



ANNUAL REPORT 2020

Healthy Muslim Families

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Website: <https://healthymuslimfamilies.ca/>



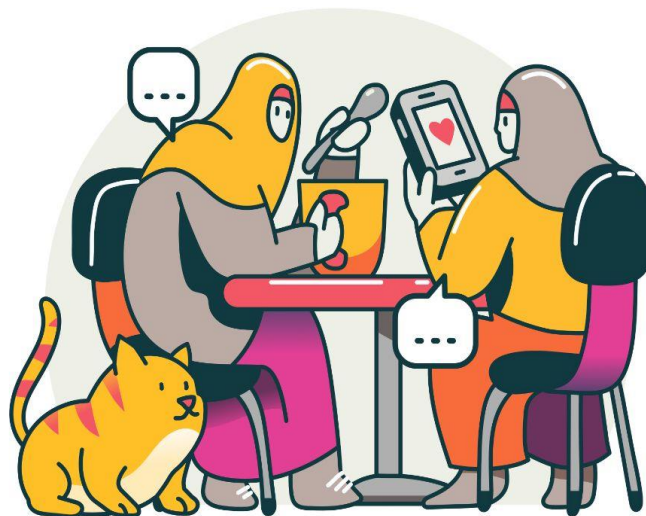
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WELCOME LETTER

Within this report you will find the work we try to do for our beloved community including all the healthy and fun activities we plan for families. Healthy Muslim Families believes in a society where we all have a high degree of social responsibility towards each other. Our services and programs are designed and developed to strengthen and fortify the family and provide support to those facing challenges.

HMF is located on Treaty 1 territory on original lands of Anishinaabe, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation.



MISSION

To strengthen and empower families through education, workshops, services, and support, in line with Islamic values.

FROM THE BOARD AND MANAGEMENT

Asslam Alaikum- Peace be with you.

It is with great excitement and pride that we present our first annual report to you. The mission of Healthy Muslim Families (HMF) is to strengthen and empower families through education, workshops, services, and support, in line with Islamic values. A new organization in the landscape of Manitoba, HMF has quickly grown to address the unmet needs in the community.

Leadership and staff have worked hard, despite the pandemic, to increase its presence and deliver programs and services. As we continue to wait for charitable status, we look towards other grants and opportunities to support the work.

In 2020, HMF was able to secure funding from St Vital Parent Child Coalition to work on enhancing the child and caregiver relationship for Muslim parents who reside in St Vital. Through this grant, programs were delivered as well as a library of resources such as books and games were established.

In addition, HMF received a Safe at Home grant that allowed for a variety of engaging programs for families, adults, youth and children to take place virtually in the comfort of their own homes. Calligraphy, Kahoot nights, mens virtual get together, self care session for women were some of the programs offered to the community.

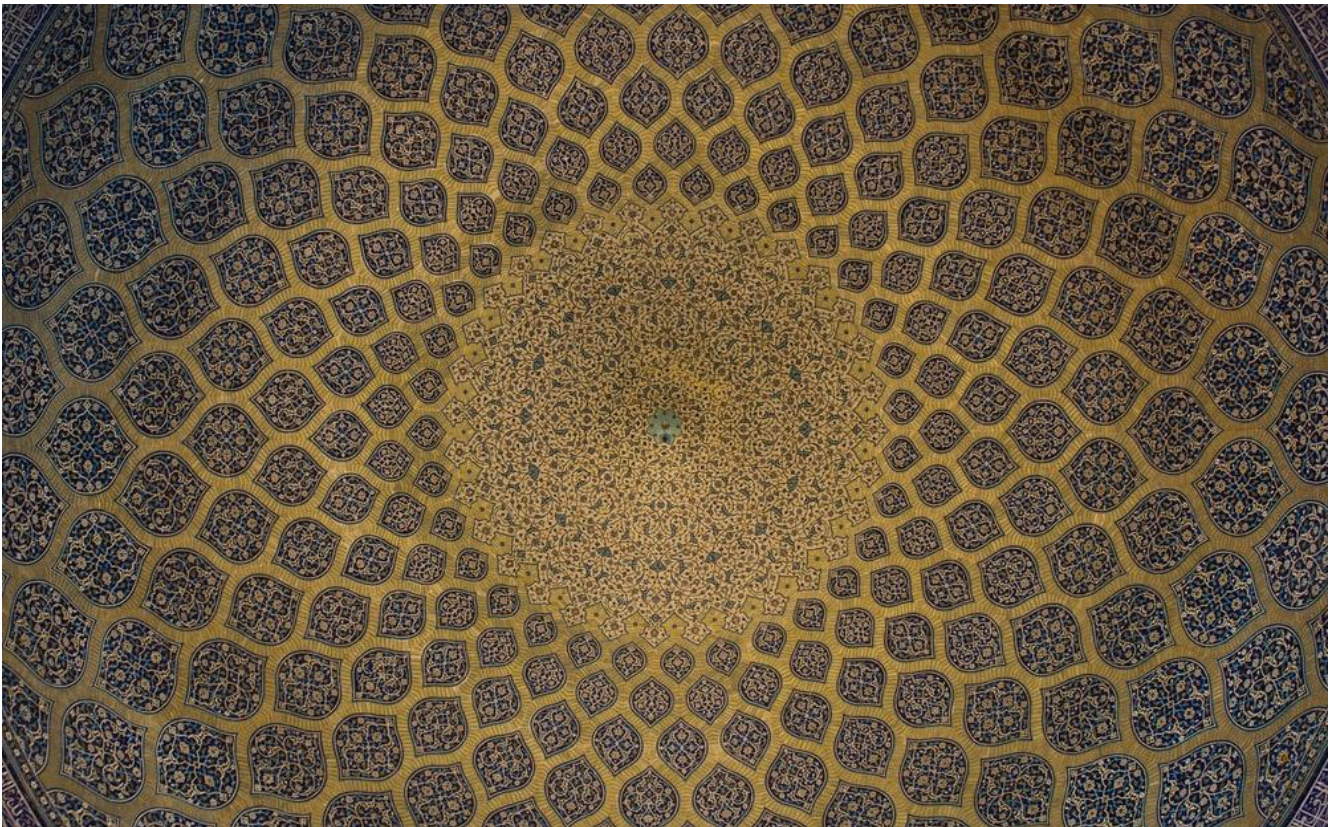
HMF continued to strengthen its relationship with community partners. Some partners that we worked with include: SEED Winnipeg, Community Financial Counselling Services, Coalition of Manitoban Cultural Communities and Families, The SIGN Foundation, Bilal Community and Family Centre, and Islamic circle of North America.

In the upcoming year, we hope to support individuals involved in family violence, grow our financial empowerment program, continue to create partnerships and look at sustainability, evolve our digital marketing framework, and look at opportunities to bring communities together when it is safe to do so.

HMF would like to thank its funders, community partners, and clients for their support and contribution. We also thank ICNA for the space that they have graciously allowed us to use. In addition, we would like to acknowledge the hard work of our staff who have been accommodating and flexible as we navigate the pandemic. Lastly, we thank Allah SWT for bringing us together and ask for His blessings as we continue to address unmet needs in our community.

Sophia Ali
Chair, HMF

Humaira Jaleel
Executive Director, HMF



OUR PROJECTS

We welcome our newcomer Muslim families to Manitoba and provide them assistance with anything settlement related so the new Manitobans feel at home. In case we are not able to provide necessary help, we refer them to other friend organizations like CMWI, ICNA, New Journey Housing, Bilal Community and Family Center and MSA.

ISLAMIC ART AND CULTURE SESSIONS:

ISLAMIC ART IS AS BEAUTIFUL AND DIVERSE AS OUR VALUES. TO INCULCATE IMPORTANCE OF OUR ISLAMIC ART, WE CONDUCTED FOLLOWING ART SESSIONS WITH OUR COMMUNITY MEMBERS WHICH WERE A BIG HIT AND LOVED BY ALL:

ISLAMIC CALLIGRAPHY WORKSHOP FOR WOMEN:

LADIES CALLIGRAPHY AND ART CLASSES WITH QALAM (BAMBOO PEN) WERE HELD TO BRING BACK AND LEARN TO USE THE AUTHENTIC ISLAMIC ART OF CALLIGRAPHY. ALL OUR ARTWORK IS DISPLAYED AT THE YOUVILLE CENTRE.

ACRYLIC PAINTING WORKSHOPS FOR WOMEN AND YOUTH:

THROUGHOUT JAN-MARCH WE CONDUCTED ACRYLIC PAINTING CLASSES TO TEACH ISLAMIC ART ON CANVAS. CLASSES WERE HELD FOR YOUTH 7 AND UP. THEY CREATED BEAUTIFUL ART ON CANVAS WHICH IS DISPLAYED AT THE YOUVILLE CENTRE ON DAKOTA. CANVAS, PAINTING SUPPLIES, AND STENCILS WERE PROVIDED TO ALL THE PARTICIPANTS.

Mental health and Wellness Project:

Creating a healthy mindset is an investment in your overall well being because it is health that is real wealth - not pieces of gold and silver. We carried out a self care session to promote mental health and wellness in our community.

A virtual wellness and self care session for women was done in the community on March 6, 2021. 26 women registered and attended the program. 25 selfcare kits were developed and were delivered or picked up.



ADDITIONAL PROGRAMS

Women Empowerment Programs

We have been carrying out various women empowerment projects to help and support women in our community since the very beginning. Some of our projects are as follows:

- 1. Helping navigate systems*
- 2. Peer support during challenges*
- 3. Crisis Intervention*
- 4. Culturally appropriate support to leave abusive relationships*
- 5. Financial aid assistance*
- 6. Job referral and Employment assistance*
- 7. Assistance in legal aid appointments*
- 8. Benefits filing*
- 9. Help filing for divorce & acquiring Islamic divorce certificates*

Financial Empowerment Program

Our Financial Empowerment Projects included the following two programs which are very informative and help navigate financial systems of Canada for newcomers:

1. Free Tax Clinic
2. Money Management Workshops

We conducted Free Tax filing days (Tax Clinics) and helped with accessing Federal and Provincial benefits.

Through the Financial Empowerment programs, we trained 9 staff members and volunteers to file taxes for the community and to conduct Money Management training in the community. We conducted two Money Management workshops in Arabic and Urdu. We also filed 150 taxes for families for free through the CRA recognized Tax clinics.

“WHOEVER RELIEVES A BELIEVER’S DISTRESS OF THE DISTRESSFUL ASPECTS OF THIS WORLD, ALLAH WILL RESCUE HIM FROM A DIFFICULTY OF THE DIFFICULTIES OF THE HEREAFTER. WHOEVER ALLEVIATES [THE SITUATION OF] ONE IN DIRE STRAITS WHO CANNOT REPAY HIS DEBT, ALLAH WILL ALLEVIATE HIS LOT IN BOTH THIS WORLD AND IN THE HEREAFTER. WHOEVER CONCEALS [THE FAULTS OF] A MUSLIM, ALLAH WILL CONCEAL [HIS FAULTS] IN THIS LIFE AND THE HEREAFTER. (MUSLIM)

PROPHET MUHAMMAD (PBUH)

Our Team

Sophia Ali (Director)

Hajira Wajid (Director)

Mazina Gul (Director)

Humaira Jaleel (Executive
Director)

Amna Iqbal (Director of
Programs)

Midhat Alam (Art Instructor)

Sumera Aurangzeb (Program
Facilitator)

Sara Arnous (Financial
Empowerment Coordinator)

Syed Imran Rizvi (Volunteer
for Financial Empowerment
Services)

Suichi Khurniawati (Volunteer
for Financial Empowerment
Services)

Lateefa Oyefeso (Volunteer
for Financial Empowerment
Services)

Abdul Ahad (Volunteer for
Financial Empowerment
Services)

Imran Rahman (Volunteer for
Financial Empowerment
Services)

Zubeida Rahman (Volunteer
for Financial Empowerment
Services)



We would like extend our gratitude and appreciation to the various partners we work with:

S.I.G.N foundation

St. Vital Parent Coalition and Network

Youville Centre

Islamic Circle of North America

Bilal Community and Family Centre

Adult Learning Centre

SEED Winnipeg

Community Financial Counselling Services

A & O: Support Services for Older Adults



OUR VALUES

We believe in a society where we all have a high degree of social responsibility towards each other. Our services and programs are designed and developed to strengthen and fortify the family and provide supports to those facing challenges. We operate from the belief in the saying of the prophet:

The best of people are those that bring the most benefit to the rest of mankind.

The Prophet Muhammad

SAFE AT HOME MANITOBA PROJECT

Through the Safe at Home Manitoba grant, we were able to provide the following programs so that our community stays safe and active during pandemic times:

1. Kids Kahoot day (2 sessions)
2. Ladies fun day
3. Learn to paint with Acrylics (for youth 2 sessions)
4. Learn to paint with Acrylics (for women)
5. Men's/Dads program
6. Self-care session (for women) with self care kits
7. Arabic Calligraphy with Bamboo pen (2 sessions)
8. Activity bags with arts and crafts for young children
9. Weekly kids fun program for preschoolers and mothers

These programs were offered online via Zoom. Activity bags and supplies for the painting and calligraphy sessions were provided to participants. Manitobans participated & interacted with other community members. These programs were a source of relaxation and connection with other community members. Families got to connect and check-in. They enjoyed the refreshments delivered to them. The kids programs were made interesting with prizes and refreshments.

Communities that were targeted were the Muslim and the newcomer community. We were also able to connect to families who were feeling isolated as they had arrived in Winnipeg just before the pandemic or later in 2020. We were able to create a sense of community through our programs. In between the programs, most of the families were able to connect to us for other needs.

PROGRAM INFORMATION

345 Clients were served this year! This is all through virtual programming and services. We hope to bring a breakdown of services by our next annual report.

IT WAS VERY GOOD, MY DAUGHTERS HELPED ME IN PLAYING AND COMPETING IN KAHOOT (MEN'S VIRTUAL GET TOGETHER). - PARTICIPANT

Assalamualaikum Warahmatullah, I would like to commend on the efforts in carrying out the painting activities on 2 consecutive Saturdays and today's Kahoot game time. The painting supplies that were provided free of cost to the participants are of utmost quality. The instructors Midhat and Amina exhibited their expertise in guiding children to complete their projects. These kind of activities must continue as my son is fond of painting and I would like him to use his skills in an Islamic manner. It also took some time off from their computer screens and used that in a productive manner. Kudos and Jazakallahokhair to the team and thank you for the pizza today. Mustafa and Daraab just enjoyed it. Kind regards, - Participant



STATEMENT OF FINANCIAL POSITION

Notice to Reader

On the basis of information provided by Management, I have compiled the statement of financial position of Healthy Muslim Families Inc as at March 31, 2021 and the statements of operations and changes in net assets for the year then ended.

I have not performed an audit or a review engagement in respect of these financial statements and, accordingly, I express no assurance thereon.

Readers are cautioned that these statements may not be appropriate for their purposes.



Salman Idris, CPA, CA
Chartered Professional Accountant
Winnipeg, Manitoba
June 21, 2021

FINANCIAL STATEMENTS

HEALTHY MUSLIM FAMILIES INC

Statement of Financial Position

As at March 31, 2021

(Unaudited - See Notice to Reader)

	2021	2020
ASSETS		
Current assets		
Cash	\$ 20,482	\$ -
Accounts receivable	-	-
Deposits	<u>306</u>	-
	20,788	-
Property, plant and equipment	<u>1,120</u>	-
	<u>\$ 21,908</u>	<u>\$ -</u>
LIABILITIES AND FUND BALANCES		
Current liabilities		
Accounts payable and accrued liabilities	\$ 6,585	\$ -
Government remittances payable	<u>323</u>	-
	6,908	-
Net assets	<u>15,000</u>	-
	<u>\$ 21,908</u>	<u>\$ -</u>

On behalf of the Board

_____ Member

_____ Member

FINANCIAL STATEMENTS

HEALTHY MUSLIM FAMILIES INC
Statement of Operations
Year ended March 31, 2021
(Unaudited - See Notice to Reader)

	2021	2020
Revenue		
Donation	\$ 1,426	\$ 215
Grants	38,750	-
	<u>40,176</u>	<u>215</u>
Expenditures		
Advertising and promotion	1,916	-
Business taxes	224	-
Insurance	600	-
Interest and bank charges	193	-
Meals and entertainment	1,520	-
Office and administration	534	160
Professional fees	572	-
Salaries and related benefits	10,384	-
Supplies	9,233	55
	<u>25,176</u>	<u>215</u>
Excess of revenue over expenditures	<u>\$ 15,000</u>	<u>\$ -</u>

OUR FUNDERS

Without our sincere and generous funders, we would not have been able to achieve the goals we had set out. We are grateful for their generosity and support. Thank you for supporting Healthy Muslim Families.



**THE S.I.G.N.
FOUNDATION**

Strength in Greater Numbers

