



MWC PROGRAMS

Peer Support Program for South Asian Women

Individualized and group peer support sessions in Peel region.

South Asian Alliance for Trust and Healing (SAATH) Project for South Asian Women

Individualized and group mental health peer support sessions in Peel, Halton, Durham, and Toronto regions.

Mind, Body and Spirit Project

Wellness workshops for South Asian seniors.

Every Wednesday, 4-6pm EST - Zoom

South Asian Women Empowerment & Equality Of Rights Alliance

Engaging South Asian men as allies to prevent gender-based violence.

Cultural and Community Connections

Arts-based and cultural activities.

South Asian Women in Business (SAWIB)

Skills building and networking opportunities for new, emerging, and established businesswomen.



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Malton Women Council (MWC)



maltonwomencouncil



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