

# ANNUAL REPORT



2022  
2023

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# PRESIDENT'S REPORT



As I started thinking about my report and the fact that we are now in our 17th year of operations, I began to reflect on the growth of the organization. CMWI started out in 2006 with 2 part-time staff, a budget of \$45,000 and was housed in one room of Islamic Social Services Association offices that was rented from Social Planning Council. Our first set of clients was the Muslim refugees that lived at IRCOM. Since the space we had was only big enough for two desks for the two staff, we partnered with IRCOM to do our programming in their space. This was our first collaboration. They provided space and we provided programming. Our programs were simple. We had a small food bank with food donated by the community, provided information sessions for the women on things like coping with winter, health related topics, immigration laws relating to bringing over family members and whatever else they requested. Other programs included a Mom & Tots program and an English conversation circle.

In 2010 Social Planning Council decided to sell the building and we had to find a new office space. CMWI rented space of about 400 sq. ft. from the Winnipeg Central Mosque. Now instead of one small room we had two small rooms, one of which we used for programs. Our client number was increasing and so too were our programs and we felt the need for a bigger space. On May 1st 2012, two years later, CMWI signed a lease for space at 61 Juno St. and after some renovations we moved here in June. Wow, we now occupied 2,240 sq. ft. What would we do with this much space? We only had 2 staff and I acted as the ED.

Let us jump 11 years later to 2023. We have expanded our footprint and now occupy 5,246 sq. ft. in the building. Believe it or not, we have now run out of space. Over the years, our staff has grown from 2 part-time to 20 full-time with many contract staff who come in for a few hours a week. Scheduling space for programs and additional staff is very difficult. Maybe that is a good problem to have because it shows a healthy growth of the organization.

Another area of growth was in our clientele. CMWI started off serving Muslim women but In 2016 CMWI transitioned from an organization serving only women to becoming a Family Resource Centre serving the whole family: women, men and children. There was a great need in the community for an organization where Muslim men could go for culturally appropriate services and CMWI stepped up to fill the gap.

Through word of mouth and referrals from other organizations in the settlement sector, we have clients from all faith backgrounds and all ethnicities attending our programs and receiving many services. It is no longer an organization for only Muslim clients. We always want our staff to be representative of our clients and if you look around you will see the diversity in this room. Now we now have many Ukranian clients and we have Yuliia, from the Ukraine, now on staff. We are very good at adjusting to the emerging needs of our clients.

While we still have our core programs like the food and clothing donation and information programs for women, we now have many more programs like Financial Empowerment, Health and Wellness, Employment Skills training and Healthy Family Relationships, just to name a few. I am also pleased to say that it is quite an accomplishment to move from a budget of \$45,000 to over \$1,000,000 and growing.

I could not envision when I got involved in this organization 17 years ago that it would evolve and become what it is today. I extend my thanks to all the past and present Board members for their stewardship, their guidance and vision. Thanks to past and present staff who have worked so diligently to develop programs and make the settlement process much easier for our clients thus making CMWI an important part of this sector. To our funders, this growth would not have been possible without your financial support. I look forward to seeing where CMWI will be 5 years from now.

**Thank you.**  
**Yasmin Ali**  
**President**

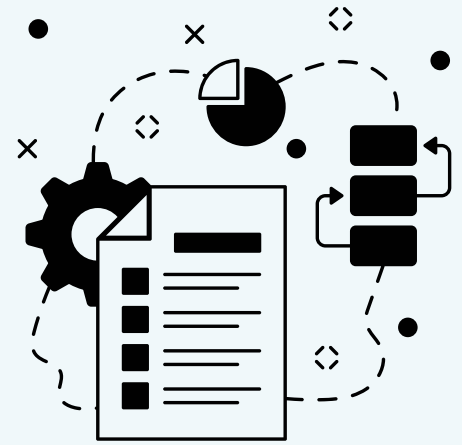
#### **2022-2023 BOARD OF DIRECTORS**

**Yasmin Ali** - President  
**Merdia Imame** - Vice President  
**Zulaika Rahim**- Treasurer  
**Hiba Kasem**- Secretary  
**Erum Tanvir**- Public Relations & Social Media  
**Alia Harb**- Fundraising Chair  
**Najma Siddiqui**- Member-at-Large  
**Menal Al Fekih**- Member-at-Large  
**Nike Bello**- Member-at-Large



# STRATEGIC PRIORITIES

2020-2023



01

## FUNDING

Generating revenue and securing working capital: look for fundraising avenues and additional sources of funding.

### OUR VISION

We work towards empowering women to become healthy and contributing members of Canadian Society. This is done by understanding and focusing on the unique needs of the women, be it newcomer women or long-time residents.

02

## IMPACT/ SCOPE

Increase relevance and impact of programs and the organization to the community.

03

## MARKETING

Communication and Marketing Promotion: to be well known in the community.

### OUR MISSION

To empower women, families, and communities and build a successful, stronger and more harmoniously diverse society.

# PROGRAM HIGHLIGHTS



Throughout the year, CMWI delivered programs and support services to 1522 newcomer families and long-time residents. We provided individualized in-person services and group programs. United Way supports our core operations. This year our services were mostly in-person. Our Community Support Programs continued to support families to secure their basic needs and overall family well-being. The Employment Programs helped the newcomer women to gain specific skills required to work in the commercial cooking, the industrial sewing and the childcare careers. The following is the year at a glance:

## NUMBER OF SERVICES DELIVERED DURING THE YEAR

Total Number of participant contacts

**17,176**

Number of participants contacts with drop-in

**13,943**

Number of participants contacts with scheduled programming

**3,233**

# EMPLOYMENT TRAINING PROGRAMS



81% was the  
employment rate in our  
programs

3000 hours were  
spent with our  
participants

CMWI continues receiving funding from IRCC and the Manitoba Government to deliver employment training programs to newcomer women with employability barriers. The three employment training programs: the commercial cooking training, the industrial sewing training and the childcare skills training are equipping women with the hands-on skills required to work in these three fields. In addition, specialized English classes related to their employment field of interest, work readiness sessions, employment counselling and employers' referrals are provided. The programs try to eliminate some of the financial barriers facing the newcomer women by paying for the following training: first aid training for the childcare participants, food handlers training for the culinary participants, bus tickets and reimbursement of the child abuse and criminal record checks when they are applying for jobs.



**Participants in the kitchen:  
The Culinary Training**



Participants' employment rate for the funding year 2022-2023 was 81%, exceeding the targets of 60% & 70% set by our two funders: IRCC and Manitoba Government.

84 participants completed the training programs. Out of those, 68 obtained employment (all who were actively looking for a job).

As a result, the Manitoba Government renewed its funding for the sewing employment training program for another year 2023-2024, and IRCC renewed its funding for all employment training programs for another two years 2023-2025.

800 sessions were delivered to participants in:

- Industrial sewing
- Commercial cooking
- Childcare skills
- English for employment
- Employment readiness
- First aid
- Food handlers



Participants during Gross Motor Skills Practice  
The Childcare Skill Training



# IN THE PAST YEAR

## OUR IMPACT

*"CMWI gave me a happy ticket to a new life in Canada. A gigantic knowledge base to work with. Only because of this employment training and the experience they gave me, I found a job. Before that, all my attempts were unsuccessful. I was taught to work in a multicultural society. This help is invaluable. I cannot express enough gratitude to CMWI!"*

A testimonial by an employment training participant

*"We not only got a wealth of information about the Canadian approach to childcare but also received all the necessary skills in practice and achieved the ultimate goal: found a job. Our instructors helped us with our resumes, prepared for our interviews, and talked about different ways to find work. And most importantly, they made us believe in ourselves and inspired us to find work. I am a different person before and after this training. And even now when the course is over, we all know that we can ask them for help at any moment. This training is especially valuable for us as for newcomers because it gives us the opportunity to realize ourselves. Thank you for everything. I really appreciated it and promise to make my excellent instructors proud."*

A testimonial by an employment training participant



Participants practicing on Single  
Needle  
Automatic Machines  
The Industrial Sewing Training



# FOOD AND DONATIONS

The Food and Donation Centre operates through grants, partnerships, individual donors and volunteers. Clients access food according to their needs. Some clients walk-in or request when they have food shortages and get serviced as emergency food or kits. Our **Halal Food pantry program** serves clients who have dietary restrictions.

We partner with **Manitoba Harvest** to assist our clients and anyone who registered through their food bank.

In the donation center we only have one staff and we depend on volunteers. This year volunteers provided service assisting in sorting, distributing and transporting food, household items and clothing. With the rise in costs of groceries and other basic needs, our centre depended on the generous support of funders and donors to serve the increasing demand.



1164  
Emergency  
Food Kits  
Distributed

588 Halal  
Food  
Served

372 hours of  
service by  
volunteers

Served 24  
times  
biweekly in  
a year

Our  
donations  
are open 6  
days a week

1459 Food  
Hampers  
Distributed

70 to 85  
clients  
served  
biweekly

Client  
accessed  
2474 times  
for other  
items

## OUR IMPACT



*One of the participants who accessed the food programs, clothing and household centre said, “getting food support helped me to provide enough food for my family, save some money and buy other family requests. She said, “sometimes we see it simple, however, it has high impact in our life. I see it in my life and I see it in my neighbors how happy they are when they start to access CMWI’s food program. For example, my friend has a child with autism whenever she goes to CMWI she finds many stuff that meets his need which she cannot afford”*



Boxes prepared on Food Bank day for clients



Racks of clothing for donations

# FINANCIAL EMPOWERMENT

We partner with **SEED Winnipeg and Community Financial Counseling** to deliver our programs and services. Apart from the numbers served the impact was tremendous.

SERVICES	ACTIVITY	
BENEFITS NAVIGATION:	<ul style="list-style-type: none"> <li>Child tax, GST, climate action incentive, disability tax, rent assist, dental benefit, housing benefit, caregiver benefit, EIA and EI</li> </ul>	724 clients served
MONEY MANAGEMENT TRAINING:	<ul style="list-style-type: none"> <li>We delivered a series of MMT training in our clients first languages. During the year we delivered in Arabic, Tigrigna, Somali and English. The team assisted clients to enroll in match saving programs; saving circle and Individual Development programs.</li> </ul>	412 taxes filed
ACCESS TO IDENTIFICATION:	<ul style="list-style-type: none"> <li>We assist our clients to apply for ID's such as permanent resident card, Birth certificate, Manitoba ID, travel documents and passports.</li> </ul>	Clients received a total of \$3,412,996.76 from tax returns and benefits.
TAX FILING:	<ul style="list-style-type: none"> <li>We expanded our service by adding tax clinics and full year tax services. We partnered with Community Financial Services to run tax clinics in three mosques and at CMWI to provide more access and avoid waiting list. We assisted many clients who never filed tax for many years.</li> </ul>	Clients got \$35,500 from one time top up housing benefits.
CITIZENSHIP APPLICATION AND WORKSHOP	<ul style="list-style-type: none"> <li>The need for citizenship support increased as the language becomes an issue to enroll the citizenship test. The team organized workshops in the clients first language and English and helped clients to prepare for the citizenship test, and filling the citizenship applications. Impact statement from a client who failed citizenship test twice</li> </ul>	





Money Management Training Graduation



**Client 1:** It is my first time filing a tax! I came to Canada in 2019, right after I came the COVID Pandemic happened, and I was not aware that I needed to file my tax. I came to CMWI, and they helped me to file my tax up to 2022. I got a refund of \$7,967; this is the first time that I got this large amount of money in my entire life. I am so excited!! I believe without CMWI's help I would not be able to have this. I really appreciate your help

## OUR IMPACT



**Client 2:** I was frustrated, stressed out, and lost hope. One day one of my friends told me that there is an online citizenship class that CMWI runs, and they deliver the classes in both first language and English. I have registered for the class and attended ten sessions. I learned a citizenship guideline through both my language and English and how to practice for the test. I felt confident, and I decided to apply for the test for the third time. I passed the exam. It is so exciting passing the exam and have Canadian citizenship. I am so grateful for CMWI's help and all their services to vulnerable people like me. I wouldn't have made it without their support.

# HEALTH AND WELLNESS PROGRAM



Our **Health and Wellness Program** continues to support families for psychological and physical well-being. The women's mental health support group program was facilitated by a **mental health professional** in the first language of the clients. This year, due to an influx of **Ukrainian immigrants**, we added Ukrainian language to our list. Individual counseling sessions were also available. In the upcoming year, we are working on more Women Support Groups.

For **physical well-being**, all women swimming and exercise classes were organized.



**Funders:**  
Winnipeg foundation,  
Red Cross, Canadian  
Women Foundation,  
and Healthy Together  
Now



**Programs:**  
Women's mental  
health support group,  
in-house physical  
activity, women only  
swimming, healthy  
eating and healthy  
relationship  
programs.

**67 women accessed  
174 hours of  
Physical Activity**



**Birthday celebration of one client  
from the Ukrainian Women Support Group**





*Client: When you come to the session, the therapy begins at the reception, where the friendly girls charge you with their smiles. The sessions themselves allow you to feel that you are not alone, there is a friendly and supportive atmosphere in the circle of girls. This is a place where you understand that you can handle everything. Thanks to Counselor, we have the opportunity to get to know our real self, to look into all the corners of our personality.*

*I would like to mention the care during each session is the presence of a translator, who plays an important role and erases all language barriers. I also like the end of each session, we eat different goodies with drinks and chat. This is a place where you are needed, where they take care of you and give you travel tickets so that you don't spend your own money. They organize events, I especially liked the trip to the zoo. I am very happy that such sessions exist and they are actually very important.*

## OUR IMPACT OF HEALTH & WELLNESS PROGRAM



**All Women Swimming Session**



### 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

# HEALTHY RELATIONSHIP PROGRAM

It is also very important to work on family **relationships** because it ultimately promotes psychological and physical well-being. Therefore, this year we introduced a **Healthy Relationship program** where family violence was discussed along with the ways of having healthy relationships. **Guest speakers** were invited to provide more information and to connect with clients who needed more support. We partnered with **Aurora family Therapy** center to provide information and psychological support. We worked with **Legal Aid** for legal information and support. The Toolkit used in the program was developed by experts in the field. Some of our staff members also took the **Bridges to Safety** workshop on this topic and had specific training on delivering the toolkit. This program was offered to both women and men.



Participants attending the Healthy Relationship Program



**82 Clients  
accessed 140  
hours of Healthy  
Relationship  
Programming**



**Graduation of men from the Healthy Relationship Program**



## OUR IMPACT OF HEALTHY RELATIONSHIP PROGRAM

*Client: The Healthy Relationship program has 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.*



**Graduation of women from the Healthy Relationship Program**



# FAMILY/ PARENTING PROGRAM

Our family programs this year offered parenting, parent-child and outing events. We focused on children’s **mental health** and **positive parenting**.

The **Circle of Security** is relationship and attachment-based parenting program. It aims to improve caregiver-child relationship and enhance attachment. It helps to keep all family members safe and protected.

**Building connections** and **family socialization** is key to all our programs.



Provided Circle of Security to 8 Afghani Women

Provided Wiggle Giggle and Munch to 40 Parents and Children

We took 43 clients to Human Rights Museum and Water Polo Spin Program



Family Outings



# PROGRAMS DATA

## INDIVIDUALIZED SERVICES & SUPPORT



NO.	PROGRAMS/ SERVICES	# OF SERVICES
1	FOOD BANK	1459
2	HALAL FOOD PANTRY	588
3	EMERGENCY FOOD & DROP-INS	1164
4	CLOTHING, HOUSEHOLD AND BABY ITEMS	2474
5	CITIZENSHIP APPLICATIONS AND IDS	144
6	FINANCIAL COUNSELING AND OTHER BENEFITS	139
7	TAX FILING	412
8	CMWI FINANCIAL ASSISTANCE	11
9	INTERPRETATIONS, TRANSLATIONS, AND PHONE CALLS	3341
10	OUTREACH & OTHER SUPPORT SERVICES	3500
11	EMPLOYMENT PROGRAMS	800
	<b>TOTAL</b>	<b>14,032</b>



# GROUP PROGRAMS

PRORGAMS	TOTAL ENROLMENT	NUMBER OF SESSIONS	TOTAL HOURS OF PROGRAMMING
MONEY MANAGEMENT TRAINING	29	30	140
WOMEN'S SUPPORT GROUP	15	10	20
HEALTHY RELATIONSHIP PROGRAMS (3 MEN AND 4 WOMEN SESSIONS)	82	10	140
ENGLISH CONVERSATION CIRCLE	32	20	64
CIRCLE OF SECURITY	8	8	16
EXERCISE CLASS	27	15	54
WOMEN ONLY SWIMMING	40	10	120
WIGGLE GIGGLE MUNCH	28	14	56
HUMAN RIGHTS MUSEUM TRIP	25	1	30
WATER SMART WORKSHOP	13	1	26
SUMMER OUTING- WATER POLO	18	1	32
EMPLOYMENT PROGRAMS	84	800	3000
TOTAL	401	920	3698

# FINANCIAL HIGHLIGHTS

The core funding and the For Every Family Initiative funding from United Way continues to be the financial foundation for CMWI. This allows us to keep our doors open and employ staff to serve our clients. We received funding from various funders that allowed us to continue with our programming.

**Some of the major grants we received this fiscal year are:**



**\$286,066 United Way** for core funding and programming

**\$438,093 IRCC** (Immigration Refugees Citizenship Canada) – Gov’t of Canada

**\$97,724 WAGE** (Wage And Gender Equality) – Gov’t of Canada

**\$106,410 WTE** (Workforce Training & Employment) - Province of MB

**\$86,778 Canadian Women’s Foundation**

**\$65,000 SEED** Winnipeg

**\$74,991 Canadian Red Cross**

# STAFFING HIGHLIGHTS

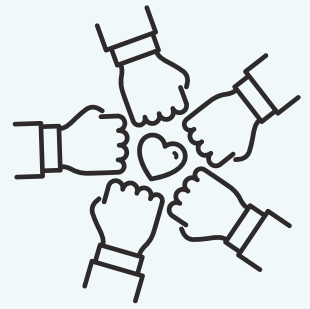
## NAMES

## POSITIONS

<b>Aisha Ali</b>	Donation & Volunteer Coordinator
<b>Faysal Ali</b>	Financial Empowerment Facilitator
<b>Hodan Ali</b>	Financial Empowerment Facilitator
<b>Maham Ali</b>	Program Assistant
<b>Zeinab Ali</b>	Program Coordinator
<b>Abir Chehlaoui</b>	Administrative Assistant
<b>Muna Ali</b>	Administrative Assistant (until Mar, 2023)
<b>Ahlam Jasim</b>	Outreach Coordinator
<b>Zebiba Ibrahim</b>	Manager, Family Programs
<b>Feng Ying Ma</b>	Accountant
<b>Fisayo Balogun</b>	Accountant (until Oct, 2022)
<b>Jhocelin Gilbert</b>	Childcare Instructor
<b>Victoria Iroawuchi</b>	Sewing Instructor
<b>Nurun Jannat</b>	Childcare Assistant
<b>Ver-se Mark-Iber</b>	Employment Counsellor
<b>Bernice McKinnon</b>	Employment Counsellor (until Oct, 2022)
<b>Vilailuck Pinasouc</b>	Culinary Instructor
<b>Trish Sinanan</b>	Culinary Instructor (until Nov, 2022)
<b>Maryam Rahimi</b>	Employment Facilitator
<b>Mohammad Agha</b>	Sewing Instructor
<b>Maria Rabadi</b>	Manager, Employment Services



# ACTIVE VOLUNTEERS 2022-2023

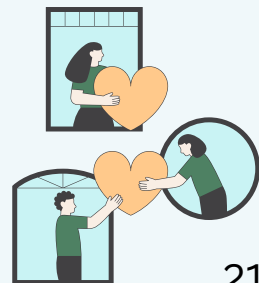


## NAMES

**Luc Huynh**  
**Hussein Noor**  
**Tanya Keddiki**  
**Abdullah**  
**Samir Al shawa**  
**Raghad Al Agele**  
**Hussein**  
**Esraa Ibrahim**  
**Farouk Khalifa**  
**Zarmina Zarmina**  
**Khalidah Al Rached**  
**Souhail Kassas**

## LANGUAGE SPOKEN

Vietnams/ English  
 Somali / English  
 Dari  
 Arabic  
 Arabic  
 Arabic  
 Somali- English  
 Arabic / English  
 Arabic  
 Dari / English  
 Arabic  
 Arabic – English - Russian



# Acknowledgements

We are located on the original lands of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and National Homeland of the Red River Métis. We acknowledge the harms and mistakes of the past, and are dedicated to moving forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

CMWI's Board of Directors would like to thank our funders, staff, volunteers, partnering organizations and other supporters who have provided funding and in-kind donations to make this a successful year.



## CMWI thanks you for your continued support



**United Way**  
Winnipeg



Government  
of Canada

Gouvernement  
du Canada

**Canada**

**Manitoba**



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FOUNDATION



CANADIAN  
WOMEN'S  
FOUNDATION



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WINNIPEG INC. **Supporting  
Employment &  
Economic  
Development**



PEERLESS  
GARMENTS

**healthy**  
TOGETHER NOW



Communities 4 Families  
Downtown  
Parent-Child Coalition



**HARVEST**  
nourishing our communities



lite  
LOCAL  
INVESTMENT  
TOWARD  
EMPLOYMENT



**Canadian  
Red Cross**