (In Person)

Skill Building Workshops (In Person)

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)