


CMWI



EXERCISE- YOGA- SWIMMING


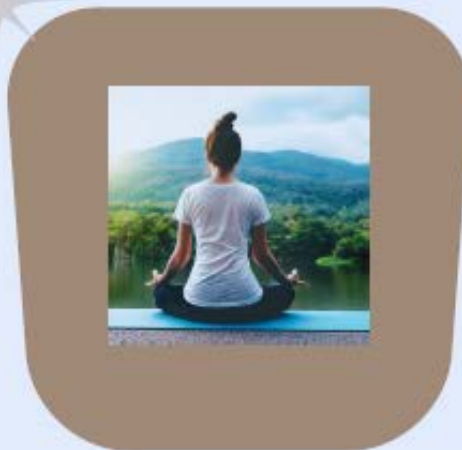
Women Only Program

This program includes women-only exercise sessions and swimming. The swim program offers an opportunity to engage in swimming classes in a women-only setting where participants can release some of their tensions while having fun and learn water safety skills at the same time.



HEALTH AND WELLNESS PROGRAMS

Exercise classes for Women



Full body workouts that are for ALL fitness level
Join us and enjoy workouts (led by Certified Personal Trainer)

Satrdays: 1:30 to 2:30 PM
Thursdays:3:45 to 4:45 PM

201- 61 JUNO STREET

FOR REGISTRATION PLEASE CALL (204) 943-8539 EXT 203 OR EMAIL:
ZEINAB.ALI@CMWI.CA



SPECIAL EDITION



HEALTHY RELATIONSHIP PROGRAM



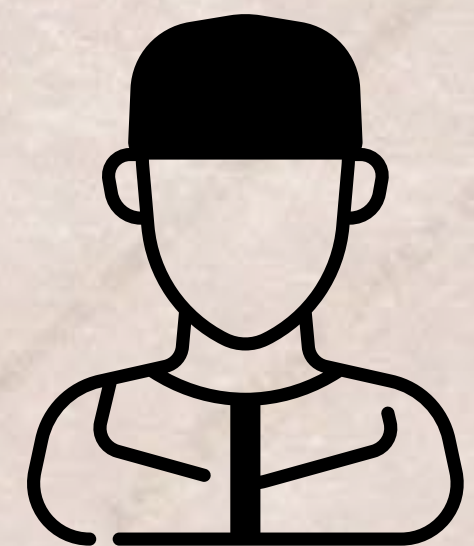
10 SESSIONS BY THE EXPERTS

The workshops cover topics like identifying what a healthy relationship looks like, what is an unhealthy relationship, what is abuse and its different forms, Canadian laws and their rights and the Islamic perspective on violence. The staff has undergone extensive training in how to deliver the information in a sensitive manner and how to recognize signs of stress and trauma associated with this. CMWI has partnered with counsellors to who they can refer participants if such services are needed..

FEEDBACK BY PARTICIPANTS:



The Healthy Relationship program is one of the biggest Impact of CMWI Programs: The program emerged as the most transformative element within CMWI's offerings. The personalized guidance and support from a facilitator who had walked the same path were invaluable. It not only helped me acclimate to the new society but also instilled a sense of belonging and maintaining healthy relationships. Having someone to turn to for advice and encouragement made a significant difference in my integration journey. It also helped us in knowing our legal rights in Canada. We also learnt how to do self-care and use self-compassion.



I appreciated a lot- I am sad to end this program, I learned a lot. Now , I know how to treat my wife better, here the culture is different than that in Africa. Now, I help my wife in the kitchen , cooking and cleaning";

CMMWI



HEALTHY EATING WORKSHOP

A place where you can get to know what kind of food is healthy

This program includes nutrition workshops. Nutrition is very important for maintaining their physical health. Our healthy eating workshops will inform them how to get the best nutrition they need at an affordable process e.g., using frozen vegetables instead of fresh, using dried beans instead of cans, etc.



ON DEMAND SESSIONS



WOMEN SUPPORT GROUP



KRYSTYNA TELLS US HOW SHE GOT BENEFIT FROM THE SESSIONS.



10 SESSION WITH ADDITIONAL ONE TO ONE SUPPORT

A mental health support group for newcomer women mostly done in their first language. This will be done in a safe environment where they will feel comfortable discussing their issues. The facilitator will guide them through techniques to release stress and offer them possible solutions to help them with their challenges.

Therapy begins right at the reception desk, where the welcoming staff greet you with their smiles. Throughout the sessions you feel that you are not alone. This is a place where you discover your inner strength realizing that you can conquer anything. CMWI, afforded me the privilege to uncover my true self, delivering into every facet of my personality. The personal sessions have made me aware of my growth.