



CONNECT@MWC COMMUNITY

Quarterly Newsletter

We Are
All in This
TOGETHER

This too
Shall
Pass...

IN THIS ISSUE

Board President's Message	2
MWC's Virtual Services	3
Strategic Plan 2020-23	5
e-Presence Project	9
MWC's IWD Event	10
Program Highlights: Jan. - Feb. 2020	23

WE ARE TOGETHER IN THIS...

by Uzma Irfan, Board President

While Mother Nature is taking her lead to set the course of the entire world, Malton Women Council is taking this as an opportunity to **Reflect, Rethink and Reconnect**.

The times are tough for the global community, as we struggle through the COVID-19 pandemic which has shaken the entire humanity....Amidst social distancing; lock-downs and virtual connectivity; these are also times for us to reflect on the fragility of life and how much for granted we take every blessing that's bestowed upon us in the bigger scheme of the Universe....And times to understand the real meaning and purpose of life; times to find our lost connections with our **Self**, the global family called **Humanity** and the **Mother Nature**.

As everyday life has been impacted by COVID -19 crisis, MWC is committed to provide unconditional peer support to its members. More than ever, women are playing crucial roles in our homes and our communities. In addition to working from home, women are also full time teachers, caregivers and running a non stop home restaurant.

For the well-being of our service recipients and community members, MWC is running all its programs and services virtually through GoTo Meeting, What's App and Facebook Live. For MWC, it's a big leap to serve via technology and I am so proud of our team members who are helping each other to ensure timely and much needed virtual connectivity with our service users, volunteers and community at large. Also, our staff and volunteers are making sure that our seniors are supported in all possible ways to participate in online programs and stay connected virtually. Through our social media, we continue to share information about various community resources available for individuals and families during the current pandemic. Our staff and volunteers are making every effort to support our service users through virtual services. Please do not hesitate to reach out to us at 647-391-9668 or info@mwcommunity.

In addition, I would also like to acknowledge all our funders who are very supportive and understanding during these trying times and have provided us the flexibility to customize our programs and services to best meet the needs of our community during the current pandemic.

I hope that we all stay safe, healthy and positive; while making the most of this time to **Reflect, Rethink and Reconnect**.

Sincere Regards,

Uzma Irfan

WE CONTINUE TO SERVE THROUGH OUR ONLINE/VIRTUAL SERVICES



MWC PROGRAMS AND SERVICES ARE
AVAILABLE ONLINE
(Through Facebook Live & GoTo Meeting)

**Please Connect With Us Every Friday
ONLINE
at 6.30 pm!**

1st Fridays: Seniors Wellness Session
2nd Fridays: Chit-Chat & Chai
3rd Fridays: Rooh Say Rooh Tak-Creative
Expression Cafe
4th Fridays: Suno Sakhi Women Circle

Connect With Us

Phone: 647-391-9668

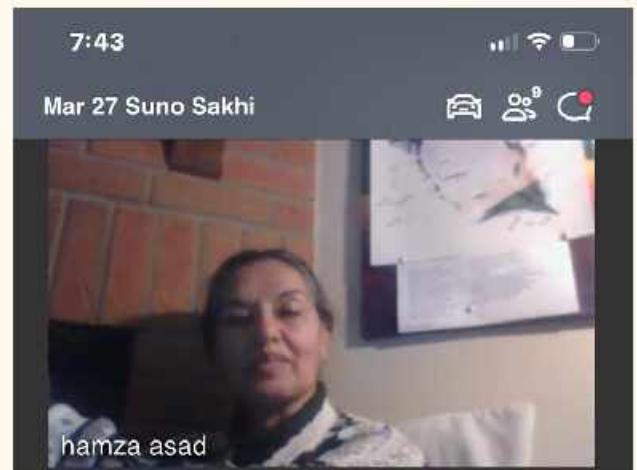
E-mail: info@mwcommunity

Website: www.mwcommunity

 Malton Women Council (MWC)
 [maltonwomencouncil](https://www.instagram.com/maltonwomencouncil)



Fridays AT 6.30 PM



STRATEGIC PLAN 2020-23

March 08, 2020 was a historic moment in the journey of MWC, as we launched our first **Strategic Plan for 2020-2023!!**

MWC has always believed in and lived by its philosophy, that for a community to thrive and prosper, its imperative that its women are empowered! From day one, we were very clear in our philosophy and values; however, we continuously worked to improve and define our vision, mission and strategic directions. What started as a Dunrankin Drive Readiness Centre Teacher's dream for the women and families who came to her Centre, has now become a 'MISSION' which has impacted thousands of lives.....and continues to do so! What started as a vision to build safe, healthy and vibrant Malton Community has transformed into one of its kind model which is being appreciated and acknowledged by communities across Canada, Pakistan and India.....that's the RIPPLE EFFECT of Malton Women Council.....that's the power of one person's dream!!!!!!!

Through the **Strong Roots, Strong Wings Project funded by Women and Gender Equality Canada**, MWC got an opportunity to review its vision and mission and formalize its strategic directions for next three years. With the help of an external consultant, the Board of Directors, staff, volunteers, members, service users, partners and stakeholders were engaged in a series of interviews, group discussions and visioning sessions and their feedback was sought to determine the future course of Malton Women Council. The process enabled us to launch our Strategic Plan 2020-23 on March 08, 2020. With a vision of '**Empowered Women, Empowered Communities**'; our 5 strategic priorities for next 3 years include: **implementing programming to enhance holistic well-being of women; developing and strengthening operational systems; building financial sustainability; strengthening governance and increasing community awareness about Malton Women Council.**

As we move forward with our Vision for 2020 and beyond, we would like to acknowledge and thank each and everyone who has been part of this incredible journey.....We would like to thank all our founding members, volunteers, core members, our Board of Directors, community partners and funders for helping us write this chapter in the History of Malton Women Council!



JOURNEY OF MWC'S 1ST STRATEGIC PLAN: 2020-2023



Empowered Women, Empowered Communities



STRATEGIC PLAN 2020-23

MISSION

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

VISION

**Empowered Women,
Empowered Communities**

OUR VALUES:

**EMPOWERMENT
ACCOUNTABILITY
COLLABORATION
RESILIENCE**

CONTINUOUS IMPROVEMENT

www.mwc.community



STRATEGIC PRIORITIES: 2020-23

1

TO IMPLEMENT PROGRAMS FOR THE HOLISTIC WELL-BEING OF WOMEN

Provide a shared platform for mobilization of resources, skills and experiences
Create opportunities for women to excel

2

TO IMPLEMENT SYSTEMS THAT ENSURE EFFECTIVE DAY-TO-DAY OPERATIONS

Establish internal systems and processes
Establish space and infrastructure

3

TO BUILD FINANCIAL SUSTAINABILITY TO FUND ACTIVITIES OF THE ORGANIZATION.

Develop robust Resource Development Plan
Explore Social Enterprise

4

TO ENSURE EFFECTIVE GOVERNANCE OF THE ORGANIZATION

Strengthen Governance
Develop Board Succession Plan

5

TO INCREASE COMMUNITY AWARENESS

Develop and implement Outreach and Communications Strategy
Develop and implement Community Engagement Strategy

e-PRESENCE PROJECT

A very proud moment in the history of Malton Women Council was when we received our first funding grant from the **Government of Canada in 2019, to build our e-presence.**

We were noticing that the world was immersing itself in technology, and Malton Women Council was not going to be left behind. We wanted to build our capacity by strengthening our electronic presence. The small grassroots organization was now dreaming of expanding its work. Its outreach was growing. So, it was time to build an **ePresence** through social media engagement and website creation. We thank Canada Heritage, who saw the potential in this project and provided us funding to carry out this very valuable work!

Through this project, our social media presence has rocketed!! Our Facebook and Instagram pages are now vibrant, dynamic and full of substance. Our followers and subscribers have more than doubled and our outreach has increased considerably. We encourage you to check out our Facebook and Instagram pages regularly, and Like, Share, Subscribe and Comment..



CONNECT WITH US ON:

Facebook: Malton Women Council (MWC)

Instagram: maltonwomencouncil

9th ANNUAL INTERNATIONAL WOMEN'S DAY EVENT

Every year in the month of March, MWC celebrates International Women's Day (IWD) to acknowledge and recognize the immense contributions of women in different spheres of life, ranging from homes and families to communities, businesses, politics and other diverse professions. This year on March 8th; we celebrated our **9th Annual International Women's Day Event, with the theme of 'Empowered Women, Empowered Communities'**. Rooted in our philosophy, this year's theme focussed on the contribution of women in changing the course of communities and societies. It was an exciting evening filled with stories of strength, courage and sacrifice; artistic performances; entertainment and scrumptious food to savor.

The event was opened by our Board President Uzma Irfan who welcomed all the guests; thanked the Planning Committee and volunteers for putting together such a grand event. She acknowledged the event sponsors; booth vendors; media and community partners for supporting our 9th Annual IWD Event. Here is an excerpt from Uzma Irfan's opening remarks:

"I am a delicate and fragile gender

I do not wish to be equal; all I desire consider me as a Woman

Don't take me as a doormat (Doll)

I am a woman; a woman who is a creation and a creator

A woman who is dependent and very independent

A woman who is full of pain and agony

A woman who is comfort and remedy as well

I am very delicate and fragile; but when needed I am as strong as any man".

The keynote speech of Samina Talat touched every heart in the room; as she shared her personal journey of courage and resilience; with a deep message that ***'It's the Journey of Life that Matters'***.

The audience was mesmerized by the colorful artistic performances of Supriya Nayak and Group; Arzoo Dance Theatre; Nerupu Dance Group; Ritu Neb; Kohli Trio and Parvinder Sandhu. Stacey Persad, the author of 'Transformation-Keep it Simple', shared her insights on how humans can realize their real potential and live their lives to the fullest.

In addition, the event also marked the historic moments in the journey of Malton Women Council as we launched our Strategic Plan 2020-23 and our website.

We are thankful to all our volunteers, core members, staff, community supporters and sponsors for making this event a huge success!



MWC IWD 2020





MWC IWD 2020



MWC IWD 2020





MWC IWD 2020





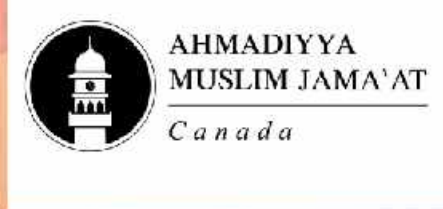
MWCC IWD 2020



We Would Like Thank Our IWD-2020 Vendors, Sponsors & Supporters!



SHUMAILA IMRAN
BOSHRA MANN SANA TAIMUR





MWC IWD 2020





MWCC IWD 2020





MWC IWD 2020

MWC IWD 2020





Thanking All MWC Volunteers!!

Malton Women Council would like to take this opportunity to thank all its volunteers for being part of our 10-year journey of 'Empowered Women, Empowered Communities'!

It's because of our team of dedicated and passionate volunteers that we are able to run all our programs and services and work towards our mission to empower women and enhance their overall well-being by providing platforms and creating opportunities to excel.



thank you!

TO ALL OUR
PROGRAM SPONSORS

MWC would like to thank all our sponsors for supporting our programs :

Afsaneh Morshedi

Kiran Yousaf

Prithpal Singh Chagger

Surinder Singh

Safadr Sultan

Syed Ali

Stacey Persad

Wahaj

Zamena Jawed



PROGRAM HIGHLIGHTS JAN-FEB 2020





PROGRAM HIGHLIGHTS JAN-FEB 2020

Chit Chat & Chai



MALTON WOMEN
COUNCIL

Rooh Say Rooh Tak (Soul Connections)!



**PROGRAM
HIGHLIGHTS
JAN-FEB 2020**





Nutritious Vegetarian Snacks Provided
To Register
Call Samina at 416-317-1800



South Asian Seniors Wellness Program

**FREE PROGRAM
FOR OLDER ADULTS & SENIORS**
Health Education Workshops
Yoga Sessions
Games & Activities
Music and more...
Every Thursday
Starting Jan 16th, 2020
3:30 PM -5:30 PM

Services are provided in Hindi, Urdu, & Punjabi



LOCATION:
Four Corners
Health Centre
7205 Goreway Dr.
Mississauga ON
L4T 2T9



PROGRAM HIGHLIGHTS JAN-FEB 2020



MWC acknowledges the financial contributions of:

Canada 

 **Region of Peel**
Working for you

 **MISSISSAUGA**



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:

Anu Randhawa

Nivedita Shori

Parminder Randhawa

Uzma Irfan