



## Impact in Numbers



Over **2000 hours** of counselling and outreach services

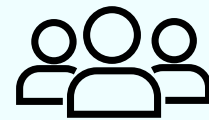
Services provided in more than **7 languages**



STAFF

Staff and board members speak more than **10 languages**

Approximately **250-300 people** participated in our programs



We have around **100 volunteers**



Hosted **15 community events**



Partnered and collaborated with over **80 organizations** locally and in GTA

Facilitated **50 educational workshops** in 2022 and 2023



Published the Ramadan Workbook

Through donations, we supported **300 families** with groceries and provided over **450 meals** to unhoused people



More than **35 women** graduated from leadership program



Received over **45 positive feedbacks** from clients





# What has MSS been up to?



In collaboration with Waterloo Region Police Services, MSS hosts a program called the Community Safety and Wellbeing with the Police in which community members build a positive relationship with the police and try to combat the stigma of seeking police services when needed.



MSS attended the Interfaith Prayers Community Breakfast in collaboration with Interfaith Grand River.



On September 25, 2023, our Executive Director of MSS, Duaa Al-Aghar was honoured to meet with Amira Elghawaby, Canada's first representative to combat Islamophobia, at the Rohingya Centre.





MSS joins the Upstream Fund in celebrating and announcing the recipients of the 2023 Upstream Initiative, the Regional Chair, and members of the Regional Council.



MSS was invited to NDP's Caucus Day in Kitchener on September 7th and met all 29 members of the NDP caucus and community leaders from various organizations. Together, they engaged in impactful discussions with a specific focus on housing and healthcare.

MSS has been busy in the community these past months! Check out the many programs we facilitated on the next page. Follow us on social media to see our participants in action!





# Current Events



**Muslim Social Services  
Waterloo Region**

**FREE COMPUTER CLASSES**

Fill out our brief survey to gather information about your interests and scheduling preferences

Accredited  
IMAGINE CANADA



**Muslim Social Services Waterloo Region**

*Healing Through Art for Kids*  
ages 4-14

Facilitated by Amina Abdulqadir

Tuesdays at 5:30 PM

Forest Heights Community Centre,  
1700 Queen's Blvd, Kitchener

To register contact:  
[info@muslimsocialserviceskw.org](mailto:info@muslimsocialserviceskw.org)



**MUSLIM SOCIAL SERVICES WATERLOO REGION**

**ENGLISH  
CONVERSATION  
CIRCLES**

FACILITATED BY MR RAY TEED  
TRANSLATOR AMINA ABDULQADIR

BEGINNING  
OCTOBER 3, 2023

CAMINO,  
645 WESTMOUNT ROAD E | TUESDAYS AT 11:00 AM

TO REGISTER CONTACT US AT:  
[info@muslimsocialserviceskw.org](mailto:info@muslimsocialserviceskw.org) or 519-772-4399 ext. 2707



**Muslim Social Services  
Waterloo Region**

**FREE  
TUTORING  
CLASSES!**

Math and English for grades 3-6 and 9-12

Starting Monday September 18th,  
Mondays 6:00 PM - 9:00 PM  
Room 1008, The Family Centre  
65 Hanson Ave, Kitchener ON

To register please fill out the form:  
<https://docs.google.com/forms/d/e/1FAIpQLSfBy6fkiMvhmZI7fxY2X2-iNOAsoy7EotFnizKmlzUM6p0kGw/viewform>





# Past Events

**Muslim Social Services  
Waterloo Region**

*Fresh Air, Fresh Mind*  
Facilitated by Amina Abdulqadir

Join us every Thursday at 10:30 AM for a rejuvenating experience amidst nature's beauty.

The program will be conducted at various parks.

**Muslim Social Services Waterloo Region**

*Diversity Culture  
Brunch in the Park  
For Families*

Sunday, September 10th 2023  
1:00 PM, Waterloo Park  
Yonge Street Entrance

Partners: Islamic Charities of Canada, Ontario Tribunal Foundation, Waterloo Region Community Foundation

**Muslim Social Services Waterloo Region**

**Friendship Circles for Diverse Communities**

FOR THE NEIGHBORS HELPING NEIGHBORS PROGRAM  
at Waterloo Park, Young St. Entrance  
Friday August 18th at 6:00 PM

FACILITATED BY SALLY ALKARMI

Ministère de la Justice Canada / Department of Justice Canada

**MLSC**

**IMMIGRATION LAW WORKSHOP**

Want to know more about the immigration process to Canada and sponsorship?

Join us for a free information session to get an overview of the immigration process to Canada, including how to sponsor a loved one to Canada.

**PARVEEN MALIK**  
ATTORNEY AT  
PMALIK LAW FIRM

**NOVEMBER 21ST, 2023  
7:30 PM - 8:30 PM**





## Let's hear from our participants...

### Summertime Gladness

Where did the summer go? As if in a blink of an eye we went from lovely, warm summer days to witnessing snow blanket the cold ground. Thankfully, for MSS, summer did not pass without our organization being able to do what it does best – making an impact on the marginalized communities in the region. Starting with our summer camp. Our second annual summer camp was a great success that provided many wholesome and impactful moments for young, marginalized children.

As an organization, we understand that some children do not have the privilege of attending summer camps that typically leave participants with core memories that shape the joyful moments of their childhood. It was our intention to ensure that we were able to provide such an experience to these types of children. During our four-week camp, children got to enjoy a variety of educational and fun experiences such as DIY solar system exercises and field trips to Kiwanis Park to name a couple.

“It was really nice to give these kids this experience,” said a Summer Camp Leader. “I grew up in the areas these children are growing up in and they are not the safest, most enjoyable spaces to be in” she continued “To have been able to hear them say things like ‘this is the best camp ever!’, ‘I’m having so much fun!’ was so amazing because you typically don’t get to have those types of experiences when you live where they live. I’m glad I got to be a part of building core memories for them”.





## Shine Bright

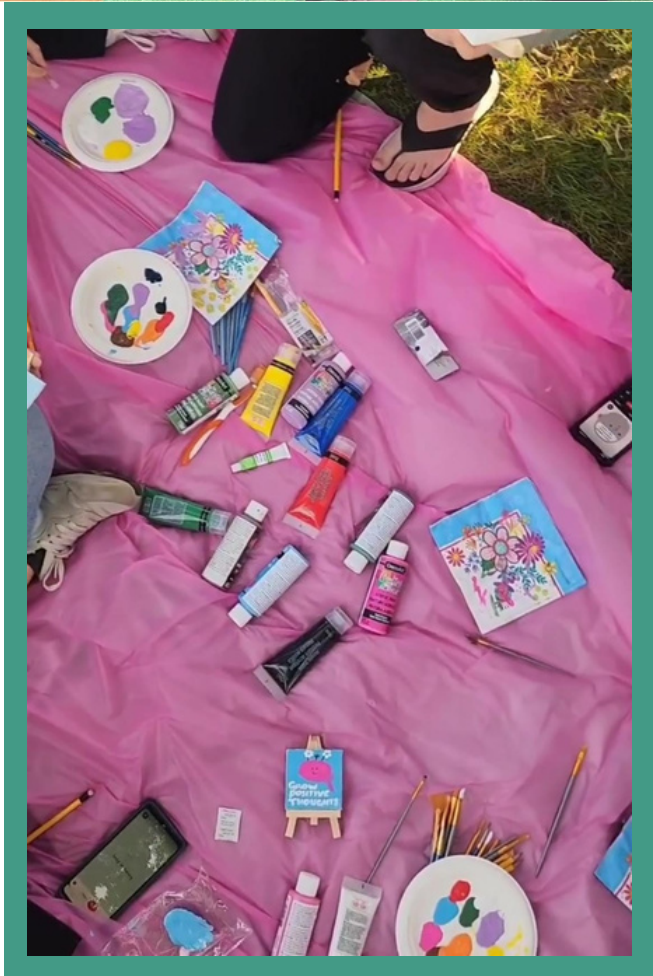
A loving, nurturing, empathetic woman brings so much light into the lives of those they engage with. Sometimes though, a lack of self-awareness can cause their lights to dim and so it's important to provide spaces for these women to address this so they can continue to shine.

In comes the Al-Nour (Light) project for young women. Over the course of 8 weeks, MSS was fortunate to have been able to provide programming to women that empowered them by offering research-based programming that allowed young women to develop the skills needed to build or maintain their self-confidence and self-esteem. Moreover participants were introduced to mindfulness, self-awareness and stress-reduction techniques all in an effort to help young women grow and thrive in their everyday lives.

“ I used to struggle with social anxiety and now, because of Al-nour, It's diminished significantly” says Suleika. “I really valued this space because typically I feel judged wherever I go but Al-nour always feels like home”.

Another participant, Aethar said that her well being improved “because here I could be more open with myself and others which has helped me attain peace from the things I was struggling with before. Whenever I'm here I feel that I'll be heard no matter what and I'm so grateful for that”.

Muslim Social Services expresses sincere gratitude to those who donated to our organization. It is your generosity that allowed for this beautiful program to have as much as an impact as it did. Thank you.







## Keeping Things General

A successful Annual General Meeting Indeed. MSS had a memorable AGM with an amazing turnout and show of support! During this event, we had the opportunity to address our organization's current challenges, successes, and plans for the future which set the tone for our community-building efforts for the future.

Our heartfelt thanks go out to Upstream Funding, Capacity Canada, Waterloo Community Foundation, Waterloo Police Services and all of the political and community leaders who graced us with their presence in a show of support of our organization.

Your support has been instrumental, to say the least. Instrumental in allowing MSS to make a positive impact in the community. It is an honour to be able to collaborate and receive support towards our collective goal of making our community a stronger and more inclusive space.

With your continued support, we can accomplish even greater things. We look forward to continuing to build a brighter future together!

# Donate Today. Help Tomorrow.

Your support today of our youth program will help shape the community leaders and members of the future, despite the systemic obstacles present for newcomers and minorities.

[Click Here To Donate!](#)





## There's never a bad time for it

### MSS Counselling Services

Muslim Social Services strives to provide a safe and culturally sensitive therapeutic environment that aims to support its diverse community of clients through their journey in understanding and achieve a sense of healing in the area of Mental Health. Our counselling services are often tailored to the client's needs and goals for therapy, with a cultural perspective at hand as well with all counsellors being open to learning about each client's own cultural background.

Here are some client testimonials:

"I want to express my deep gratitude for the transformative impact your counselling services have had on my life as a woman. Through your guidance, I have embraced my authentic self, overcome emotional wounds, and built resilience. Your support has empowered me to navigate life's challenges, cultivate healthier relationships, and live life on my own terms. Thank you for changing my life for the better".

"I want to express my heartfelt gratitude for the positive impact your counselling services have had on my life as a young boy. Through your support, I have gained self-awareness, learned valuable coping skills, and developed the confidence to face challenges. Your guidance has equipped me with effective communication tools, enabling me to build healthier relationships. Thank you for making a significant difference in my life".





We are thrilled to share that our **Executive Director, Duaa Al-Aghar**, has been nominated for the **"Women Who Inspire"** award by the **Canadian Council of Muslim Women!**

Duaa's outstanding leadership has been the driving force behind our organization's progress, pushing us to new heights. Her dedication and vision are not only inspiring but have also touched the hearts of everyone in our community. But that's not all! Duaa's commitment to making a positive impact doesn't stop here. She tirelessly works towards empowering and uplifting those around her, making her a true role model for all of us.

Due to the current events unfolding in the Middle East, we have decided to postpone the celebration.





# Increase Your Impact with Monthly Giving!

Consider becoming a **MONTHLY DONOR!** Monthly giving provides ongoing program support to newcomers and marginalized individuals within the region. To become a donor, please give us a call at 519-772-4399 ext. 2707

## Make a Difference. Donate Today.

3 easy ways to give financially:



**Online** at:

[canadahelps.org](http://canadahelps.org)

**e-transfer** at:

[msskwdonations@gmail.com](mailto:msskwdonations@gmail.com)

**Call us** at:

519-772-4399 ext. 2707

## Volunteer



Please visit

[muslimsocialserviceskw.org](http://muslimsocialserviceskw.org)

to learn about the latest opportunities to help

Muslim Social Services KW is currently accepting members. If you are interested, please click on the button and download the membership form for more details.

[BECOME A MEMBER](#)





# Our Sponsors

The Muslim Social Services Waterloo Region thanks our funders, partners, and sponsors.



Ontario Trillium Foundation



Fondation Trillium de l'Ontario

An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario



We especially thank and recognize the Ontario Trillium Foundation for the Building Capacity Grant they provided the organization.



LYLE S. HALLMAN FOUNDATION



United Way Centraide Canada

