



CMWI
Canadian Muslim Women's Institute

WINTER

NEWSLETTER

EDITION 2025





CMWI

Canadian Muslim Women's Institute

WISHES YOU





CMWI
Canadian Muslim Women's Institute

WINTER EDITION 2025
NEWSLETTER

Executive Director's Letter

Dear CMWI Community,



As we move through another season of change, we are reminded of the unique challenges we face, both as individuals and as a community. The past year has been one of uncertainty—financial pressures, shifting political landscapes, and rising global tensions. Here in Manitoba, and across North America, these challenges have rippled through our communities, affecting the most vulnerable, particularly immigrant and refugee families still navigating new beginnings within systems deeply rooted in colonial and neo-imperial violence.

At **CMWI Family Resource Centre**, we remain steadfast in our mission to provide support, resources, and a sense of belonging to those who need it most. **Through culturally informed programs, gender-based violence support, financial literacy education, and family well-being initiatives, our work is vital in building a stronger, more resilient community.** However, these essential programs are increasingly at risk due to shifting funding landscapes and a growing demand for services that often exceed our available resources.

Canada's immigration policies are increasingly disconnected from the realities faced by immigrant and newcomer communities already here—many of whom arrived with little choice. As the government presses forward with its immigration agenda, those who are already part of the fabric of this country—the backbone of our economy—are being left behind.



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Dear CMWI Community,



The withdrawal of critical services and programs that once helped these families integrate and thrive has created a crisis. These families, already marginalized, now find themselves further excluded, abandoned by the very systems that were meant to support them.

The world around us is changing rapidly, and so too are the needs of the families and individuals we serve. Immigrant and refugee communities face growing obstacles—economic uncertainty, rising political division, and policy shifts that directly affect their well-being. **Now, more than ever, we must stand together to ensure that our neighbours, friends, and families have the tools, resources, and support they need to thrive.**

This is where you come in. To ensure we can continue offering the vital programs that make a difference in people's lives, **we are launching our Spring Sustainability Challenge this April** and we need your support more than ever. This initiative will not only focus on sustainability but also directly empower our community by funding critical services that keep CMWI operating. **By participating in our Zero-Waste Wipes Fundraiser, you will directly help to raise funds that allow us to continue supporting the most vulnerable in our community.**



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Dear CMWI Community,



Each wipe sold contributes not just to a more sustainable future but also ensures that the programs and services we provide remain intact, helping us continue to be a lifeline for those who need us most.

In these challenging times, the strength of our community lies in how we come together to support one another. Your involvement in our fundraiser can create real, lasting change. Every package you sell and every donation you make plays a critical role in keeping our doors open and our services available for those who need them the most.

Thank you for standing with us. Together, we can navigate these challenges and continue building the healthy, strong and stable community we all deserve.

With warm regards,

Eve Sotiriadou

Executive Director

BREAKING NEWS

SPRING CHALLENGE

This spring,

Join the **Zero Waste Challenge** and make a lasting impact! 🌍 ✨

We're calling on our Winnipeg community to take part in this eco-friendly initiative.

HELP US SELL

2000



PACKAGES

FOR

\$10

EACH

WHAT ARE ZERO-WASTE WIPES?

-  An eco-friendly cloth designed to clean eye glasses and delicate surfaces such as camera lenses.
-  Made from repurposed fleece remnants to reduce landfill waste.



WHY DOES IT MATTER?

HELPS US RAISE FUNDS TO RETAIN PROGRAMS AND SERVICES ESSENTIAL TO THE WINNIPEG COMMUNITY!



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Programs & Services



2

Employment Programs

- **Commercial Cooking Training**
- **Industrial Sewing Training**



Including specialized English classes related to each employment field .



Financial Empowerment

- **Money Management Training**
- **Financial Literacy & Counseling**
- **Registered Saving Education Plan**
- **Access to Benefits & Filing Taxes**
- **Citizenship Applications and IDs**



Wellness Programs

- **Mental Health Support Groups**
- **Seasonal Workshops**



Community Support Services

- **Food Bank**
- **Community Closet**
- **English Conversation Classes**
- **Settlement Workshops**



Outreach Services

- **Phone calls**
- **Interpretation**
- **Translation**
- **Child minding**
- **Community Referrals**
- **Customized Client Support**



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MUSLIM
WOMEN'S FORUM

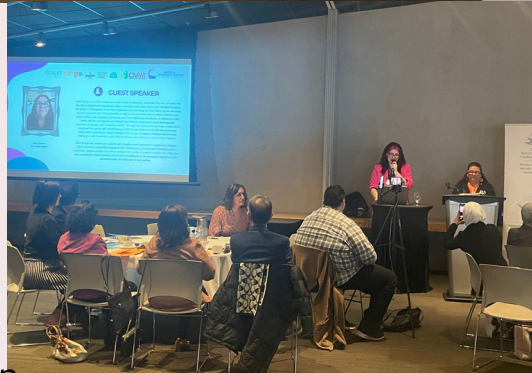
**MUSLIM WOMEN
COURAGE & LEADERSHIP
IN MB** 2025



Isha Khan (Right)
Amira Elghawaby (left)
Canadian Museum for Human Rights



The **Muslim Women Courage & Leadership in Manitoba Conference** was held with the aim of celebrating and empowering Muslim women leaders in our community. The event provided a platform for dialogue, collaboration and shared strategies to address the challenges of Islamophobia in our communities. **With 170 registrants and 150 attendees, it was a full house, highlighting the enthusiasm and support for such a pivotal event.**





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MUSLIM
WOMEN'S FORUM

MUSLIM WOMEN COURAGE & LEADERSHIP IN MB 2025

The conference's core purpose was to build a stronger, more inclusive community in Manitoba through shared experiences and practical solutions. It sought to promote cross-community collaboration, advocate for anti-racism and anti-Islamophobia measures and highlight the diverse roles of Muslim women in leadership. **Our goal was to celebrate the courage, resilience and advocacy efforts of Muslim women that often go unnoticed in mainstream discussions.**



Mb Muslim Leaders Community Consultation with Amira Elghawaby at CMWI on February 1, 2025



“ I really appreciated the welcoming and inclusive environment. The private session with Amira Elghawaby was a highlight! ”

“ Everything was amazing! The diversity of speakers and the knowledge they shared was incredible. I just wish we had more time to hear from each of them! ”



**Minister Nellie Kennedy (middle)
Eve Sotiriadou (left)
Tanweer Ebrahim (right)**



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TEAM UPDATE

Mohammed Augha (left)
Zebiba Ibrahim (middle)
Eve Sotiriadou (right)

CMWI ATTENDS UW CELEBRATION

Maria Rabadi (left)
Vilai Pinasouc (middle)
Eve Sotiriadou (right)



Culinary Edge Management in action

CMWI celebrates Islamic History Month



Zebiba Ibrahim (left)
Zulaika Rahim (second left)
Yasmin Ali (second right)
Eve Sotiriadou (right)



CMWI standing against bullying



Program of



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Culinary EDGE

Social Enterprise

At the Culinary Edge, we create flavorful, culturally inspired Halal dishes for individuals, organizations, and businesses. We also train newcomers in kitchen skills, helping them start careers. Many go on to join our team, giving back to the community while building their futures. Our focus is on great food, new opportunities, and making a difference.

Newcomer Employment Training

- Hands-on food prep workshops taught by experienced chefs.
- Training in food preparation, safety, and presentation.
- Real kitchen experience to build job skills.
- Support for newcomers to succeed in food industry careers.

Key Services & Projects

- Catering: Custom menus designed for any event.
- Pre-Made Meals: Fresh, nutritious, and easy-to-heat options.
- Custom Desserts: cakes, pastries, and treats.
- Cooking Workshops: Learn new skills in a welcoming space. (Coming Soon)
- Community Impact: Helping newcomers build careers in the food industry.





eid

TREATS ORDER FORM

Celebrate Eid with delicious treats for the whole family!

Order your Eid Cookie Kits, Fancy Fusion Cookies & Sponge Cakes today – perfect for family fun, classroom activities, or gifts!



Deluxe Kit (12 cookies + decorating supplies) – \$25
Mini Kit (2 cookies + decorating supplies) – \$6

All proceeds from your order will go towards supporting programs and services at CMWI, helping to strengthen our community and empower individuals.

ORDER NOW



Fusion Cookie Box (20 variety cookies) - \$30



Pound Cake (Italian meringue, buttercream) - \$25

**PDF ORDER FORM AVAILABLE AT
WWW.CMWI.CA - EMAIL ORDER FORM
TO CULINARY.EDGE@CMWI.CA**



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Culinary
EDGE



BEHIND THE SCENES





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BEHIND THE SCENES



THE | **CUTTING EDGE**

EST
2018



QUALITY DESIGNS
+ MANUFACTURING



Social Enterprise

- Custom Manufacturing Solutions for Designers and Businesses
- Superior quality
- Socially Responsible
- Empowering local designers and businesses
- Personalized sewing lessons and workshops for individuals and organizations



Industrial Sewing Machine Operator Training

- Employment training program dedicated to empowering newcomer women
- Hands-on training in industrial sewing machine operation and maintenance
- Guided by a team of experienced professionals
- Job Search Support and Employment readiness workshops



Key Services & Projects

- The Cutting Edge Sewing Enterprise - your local small and large order manufacturer
- Master essential sewing skills with our expert-led workshops: Beginner Techniques, Stretch Fabrics, Alterations and Hand Sewing
- Empowering Local Communities: tailored sewing workshops for schools, community Centers, seniors, non-profits, and businesses in Winnipeg



A Program of **CMWI**

CMWI is a family resource centre fostering wellbeing, safety, and belonging for all. Working from a holistic approach, we provide services to all in need and culturally sensitive, wrap-around programming and support to newcomers.



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Introducing The Cutting Edge new product, a modest swimwear line that combines style, comfort, and functionality for women who value coverage without compromising fashion.

THE CUTTING EDGE
EST 2018  QUALITY DESIGNS
+ MANUFACTURING

ladies size chart swimming Burkini



Size	S	M	L
T-Length	87.5	90	92.5
Chest	48	50	52
Shoulders	39	41	43
Sleeve Length	60	63	66
T-Hips width	66	68	70
Pants length	87	92	97
Stretch Waist	48	50	52
Regular Waist	32	34	36
Hips	52	54	56
Ankle	13	13.5	14

Measurements { cm }

The Cutting Edge Social Enterprise attracts brand clients from across Canada and provides real-world experience as the trainees (newcomer women) work to complete orders with high quality and on-time delivery.

ORDER NOW

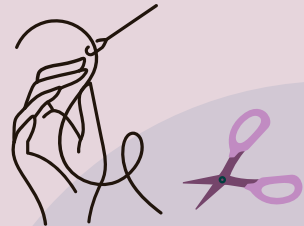
by reaching out to

contact@cmwi.ca

Our innovative burkinis are designed to cater to your unique needs and preferences, making them perfect for beach vacations, swimming lessons or water sports.



Bigger Sizes Available by Request





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\$ 85



FINAL SALE
NO RETURNS OR EXCHANGES
&
E-TRANSFER ONLY

Proudly made in Winnipeg, Canada,
our collection of burkinis is crafted
with ethical manufacturing
practices and a commitment to
sustainability.

Produced in fair working
conditions by skilled artisans,
ensuring the highest quality
while supporting our local
economy.





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CALL FOR SUPPORT



HOW YOU CAN HELP



DONATE NEW OR GENTLY USED PRAYER MATS.

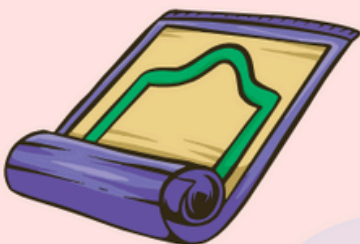


DROP THEM OFF AT

**61 JUNO STREET #201.
WINNIPEG, MB R3A 1T1**



SPREAD THE WORD TO FRIENDS AND FAMILY.



DONATE PRAYER MATS TO REFUGEES

AS OUR COMMUNITY CONTINUES TO WELCOME REFUGEES INTO THEIR NEW HOMES, WE'RE REMINDED OF THE POWER OF COMPASSION AND TOGETHERNESS.

OUR CENTER WAS RECENTLY APPROACHED BY AN OVERWHELMING AMOUNT OF REFUGEES REQUESTING PRAYER MATS.

INDIVIDUALS HAVE DISCLOSED PRAYING ON GARBAGE BAGS

WE REQUEST YOUR SUPPORT TO PROVIDE REFUGEES WITH PRAYER MATS.



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THE **CUTTING EDGE**



EST 2018 | QUALITY DESIGNS + MANUFACTURING



× WINTER WARMTH CARE PACKAGE

HELP PROVIDE ESSENTIAL COLD-WEATHER ITEMS TO SHELTERS ACROSS WINNIPEG

HANDMADE LOCALLY WITH CARE BY NEWCOMER WOMEN IN OUR CUTTING EDGE VOCATIONAL TRAINING PROGRAM.

EACH CARE PACKAGE INCLUDES A TOQUE, A NECK WARMER, A PAIR OF MITTENS AND SOCKS.

Donation Tiers



\$25 BASIC PACKAGE: CONTRIBUTE TOWARDS A CARE PACKAGE



\$50 PURCHASE ONE CARE PACKAGE



\$100 PURCHASE TWO CARE PACKAGES



e TRANSFER

SEND YOUR DONATION TO

PAYMENTS@CMWI.CA

ADD THIS CODE IN THE MESSAGE:

WINTER WARMTH

AND THE NUMBER OF CARE PACKAGES YOU WOULD LIKE TO PURCHASE



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Donor Appreciation Wall





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As we embrace the winter season, we want to take a moment to recognize the incredible support of the **Manitoba Islamic Association (MIA)**. Their generosity has made a meaningful difference in the lives of newcomer families and refugees in our community.

This season, MIA donated funds to **help us purchase prayer mats and winter gear**, ensuring that newly arrived individuals have the warmth and comfort they need to navigate their first Canadian winter.

Their commitment to supporting the community goes even further – during Ramadan, MIA also contributed through a Fitra donation, allowing us to provide essential support to individuals observing the holy month.

At CMWI, we are deeply grateful for community partners like MIA, whose compassion and care help us extend a warm welcome to those starting fresh in Manitoba.



This winter, we are also proud to shine a light on the unwavering support of **United Way Winnipeg**, whose **ongoing donation of women's and men's clothing** has **made a real difference for newcomers, refugees, and community members in need**.

Through their generosity, CMWI's Donation Center has been able to offer warm winter gear, and other essential clothing items – ensuring that individuals arriving in Manitoba and the local community have access to appropriate and comfortable attire for every season. Thank you for your immense generosity!



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We would like to extend our heartfelt appreciation to **Peerless Garments** for their ongoing support and **generous donation towards our Canadian Muslim Women: Courage and Leadership in Manitoba conference.**



This event would not be possible without the contributions of dedicated community partners like Peerless Garments, who recognize the importance of celebrating the voices, leadership, and achievements of Muslim women in Manitoba.

Thank you, Peerless Garments, for standing with us and believing in the power of community leadership. Your partnership makes a difference!

At CMWI, we are constantly reminded of the power of community – and this winter, your generosity has truly shone.

We want to **extend our deepest gratitude to everyone who donated clothing, furniture, household items, funds and their valuable time to help us set up homes for two high-needs refugee families.**

Special thanks to the volunteers who worked tirelessly to transport, unpack and set up these homes, turning empty spaces into warm, welcoming environments filled with comfort and care.

Your compassion and generosity reflect the best of our community – Thank you!





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COMMUNITY HIGHLIGHT



Gender-based violence (GBV) affects women from all backgrounds, but Muslim women often face unique challenges due to the intersection of gender, faith, culture, and systemic barriers. **This poster, created by Mamie-Pierre, Abdoul Nour, and Djeneba Dicko—three social work students from the Université de Saint-Boniface—aims to raise awareness about the diverse experiences of Muslim women navigating GBV.** By highlighting the impact of discrimination, Islamophobia, and cultural stigmas, their project encourages conversations about inclusive support systems and the importance of culturally responsive services.

POSTER CREATED BY MAMIE-PIERRE, ABDOUL NOUR, AND DJENEBA DICKO

At the Canadian Muslim Women's Institute (CMWI) Family Resource Center, we are committed to addressing GBV through holistic programming that supports women and families. **Our GBV programs and trainings range from mental health and physical wellness initiatives to family financial literacy workshops, recognizing that financial stress is one of the primary contributors to GBV cases.** By empowering women with knowledge, resources, and skills, we strive to create safer, more resilient communities where everyone has the opportunity to thrive.



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COMMUNITY PARTNERSHIPS

Looking to give back to the community while increasing your visibility as a local business or community member?

The Canadian Muslim Women's Institute Family Resource Center invites you to join us in making a difference. Support our mission through small or large scale donations and, in return, gain advertising opportunities across our platforms!

It's a perfect way to promote your business while giving back to the community.

WHY GET INVOLVED?



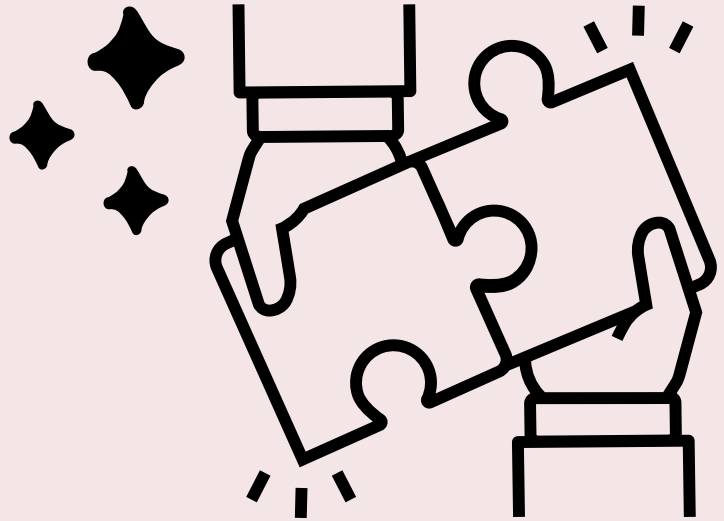
- **Community Impact:** Your donation will help us continue providing essential services to newcomers and those in need, fostering well-being and belonging.
- **Increased Visibility:** Your business will be featured not only in our quarterly newsletter but also as a valued partner in our events and on our social media channels, reaching a broad and engaged audience.
- **Positive Branding:** Align your brand with the values of integrity, empowerment and inclusion, which are central to CMWI's work.



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HOW IT WORKS?



1. **Make a Donation:** Your contributions support our holistic, culturally sensitive programs that make a real difference in the lives of those we serve.
2. **Get Featured:** As a token of our appreciation, we'll promote your business in our newsletter, at our community events, and across our social media platforms, showcasing your commitment to community well-being.

Interested in partnering with us? **Contact us at eve.sotiriadou@cmwi.ca** to learn more about donation options and secure your spot in our next issue and upcoming events.

Let's work together to build stronger and more connected communities!





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CLIENT

TESTIMONIALS



Before attending the the **Money Management Training**, I struggled with online banking and e-transfer. I often found myself living in confusion & phobic for change. However, this training completely changed my perspective. I learned practical strategies for tracking expenses, setting financial goals, and making smarter spending decisions. Since applying what I learned, I have created a realistic budget, started an emergency fund, and even made progress toward paying off debt. I feel more confident and in control of my financial future. I highly recommend this training to anyone looking to improve their financial habits and gain financial freedom!



I arrived as a newcomer feeling uncertain and overwhelmed, but CMWI welcomed me with open arms. Through their support, I received essential resources, guidance, and encouragement to start my new journey. The workshops helped me understand the local culture, and the networking opportunities allowed me to connect with amazing people. Thanks to this program, I now feel more confident, have secured a job, and am building a brighter future. I am truly grateful for the kindness and support I have received!"

I came to the program to gain experience and knowledge, I was excited to learn very things about sewing. At first it was difficult but after three months and following the instructions, I became much better. Now that I have a certificate that will allow me to get a job and develop my skills. Thank you for accepting me. Thanks to CMWI.





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CMWI PROGRAMS & SERVICES TRACK SHEET

As temperatures drop, we've been working to ensure families in our community are prepared for the cold. This season, we provided **451 winter clothing items**, helping individuals and families stay warm.

We also partnered with



to host a "What to Wear for Winter" workshop at **CMWI**. The session covered essential cold-weather gear, layering techniques and tips for staying safe in Winnipeg's harsh winters.

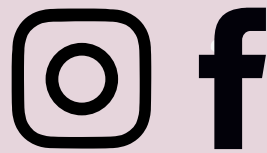
By providing both resources and education, we're helping our community embrace winter with confidence.



Green Action Center leading a workshop on "What to War in Winter" at the CMWI center.



**BE PART OF OUR
SUCCESS STORIES**



FOLLOW US! @CMWI

