



2023-2024



2023-2024

ANNUAL REPORT

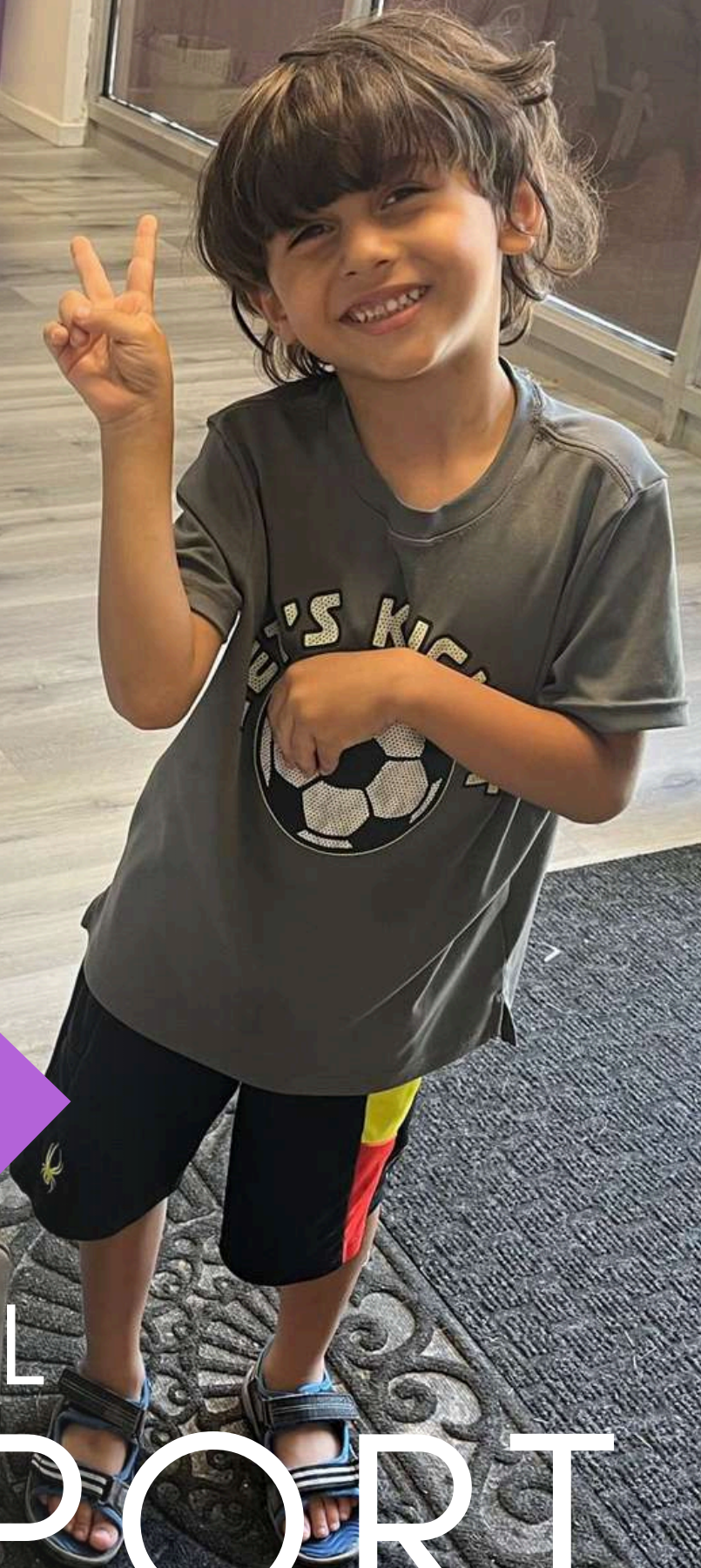






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A person is seen from the back, wearing a vibrant red garment adorned with circular, geometric patterns in white, yellow, and green. They are standing in a field of tall, golden-brown grass. The background is a soft-focus landscape with a line of trees and a bright, low sun creating a warm, golden glow and lens flare effects. The overall mood is peaceful and contemplative.

Land Acknowledgement

In the spirit of building stronger relationships with Indigenous communities, we would like to begin by acknowledging that Healthy Muslim Families is situated on ancestral lands, Treaty 1 territory, the traditional territory of the Anishinabek, Cree, Oji-Cree, Dakota, and Dene Peoples, and on the National Homeland of the Red River Métis.

Message from the Executive Team

Assalamu alaikum (May peace be upon you all),

This year has been a year of growth and expansion , guided by a shared vision and deep commitment to fostering strong, resilient families within our community. Over the past year, we have broadened our services, expanded our partnerships, and launched new initiatives, each step focused on reaching and uplifting even more members of our diverse community. Our new office has enabled us to provide a welcoming space where families can find essential resources, support, and connection.

The achievements of this past year, from empowering workshops to youth and senior engagement programs, have all been possible due to the dedication of our team, board members, and partners. This collaboration strengthens our collective mission: to foster equity, opportunity, and wellbeing for all. We are especially grateful to our community members and donors who continue to inspire and fuel our journey. Together, we are building a brighter, stronger future for all families in Manitoba.

Thank you for your continued trust and support.

Sincerely,
Humaira Jaleel
Executive Director

Our Team

Hajira Wajid

Bushra Afaqui

Lateefa Oyefeso

Saima Mafat

Eve Sotiriadou

Iqra Tariq

Humaira Jaleel

Amna Iqbal

Sarah Arnous

Afsana Kishwar

Sumera Aurangzeb

Afsheen Siddiqui

Syeda Kainat Zia

Sameen Adnan

Umaima Anwar

Taqwa Ali

Ganiyat Sarumi

Omar Fahmawi

Nazmun Siddiqua

Mohamed Zain

Abdirahman Mohamed

Rubab Fatima

Ambreen Naz Syed

Jean-Rene Dominique Kwilu

Maria Islam

Maryam Islam

Shifa Sohail

About Us

Healthy Muslim Families Inc. is a charitable organization devoted to strengthening and improving the Muslim community in Manitoba by providing services, training programs, tools for empowerment, research, multi-agency collaborations, and mentoring. 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

Mission

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

Exciting News



New offices open in Winnipeg, Winkler in Manitoba and Halifax

We are thrilled to announce the opening of our new offices in Winnipeg, Winkler and Halifax, marking a significant milestone for HMF. These expansions represent our commitment to enhancing outreach and impact in these communities. We look forward to working closely with local partners and stakeholders to create positive change and serve those in need.

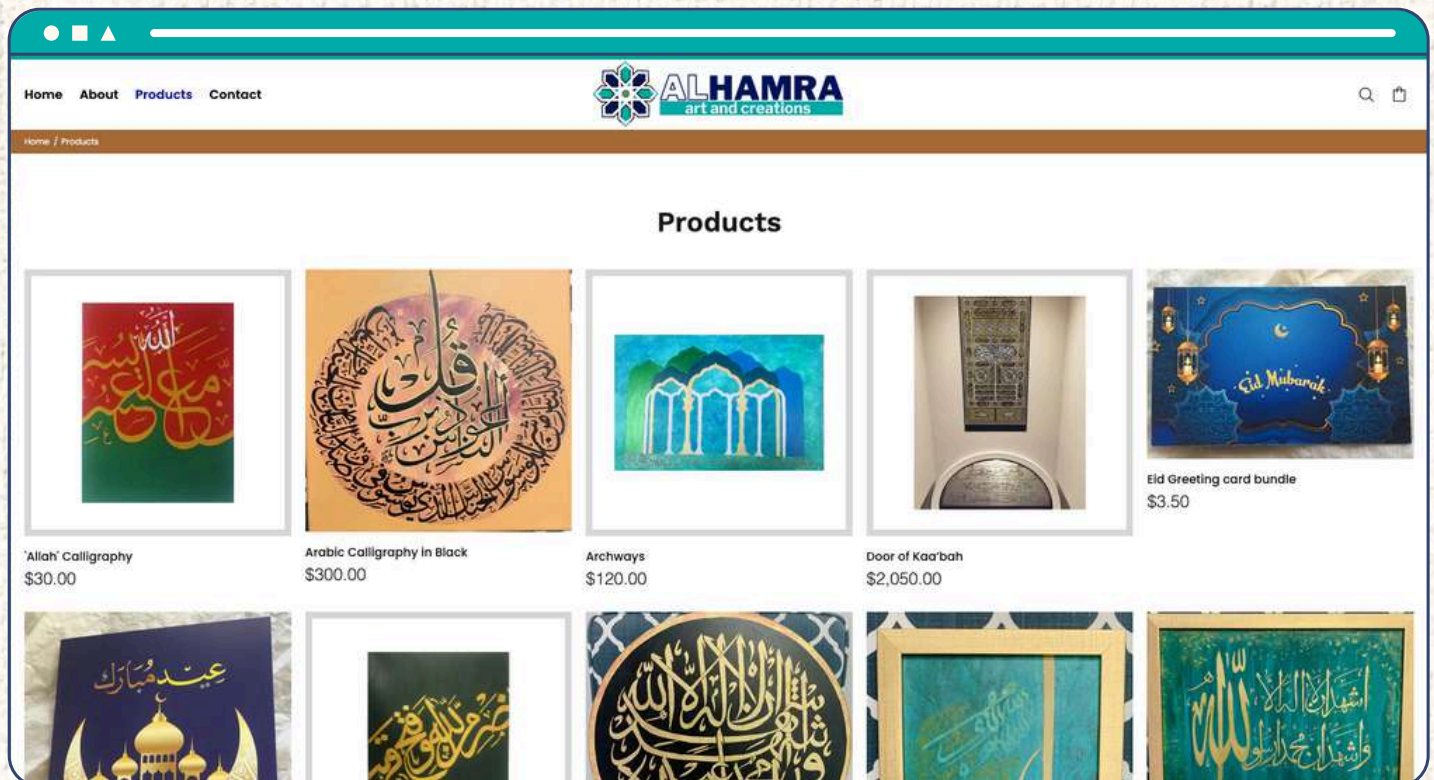
- **Winkler Office Address** - 2 - 385 Mountain Ave, Winkler, MB R6W 0M5
- **Halifax Office Address** - 6 - 600 Bedford Highway, Halifax, NS B3M 0P6
- **Winnipeg Downtown Office Address** - 406 Edmonton Street, Winnipeg, MB R3B 2M2



Al-Hamra Art and Creations Launch

We are thrilled to announce the launch of our social enterprise at the Islamic Art Gala in October 2023. This initiative provides local artists with a sustainable platform to showcase and sell their work through our website (www.alhamraarts.ca), promoting economic empowerment and cultural appreciation. Our mission is to create lasting livelihoods for artists, support their financial stability, and celebrate Islamic heritage and cultural diversity. We are grateful for the support from attendees, artists, and partners and look forward to expanding the impact of our social enterprise in the community.

Al-Hamra was made possible with support from SEED Winnipeg, and funds from Winnipeg Foundation and Canadian Women's Foundation.



***Number of
Clients Served***



***Hours of
workshops and
group sessions***



Impact in the Community

1742
Total Numbers served



609
Women served



206
Refugee Claimants
Served



282
Employment clients



33
Legal Clinics Held



179
Legal clinic
appointments



150
Donations to
community



36
Community Consultation
clients



187
Youth served



Impact in the Community

\$488,865
Tax dollars Refunded



422
Taxes filed



50
Grocery cards
handed Out



180
Ramadan food hampers



23
FirstAid-CPR
Participants



303
Islamic Art Gala
Attendees



11
Computer classes
Participants



30
English Conversation
Participants



32
POffice Admin Training
Participants



Family Programs

Spelling Bee Competition 2023



Healthy Muslim Families collaborated with the Spelling Bee of Canada in April 2023 to host the Winnipeg regional Spelling Bee for kids aged 6-14, for the first time.

Over **150** registered, with **76** participating in the final competition—**31** in the Primary level, **33** in the Junior level, and **12** in the Intermediate level.

Winners advanced to the nationals in Toronto. We sincerely thank our sponsors (Naveed Ahmed, Kashmir Kitchens, Kumon Learning, Everyday Groceries, Grocery Bazaar, Just4kids Dental, Pizza Pizza, and Anonymous) for their support, which made the event a success and helped us continue serving the community.



"I wanted to recognize the tremendous effort and dedication you and your team put into organizing this successful event. It was a pleasure to visit Winnipeg and meet your team of wonderful volunteers, especially the children. Congratulations to you and your team!"

— Spelling Bee Canada National Organizer



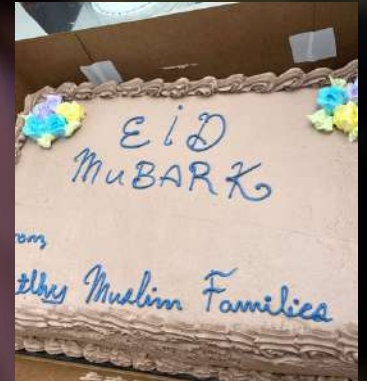
Community Eid Picnic 2023

We hosted a community picnic on July 9, 2023, to celebrate Eid, featuring attractions like bouncing castles, bubbles, freezie ice pops, and dinner tickets. This event is a key part of HMF's efforts to foster unity and inclusivity within the community. Beyond being a fun gathering, it serves as a platform for meaningful interactions and relationship-building, supporting our outreach efforts and social impact.

A special thanks to our sponsors: **ICNA brothers, MIA, MSA, Kasfah Hajj Group, and Canadian Islamic Wealth.**

"I am new in Winnipeg, and I loved meeting and surrounded by so many Muslim families. The weather was a little tricky, but we enjoyed the picnic. The kids enjoyed it a lot. The bouncy castle was a good addition. The food was super delicious. It was a very well-organized picnic"

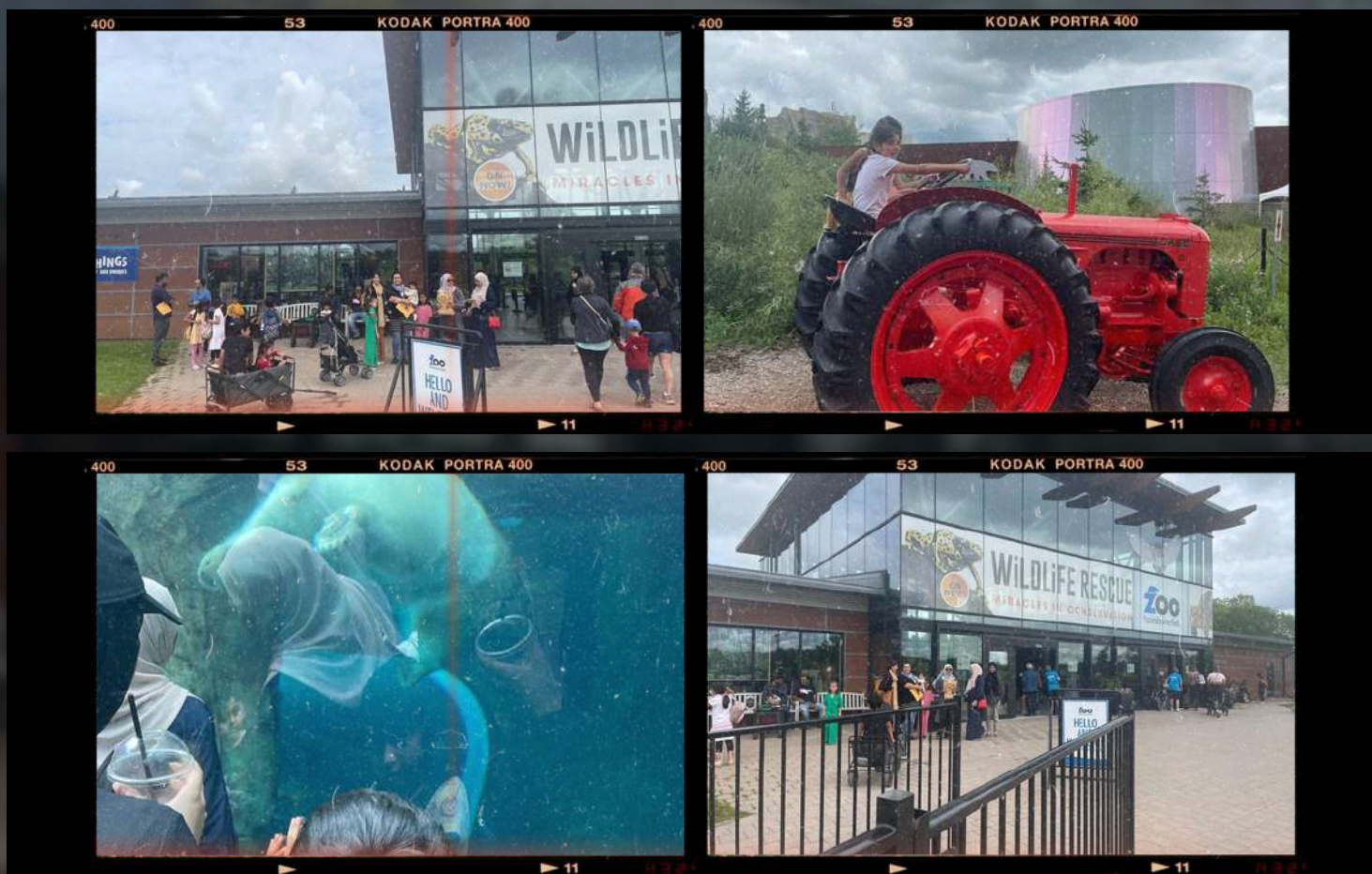
— Picnic Participant



Family Programs

Zoo Trip

With Zoo passes given to us through United Way Winnipeg and MANSO, we organized a zoo trip, offering attendees a chance to bond and enjoy an educational experience of wonder and discovery. The outing highlighted our commitment to community engagement and environmental education. Thirty families, including newcomers, participated, enjoying a fun-filled day of sightseeing and connection with wildlife and each other.



"Thank you HMF for everything🌸🌸🌸 You are doing amazing!!!

Me and my family enjoyed a nice day in the zoo and the kids had so much fun🌹🌹🌹

Thank you again !!!"

— Mother attending Zoo trip

Arts and Crafts/Children's Events

We held two summer arts and crafts classes over six weeks for children from kindergarten to grade 8. With 50 participants divided into two groups, the sessions fostered creativity and skill development, providing a supportive environment for young artists to explore various mediums and techniques while forming lasting friendships. The program concluded with a celebration party attended by the children and their families, making it a memorable experience for all.



*"Our kids and us thoroughly enjoyed the summer camp and all the activities they had. We look forward to more activities and events from HMF."
— Mother of a summer participant*

Family Programs

Hearing Aid Workshop

HMF organized a successful workshop titled “Ear Care and Hearing Loss Prevention,” providing essential support and resources for individuals with hearing impairments. Through informative sessions and hands-on demonstrations, participants learned about the latest technology and strategies to improve their hearing and quality of life. Open to the community, the workshop featured a licensed health practitioner who raised awareness on the topic, with a total of 10 attendees at our head office.



Family Programs

Diabetes Workshop

We commemorated World Diabetes Day with a community workshop to raise awareness and promote diabetes management. Led by a local healthcare practitioner, the event provided essential education on prevention, management, and healthy lifestyle choices. Attendees received free blood sugar testing and access to health resources. The workshop was open to everyone, and had 10 participants.



"It is worth conducting, we should be aware of the facts and chances of getting diabetes."

Family Programs

Drop In For Women and Kids

Our head office on St. Anne's Road hosted a drop-in program for women and children, offering a safe space to access resources and support. The program fostered empowerment and belonging, aligning with our mission of inclusivity. Women and preschoolers could socialize and use our play areas, and the program is ongoing and available to all families in the community.

Welcome Program

Since 2021, our organization has run a welcome program for newcomers, offering support, culturally tailored resources, and guidance. We've provided over 65 welcome baskets with helpful resources and gifts, helping newcomers navigate local services and feel connected through community events. This initiative promotes integration, cultural understanding, and strengthens our community, reflecting our commitment to inclusivity.



Family Programs

Family Literacy Day

We organized Family Literacy Day in January 2024 to raise awareness about the importance of reading and engaging in other literacy-related activities as a family. This year again, we had the pleasure of inviting a guest author and writer, Summiya Lakhani to host a storytelling session and activities to engage the kids in attendance.

We had a total of 25 people in attendance with their kids.



"It was awesome, my kids enjoyed a lot. The facilitator was pretty engaging and involved with kids. It was really nice today, I really liked it for the kids"

Family Programs

Ramadan Gift Baskets

Distributing 120 Ramadan baskets, with support from Islamic Relief Canada, demonstrated our nonprofit's commitment to compassion and unity. By providing essentials to refugee claimants, low-income families, and international students, we eased food insecurity and strengthened community support, reflecting our dedication to empathy and generosity.



Financial Empowerment

Tax Clinic



Healthy Muslim Families

FREE TAX CLINIC

Get your tax return filed **IN-PERSON or VIRTUALLY**

When and where?

From **11:00 am till 5:00 pm** on the following dates:

- Sat, 2 Mar 2024
- Sat, 9 Mar 2024
- Sat, 20 Apr 2024
- Tue, 30 Apr 2024

HMF Office:
117A St. Anne's Rd, Winnipeg, MB.

Please refer to the eligibility criteria by clicking the button:

Book your appointment today!

(204) 202-6491 - Ext#3
afsana.kishwar@healthymuslimfamilies.ca

Virtual Tax Filing
Will be available on weekdays from 9:00 am - 4:00 pm

Drop Offs are welcome weekdays

Eligibility Criteria

- ❖ For the tax season 2023, we continued the in-person and online tax filing and access to benefits services to our community members.
- ❖ Once the taxes were filed our experts assessed the applications of the tax clients and which current benefits the person could be eligible for.
- ❖ Our team assisted and successfully served 422 Individuals and families.
- ❖ A total of \$488,865.00 was returned to our clients as tax refunds from the CRA.

"I would like to convey my deep appreciation for the time and effort you devoted to assessing my tax return, and for ensuring that it was completed with utmost accuracy and efficiency. Thank You!"

Financial Empowerment

Money Management Training



Continuing our financial empowerment efforts, we held 16 Money Management Training sessions in English and Bengali, with 17 participants. These sessions equipped attendees with essential skills to manage assets, set financial goals, and make informed decisions, and much more.



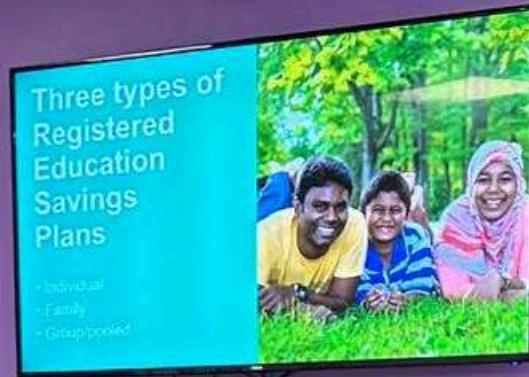
"I have come to know about usage of credit card effectively. Budgeting was too good. I came to know about various finance tracking Apps. Videos were so informative. More practical tasks could be included. Instructor has given her full effort which is remarkable."

Saving Circle Program

After completing HMF's money management course, participants can join the Saving Circle program with SEED, where every \$1 saved is matched with \$3. By saving \$250 in 6 months, they receive \$750 in matching funds, totaling \$1,000 to use toward an asset.

Financial Empowerment

RRSP/RESP Workshop



During the past year, we hosted an RRSP/RESP workshop tailored to the needs of our community, led by Justin McMahon from Assiniboine Credit Union. This initiative aimed to educate our members about the importance of long-term financial planning.

By focusing on (RRSPs) and (RESPs), we empowered individuals to invest in their futures while adhering to their religious beliefs. This workshop exemplifies our commitment to holistic community empowerment, ensuring our members access to essential financial knowledge and resources.

Others

Alongside financial literacy workshops, our team assists with form filling for applications such as Citizenship applications, Permanent Residence/Passport Renewal, National Zakat Foundation Food Card Program, Disability Tax Credit, ICNA Food Program, Manitoba Child Benefit. This year, we've helped over 40 community members with these processes.

Employment Services

Office Admin Training Program

Our Office Administration Training Program at HMF demonstrates our commitment to community development. Over 35 participants gained essential administrative skills, preparing them for roles in local organizations and strengthening our community's socio-economic fabric. We remain dedicated to fostering a more inclusive and prosperous society through initiatives like this.





Employment Services

Advanced Computer Classes for Women



Our Advanced Computer Courses embody our commitment to empowering individuals through education and technology. By offering in-depth training, we equip community members with essential digital skills, bridging the digital divide and expanding job opportunities. This initiative not only shapes individual futures but strengthens our entire community.

Employment Services

Resume and Interview Workshop

This year, our Resume and Interview Workshop was held during the Office Admin Class for about 8 participants, offering essential guidance on resume building, interview prep, and professional communication to support their success in the job market.

First Aid, CPR, and AED Training Classes

This year, we held two First Aid classes at our St. Anne's Head Office, where community members participated in a one-day CPR certification workshop led by a certified HMF trainer. Participants gained essential lifesaving skills, receiving Canadian Red Cross certification upon completion. The training covered CPR, First Aid, and AED usage, empowering attendees to respond confidently in emergencies.





Employment Services

Educational Workshops and Programs

We hosted educational workshops, including:

- employment presentation from a representative from
- education as a career

We empower our community through accessible, impactful educational workshops that equip individuals with skills to thrive and inspire lifelong learning for positive social change.

Employment Walk-Ins and Consultations

At HMF, we prioritize accessible employment consultations, offering scheduled appointments and walk-ins every Monday at our St. Anne's office. Our employment coordinator provides personalized guidance to support newcomers and residents in their professional growth and economic empowerment.


Employment Services

English Conversation Classes



English conversation classes give women in the community an opportunity to learn, practice, and become fluent in English language. Our instructor Asra Waleed is one of a kind, who empowers participants by supporting them to keep trying and engage in conversation activities through a fun and structured class format.

"I felt very good in the class. After attending these classes, I feel self confident. I can write msgs without help of my children."



Seniors in the Community

Yoga for Seniors (Women Only)



Our organization held 10 women's yoga sessions from November 2023 to January 2024, promoting physical well-being, mental health awareness, and community support within HMF. Seniors Yoga is funded by New Horizons for Seniors Fund.

"Yoga is one of the best program of HMF. I enjoy yoga alot."

-Participant



Seniors in the Community

Outdoor Summer Potluck



We had a successful summer potluck event for seniors, which brought together members of our community for an afternoon of shared meals and camaraderie. This gathering not only provided a joyful social occasion but also underscored our commitment to supporting the well-being and inclusion of our senior members. About 40 members of the community attended the event and it was a success.

Reports Released:

- **Understanding the Employment Journey of Muslim Women in Manitoba**

We're pleased to present our research report, *Understanding the Employment Journey of Muslim Women in Manitoba,* which explores the unique challenges and opportunities faced by Muslim women in the job market. The findings offer valuable insights to help us foster inclusivity and equitable opportunities in our community.

- **Self-censorship among Muslim youth in Manitoba**

This year, we explored the challenges that lead Muslim youth to self-censorship, including societal expectations, cultural norms, discrimination, and Islamophobia, which impact their openness in expressing religious and cultural identities. Our study highlights the need to foster an inclusive environment, enriching understanding and support for young Muslims navigating cultural and social landscapes.

- **Upcoming research report**

We have an upcoming research report on the challenges faced by refugees in Manitoba. Please stay tuned.

Islamic Art & Culture

Islamic Art Gala 2023



The 3rd Islamic Art Gala, themed “Doorways – An Islamic Perspective,” took place on October 29, 2023, at the Winnipeg Art Gallery during Islamic Heritage Month. Over 300 guests attended, enjoying local and international art, including competition pieces, with some sold at the event. A Toronto-based Arabic calligraphy artist “Omar Uddin” created a “Door-of-Ka-bah” artwork, still displayed at the organization’s head office, and performed live calligraphy, writing guests’ names. Youth artists painted on-site, adding to the lively atmosphere. With strong community support, the event exceeded expectations and will continue fostering cultural enrichment and artistic expression.



Islamic Art & Culture

Islamic Art Gala 2023



Islamic Art & Culture

Islamic Art Workshops for Women



Our organization hosted successful Islamic art workshops for women, teaching calligraphy, geometric patterns, and decorative arts. Participants gained skills, learned about Islamic art's heritage, and had the option to keep or sell their artwork. Art workshops are funded by the Manitoba Art Council.

Youth Art Gala Workshop



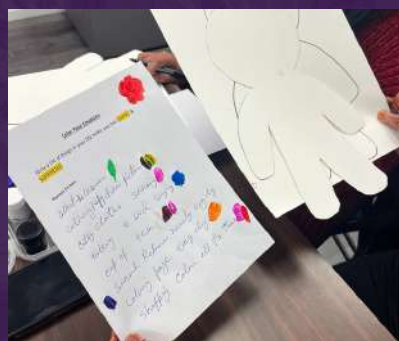
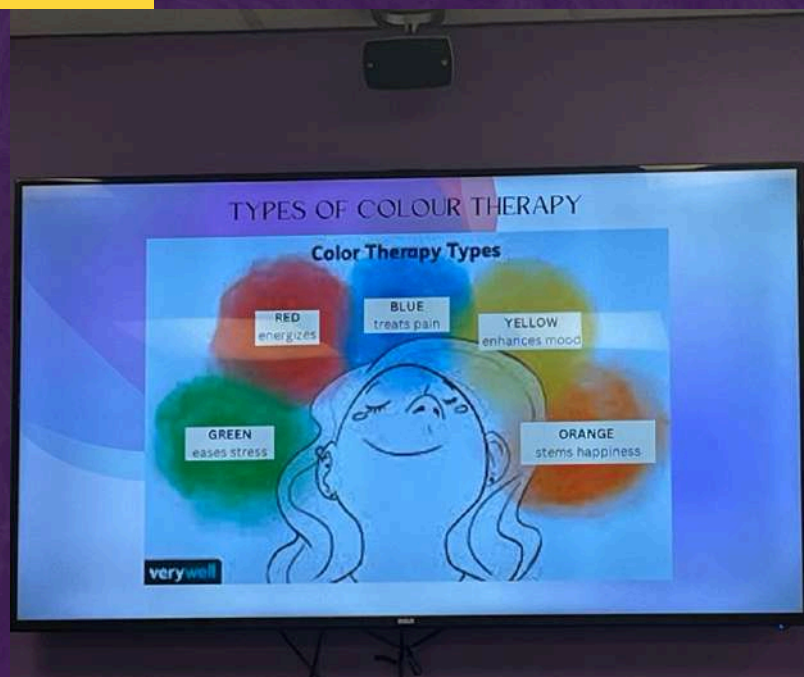
The youth participated in a pre-event workshop led by the Art Gala coordinator to prepare for their volunteer roles. At the event, they helped by describing art pieces, making sales, guiding tours of the Winnipeg Art Gallery, and answering guests' questions.

Youth Art Gala Pieces

Our youth were also instrumental in working on some art pieces during the summer which were displayed at the gala for sale.

Mental Health and Wellbeing

Art Workshops for Women



HMF organized a series of empowering art workshops tailored specifically for women. This workshop provided a creative outlet for self-expression, fostering personal growth and community connection. Through art, participants explored themes of empowerment, resilience, and shared experiences, creating a supportive environment where women could explore and celebrate their strengths.

Mental Health and Wellbeing

Mental Health Well-being for Refugee Claimants



HMF supports refugee claimants facing displacement challenges through a mental well-being program that includes therapeutic interventions, counseling, and trauma-informed workshops. Fourteen participants have benefited, gaining resilience and dignity in their healing journey. This program reflects HMF's mission to provide equitable support and empower individuals to rebuild with hope and strength.

Youth Programs/Engagement

Basketball



We continue to organize basketball on Fridays at the Manitoba Islamic Association Gym on Waverley St. More and more participants register for the drop-in basketball and are coached by the youth counsellors.

Youth Programs/Engagement

Youth Rights Presentations

In collaboration with the Human Rights and Advocacy Skills Project partners, the youth at HMF delivered 8 presentations at the MCNA, Manitoba Islamic Association and ICNA Resource Centre. The presentations were developed and presented by 25 youth during summer and fall of 2023 on topics such as power, privilege, human rights and advocacy skills. These interactive workshops empowered youth to explore social justice, civic responsibility, and equity. Participants gained critical thinking skills, self-awareness, and practical knowledge to be involved citizens and preparing them for professional success. This initiative underscores our commitment to nurturing informed, confident youth ready to contribute positively to their communities and careers.



Youth Programs/Engagement

Focus Groups



Focus groups held on March 21 at the University of Manitoba Muslim Students' Association and February 24 at the HMF Office engaged Muslim youth on "Self-Censorship among Muslim Youths in Manitoba" and provided insights for our research report on Self-Censorship among Muslim Youth. Fourteen participants (ages 20-30) and eighteen participants (ages 13-20) discussed self-expression challenges. These discussions offered valuable insights into the experiences of young Muslims, supporting informed decision-making and highlighting the need for inclusive dialogue and supportive environments.

Access to Justice

Legal Clinics



179 clients were served through weekly legal clinics at the 2 locations of HMF, with lawyers who practice Family Law, Immigration Law, and Criminal Law.

Legal Clinics are possible with the services provided by Amado Claros Law, Clinique Juridique Franco-Justice (CJFJ), Omar Dahab Law, and Chau Tran Law. Referral processes are set up with Family Resource Centre and Info-Justice.

All our legal clinics are offered either after hours or on the weekend, by appointment. More than 80% of those who benefitted from our clinics are racialized community members. Public Legal Education was carried out as webinars, workshops and developing resources. Our staff regularly meets with lawyers, Access to Justice Advocates, and students to discuss advocacy and reducing barriers to justice for vulnerable communities. We arranged workshops on the mandate of Child & Family Services and what are the parents' rights, landlord and tenants' rights. We have arranged a webinar on legal insights too with our in-house lawyer to answer the general legal questions of our clients. The Access to Justice Project is led by a Steering Committee comprised of Community and Organizational leaders from the Newcomer community and Funded by Justice Canada.

Refugee Claimant Services

Refugee Claim Applications

Refugee Claimant Legal Clinic and Support services are being provided at our downtown location on 406 Edmonton St. More than 200 clients have been assisted with providing information on the Refugee Claim process, assisting in filling out the application, interpretation for appointments, translation of documents, and completing the online IRCC portal.

Clients receive bus tickets and cultural supports when needed. English classes and employment help is also provided. The HMF Refugee Claimant services staff visits the Salvation Army Shelter and other shelters in the city to provide information to staff and beneficiaries of the shelter. The project is funded by Winnipeg Foundation.



Funders and collaborators

Women And Gender Equality Canada

Status of Women Manitoba

Province of Manitoba

Justice Canada

Canada Summer Jobs

Green Team Urban Home Manitoba

Canadian Womens Foundation

Canadian Race Relations Foundation

New Horizons for Seniors Program

Manitoba Law Foundation

Manitoba Arts Council

United Way of Winnipeg

Winnipeg Foundation

SEED Winnipeg

MANSO

New Journey Housing

Aurora Family Therapy

Social Planning Council of Winnipeg

Manitoba Islamic Association

ICNA Canada

Bilal Community and Family Centre

Islamic Relief Canada

Clinique Juridique Francophone

Community Legal Education Association

Manitoba Association of Rights and Liberties

HEALTHY MUSLIM FAMILIES INC.


Statement of Financial Position

March 31, 2024

	2024 \$	2023 \$
ASSETS		
CURRENT		
Cash	258,218	236,460
Account receivable (Note 4)	105,487	7,000
GST recoverable	5,075	3,660
TOTAL ASSETS	368,780	247,120
LIABILITIES AND NET ASSETS		
CURRENT		
Wages payable	20,123	29,516
Accounts payable	14,175	6,134
Deferred contribution (Note 5)	315,682	207,188
TOTAL LIABILITIES	349,980	242,838
NET ASSETS		
General fund	18,800	4,282
TOTAL LIABILITIES AND NET ASSETS	368,780	247,120

ON BEHALF OF THE BOARD

 Director Hajira Wajid, (Chair)

 Director Lateefa Oyefeso, (Treasurer)

See notes to financial statements

HEALTHY MUSLIM FAMILIES INC.
Statement of Revenues and Expenditures
Year Ended March 31, 2024

	2024	2023
	\$	\$
REVENUES		
Government of Canada	391,364	223,392
Government of Manitoba	116,424	74,217
Foundations	142,516	90,225
Other grants and revenue	-	51,636
Charitable donations	2,625	8,308
Other revenues	23,564	23,000
	<u>676,493</u>	<u>470,778</u>
EXPENSES		
Salaries and wages	468,874	280,980
Professional fees	54,091	17,249
Rental	39,923	28,370
Office and administration	24,204	113,521
Utilities	19,835	11,825
Subscriptions	17,593	6,788
Supplies	10,692	12,113
Advertising and promotion	9,023	1,334
Office	8,003	1,117
Travel	5,453	-
Honorarium	2,204	1,730
Insurance	2,080	1,745
	<u>661,975</u>	<u>476,772</u>
EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES FROM OPERATIONS	14,518	(5,994)
OTHER INCOME	-	7,484
EXCESS OF REVENUES OVER EXPENSES	<u>14,518</u>	<u>1,490</u>

See notes to financial statements

The background is a light gray pattern of many hands reaching towards the center, forming a star-like shape. A large, stylized graphic on the right side consists of a purple square and a black shape, with a white curved line separating them.

Report

2023-2024