



CONNECT@MWC COMMUNITY
Quarterly Newsletter



WELCOME 2020!!!

by Uzma Irfan, Board President

On behalf of the Board of Directors, staff and volunteers of Malton Women Council, I wish you all a very healthy, prosperous and peaceful 2020. And I take immense pride in sharing the first edition of our e-newsletter-**Connect@MWC Community**. As much as we are excited to enter into a new year with new goals and strategic directions; we are equally proud of the year which went by. 2019 was, indeed, a landmark year for us, as we completed our 10 year-journey on October 23, 2019. It is incredible to see that how a Readiness Centre Teacher's (Mrs. Aaloka Mehndiratta) initiative has blossomed into a 'strong network' of women who are committed to mentoring, motivating and mobilizing women and families with a vision of **'EMPOWERED WOMEN, EMPOWERED COMMUNITIES'**.

In 2019, we launched South Asian Seniors Wellness Program, a partnership initiative with Four Corners Health Centre and Rotary Club of Mississauga-Malton. As part of our continued efforts towards economic empowerment of women and families, we also piloted 'MWC Entrepreneurship Showcase 2019', a project which was a huge success and will be continued in 2020. The year 2019 marked another historic success for us, as MWC received funding from Canada Heritage, Women and Gender Equality Canada, Rotary Club of Mississauga and Region of Peel. We are so grateful for the financial support of our funders, which enables us to build our capacity and run programs and services which empower women, families and communities in Region of Peel and surrounding areas.

In addition, we successfully ran our programs and annual events in 2019: International Women's Day, Women's Conversation Group, English Conversation Circle, Annual Picnic, Annual Tree Planting and Meet Your Neighbour Day, Annual General Meeting, Information, Awareness and Resource Sharing Sessions.

We are very hopeful and excited about 2020, as we continue to work towards our 3-year Strategic Plan (2020-23) and the development of our website, both of which will be launched by end of March 2020. We are also launching some new programs in 2020; more details about which are shared in next pages of the newsletter.

On behalf of the Board of Directors, I would like to extend our heartfelt gratitude to all our volunteers, members, community partners and stakeholders for their time, commitment and ongoing support towards our journey of 'Empowered Women, Empowered Communities'

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STRATEGIC PLANNING: 2020-23

Strategic Planning process helps an organization define its strategic directions and priorities for the next 3 to 5 years; thereby guiding its course of actions with regards to its programming, operations, resource allocation, partnership and expansion. It allows the Board of Directors, Members and Staff of the organization to have clearly defined VISION, MISSION and VALUES that align with its mandate and philosophy.

Through the **Strong Roots, Strong Wings Project (funded by Women and Gender Equality Canada)**, MWC is working towards developing its strategic goals for 2020-2023. With the help of an external consultant, the Board of Directors, staff, volunteers, members, service users, partners and stakeholders are engaged in a series of interviews, group discussions and visioning sessions and their feedback is sought to determine the future course of Malton Women Council. We are hoping to launch our Strategic Plan 2020-23 by end of March 2020.



E-PRESENCE PROJECT

MWC is thankful to **Canada Heritage** for the financial support to build our e-presence through website development, by enhancing our social media presence and developing e-learning modules.

Over the course of last 3 months, MWC has been able to widen its reach on Facebook and Instagram. The project is progressing well and we are hopeful to launch our website by end of March 2020.





**Proudly Launches
Rooh Say Rooh Tak (Soul Connections)!**

MWC'S CREATIVE EXPRESSION CAFE

- Poetry
- Singing
- Dancing
- Painting
- Story-telling
- Book Review

... exploring creative ways to
'connect with your BEING'

**EVERY 3rd FRIDAY OF THE MONTH,
STARTING, JAN. 17, 2020**

6.30pm onward
at Derrybrae Building,
7095 Rexwood Rd., Mississauga

To register, please call at 647-391-9668 or e-mail us at
maltonwomenscouncil@gmail.com

ALL ARE WELCOME!

PROUDLY LAUNCHING

MWC'S CREATIVE EXPRESSION CAFE!

MWC is proud to launch its Creative Expression Café: Rooh Say Rooh Tak (Soul Connections)!

Amidst the hustle bustle of life; our connection with others and with our 'inner self' remains confined to surface levels. And hardly do we take time to reflect upon and take a deeper dive into our relationship with our 'very being' and 'the Universe'. Using various forms of creative and expressive art; MWC is making a small attempt to 'reconnect' with our true selves and with the other souls we meet in this journey of life.....

ON POPULAR DEMAND

MWC ENTREPRENEURSHIP CONTINUES IN 2020

MWC provides a platform for women, youth and families to nurture and realize their creativity, their hidden talents and their 'TRUE PASSION'. Through MWC Entrepreneurship 2020, we continue to create opportunities and environment for the realization of entrepreneurial endeavors. Please join us on Jan. 31st and meet with our youth and women entrepreneurs, at Derrybrae Building, 7095 Rexwood Rd., Mississauga.



MALTON WOMEN
COUNCIL

PROUDLY
LAUNCHES

CHIT-CHAT & CHAI

English
Communication
Skills Building for
Success!



Every 2nd Friday of the month,
starting Feb. 14, 2020,
5.30 pm to 7.00 pm
Derrybrae Building,
7095 Rexwood rd., Mississauga

To register, please call at
647-391-9668 or e-mail at
maltonwomencouncil@gmail.com

ALL ARE
WELCOME

Chit-Chat & Chai is a program aimed at building effective communication skills to help individuals succeed in different areas of life. The session topics will include day to day communication, business communication (presentation and meeting skills), interviews 101, technology and communication.



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

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



SOUTH ASIAN SENIORS WELLNESS PROGRAM

We are proud to continue our South Asian Seniors Wellness Program in 2020. The program is aimed at promoting health and wellness of the seniors through health education workshops, social connections, games and activities, yoga sessions etc. The program is run in collaboration with Four Corners Health Centre and Rotary Club of Mississauga.

SUNO SAKHI WOMEN CIRCLE

We have a new look and new name for our Women Conversation Circle in 2020!! SUNO SAKHI WOMEN CIRCLE is a group program aimed at providing a safe, welcoming and nurturing space for women to connect with other women and to learn skills and ways to improve their holistic health and well-being. The program starts this Friday, Jan. 24th (6-8pm), at 7095 Rexwood Rd., Mississauga. Please join us and share the information with other 'sakhi' (Sakhi means female/woman FRIEND in Hindi, Urdu and Punjabi languages. Suno Sakhi means: Listen, my friend!).

A safe, positive & welcoming space for women:

- to **CONNECT** with each other
- to **SHARE** their stories &
- to gain **KNOWLEDGE** and learn **PRACTICAL SKILLS** for their 'Overall Health & Well-being'

*- Childminding is available
- Light Refreshments will be served*

Every 4th Friday
of the month,
starting Jan. 24, 2020, 6-8 pm
Derrybrae Building
7095 Rexwood Rd., Mississauga

Please register at:
maltonwomenscouncil@gmail.com
or 647-391-9668



PROGRAM CALENDAR

JANUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1 NEW BEGININGS	2	3	4
5	6	7	8	9	10 MWC Meeting 5.30-8pm 7095 Rexwood Rd., Mississauga <i>(For Women Only)</i>	11
12	13	14	15	16 South Asian Seniors Wellness Program, 3.30-5.30pm Four Corners Health Centre, 7205 Goreway Dr., Mississauga <i>(For 55 or Better)</i>	17 Rooh Say Rooh Tak: Creative Expression Cafe 6.30 pm, 7095 Rexwood Rd., Mississauga <i>(All are Welcome)</i>	18
19	20	21	22	23 South Asian Seniors Wellness Program, 3.30-5.30pm Four Corners Health Centre, 7205 Goreway Dr., Mississauga <i>(For 55 or Better)</i>	24 Suno Sakhi Women Circle 6-8pm, 7095 Rexwood Rd., Mississauga	25 Strategic Planning 2020, 10am-4pm Malton Community Centre, Room 2 3540 Morning Star Drive, Mississauga <i>(Core Members only)</i>
26	27	28	29	30 South Asian Seniors Wellness Program, 3.30-5.30pm Four Corners Health Centre, 7205 Goreway Dr., Mississauga <i>(For 55 or Better)</i>	31 MWC Entrepreneurship 2020, 5-8pm, 7095 Rexwood Rd., Mississauga <i>(All are Welcome)</i>	

MWC: Empowered Women, Empowered Communities

E-mail: maltonwomencouncil@gmail.com

Call: 647-391-9668

Program Calendars



PROGRAM CALENDAR

FEBRUARY 2020

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						1
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Phone: 647-391-9668

OUR COMMUNITY PARTNERS AND SUPPORTERS :

- **Ahmadiya Muslim Jamaat Canada**
- **Bazm-e-Khwateen**
- **Carabram Punjab Pavillion**
- **City of Mississauga**
- **Disha**
- **Family of Virtues**
- **Family Education Centre**
- **Four Corners Health Centre**
- **GTA West Community & Health Services Inc.**
- **Heart House Hospice**
- **Helping Hands**
- **Malton Community Building Project Network**
- **MCBP Gavel Toastmasters Club**
- **Malton Community Toastmasters Club**
- **Malton Moms**
- **MP Navdeep Bains**
- **MPP Deepak Anand**
- **Prime Asia TV**
- **Punjabi Community Health Services**
- **Rapport Youth and Family Services**
- **Region of Peel**
- **Rotary Club of Mississauga**
- **Sai Dham Food Bank**
- **Shergill Law Office**
- **Toronto and Region Conservation Authority**

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Government
of Canada

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gouvernement
du Canada

Canada 



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



PLEASE CONNECT WITH US:

e-mail: maltonwomencouncil@gmail.com

Phone: 647-391-9668

Facebook: Malton Women Council (MWC)

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

OUR COMMUNICATION TEAM:

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