Newsletter #3

sabira
Muslim Social Services KW

Muslim Social Services October, 2014 newsletter.

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Message From the Executive Director

Dear friends and supporters,
I am pleased to announce that MSS is reaching new heights with regards to providing counselling. We are striving to create a supportive and compassionate environment for individuals, couples and families through faith-based and culturally sensitive counselling. Our goal is to provide healing for the various hurts of life so that one can treasure life as a journey filled with personal strengths and accomplishments.
Through reflection of our own personal experiences, it is evident that we have the answers for our own healing but lack the right tools. Our unique client-centered approach as well as the atmosphere of openness and compassion helps our clients feel heard and accepted in a non-judgmental environment. This in return helps by having them become more self-aware of the numerous powers of change that exist within them. Our method of therapy motivates them towards clear and measurable goals that are easy to achieve so that life in general becomes more enjoyable. Our fees are set on a sliding scale that makes counselling accessible and affordable and is based on the family income. No one is turned away due to lack of finances, however, our affordable rates do require donations that can support our work and help change the lives of those who are suffering from various mental health issues, trauma, depression, addictions

and grief. To learn more about how you can support our work, please visit us at **www.muslimsocialserviceskw.org**

First Ever MSS Video



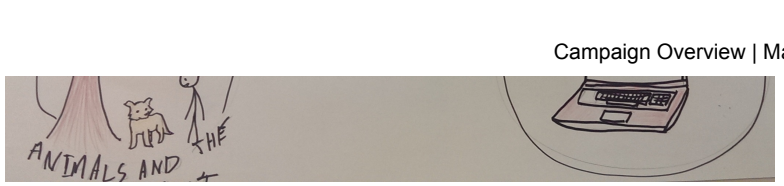
The Centre for Community Knowledge (CCK) conducted a media training workshop starting May that would help non-profit organizations tell their stories. MSS was one of the many organizations that took part in the storytelling boot camp via the creation of an organizational video.
When viewers watch about what an agency is offering, its volunteers, achievements as well as the various struggles, they tend to empathize and hence may want to help by donating their money or time.
Storytelling is ideal with making an organization feel better about itself.
Please take a few minutes from your busy schedules and watch the first ever video produced by MSS staff about the work done by

us for the benefit of '**serving the community**' which remains our mission.
Here is the link:
https://www.youtube.com/watch?v=QhaiAXPA_cI

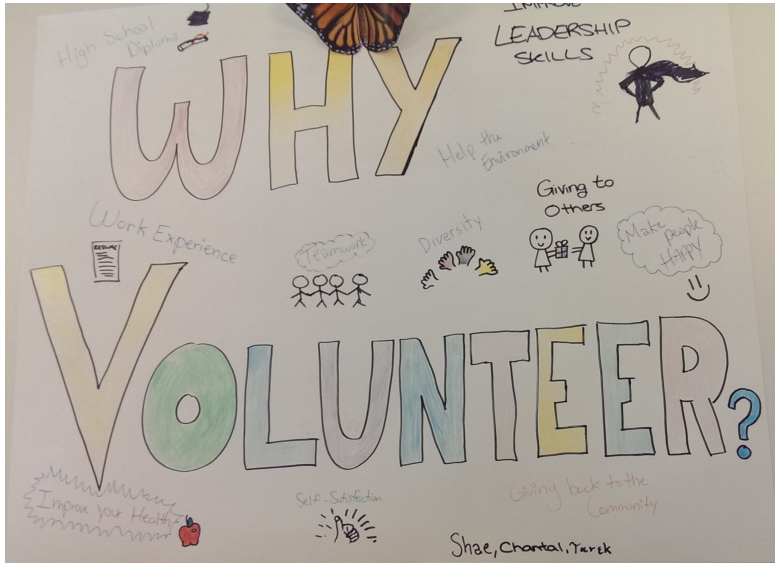
Volunteer Training Workshop

On Saturday August 9th, MSS conducted a volunteer training workshop from 11am to 3pm. We had an incredible turnout! The program started off with brief introductions where everyone had the chance to get to know one another. Then, Noor Ahmed, a volunteer of five years with the Volunteer Action Centre spoke to the group about different resources that are available when searching for a volunteer position. Noor did a great job of guiding us through the Volunteer Action Centre website and providing us with valuable knowledge regarding the benefits of volunteering.





Following Noor's talk, we conducted a competition where we split everyone into three groups to create a poster about the meaning of volunteering. The competition got heated—but Jassy, our second speaker, and also the judge for this competition, ruled that all the posters were worthy of equal praise due to the great teamwork that was seen during the creation process.



Following this activity was Jassy's talk about how she came to know about volunteering throughout her lifetime and past experiences. She also talked about barriers that many immigrants feel when it comes to volunteering,

as well as the benefits of giving back to the community. Jassy provided all attendees with very important advice and knowledge about how starting with volunteering especially when being new in Canada is a great way to put the foot in the door of the agency one is hoping to work with.
Jassy's talk was then followed by a pizza lunch and some time for socializing! MSS will provide each attendee with a certificate. All in all, it was a very successful workshop and we would like to thank everyone who was involved and all those who attended for the training.



Visit from MSW class of Renison

On August 21, Muslim Social Services welcomed a group of ten MSW students from Renison for the first time coming to learn about the services MSS has to offer. At 11:30, we began with delicious samosas, juice, and cupcakes, followed by a brief PowerPoint by

cupcakes, followed by a brief PowerPoint by Sabira Hudda focusing on faith-based and culturally sensitive counselling. The students were attentive and asked several questions regarding the importance of knowing the client's culture during counselling, its benefits and effectiveness. Followed by the presentation were introductions to get to know one another. The students shared their goals, and their work experiences with us—explaining what it was like to be working in their specific fields, as well as the parts they enjoyed, and those that they did not.
MSS would like to extend a special note of thanks to Professor Patricia Van Katwyk for requesting this visit, and to the MSW students for a delightful and informative afternoon.



Building Community with Refugees and Immigrants





“Opportunity Through Learning, Connecting, and Collaborating" took place at The Family Centre on September 24. Over 150 people came out to learn, connect, and collaborate to create a better community for newcomers. This day was organized by Family & Children's Services of the Waterloo Region, Carizon Family and Community Services, and Canadian Mental Health Association Waterloo Wellington Dufferin.
Dr. Ginette Lafreniere was the moderator throughout the day and managed four panel discussions that took place with various community organizers, counsellors, and C.E.O's of different organizations. The variety of dialogues that took place between the panelists gave way to questions from the audience that enhanced the awareness around issues that new immigrants and refugees are facing when coming into Canada. MSS was one of the organizations that was given the chance to participate in these panel discussions

discussions.

Indonesian delegation of university professors

MSS had the opportunity to spend some time with Rakhmawati, Luluk Fikri, and Muhtarom, professors from the Islamic State University in Surabaya and Djuwairiah Ahmad, Kasjim Salenda, and Muhamad Wayong, professors from the State Islamic University in Makassar. The Centre for Community Based Research (CCBR) were the hosts for this delegation that has made the trip to Canada to learn about community-based research (CBR).
On Friday October 19th, the delegation made a special request to attend Jumma Prayers at one of the mosques in the Kitchener-Waterloo area. Despite parking issues at the Kitchener Masjid, the professors managed to get there on time with the help of MSS staff and listen to the sermon given by Imam Muhammad Abuelezz. All in all, the professors had a pleasant experience and were happy to learn more about the services being offered by the organization.





Safer Families Workshop



- Domestic violence and abuse can happen in any family, yet the problem is often overlooked, excused, or denied with excuses of religion or culture. This is especially true when the abuse is psychological, rather than physical.
- Detecting and accepting the sign of an abusive relationship is the first step to ending it.
- MSS is presenting a workshop on ‘Safer Families’ focusing on bringing about awareness to the community to enhance and create a better understanding about concerns regarding Domestic Violence.
- Come and increase your knowledge

- Come and increase your knowledge around this sensitive issue.
- MSS is bringing about a team of speakers from several backgrounds to educate, provide resources, and clear misconceptions about Domestic Violence.

Who: General admission
What: Safer Families Workshop
When: Saturday, December 6th, 2014,.
From 10 am – 2 pm.
Where: The Family Centre, room 2015.
65 Hanson Avenue, Kitchener, ON. N2C 2H6.

Childcare and light refreshments will be provided.
Please register via email to:
counselor@muslimsocialserviceskw.org




Parents
There is a region wide need for Muslim foster care parents in the Child Welfare system. Due to the fact that the number of Muslim children being placed into care is on the rise, the demand for parents who can provide a loving home and an Islamic atmosphere is crucial. These Muslim children come from diverse cultural backgrounds and need continuity in terms of their religious practices and sensitivity to the Islamic concerns in terms of halal food intake and other issues. Please register to attend this workshop so that you may increase your awareness about fostering and respond to growing needs of Muslim children in our community.
Who: Muslim men and women
What: Foster Parenting Workshop
When: Tuesday, November 25th, 2014-From 7-9 pm.
Where: 200 Ardelt Ave, Kitchener, ON. N2C 2L9.
In the Community Room.
Sponsored in partnership by Muslim Social Services KW and Family and Children's Services of the Waterloo Region.


Ladies' Tea Time
Looking for a warm, accepting group to share life's experiences, recipes, and cultural stories in general?
Take a break from the regular home routine of chores, children and cooking. Build your self-confidence with the support of other women in a confidential and nurturing environment where you can share openly. Everyone has a valuable story to tell and we can all learn so much from each other! Come and meet new women friends and have lively conversation over coffee/tea and snacks at the Chandler Mowat Community Centre.
You are welcome to join even if you don't live in the Chandler Mowat area; all you need is to enjoy conversation. This is group is for those who want to have a social outing, meet with new friends and catch up with old.
Who: Women Only
What: Ladies' Tea Time
When: Every Friday starting Oct 31st, 2014-From 10:30 am – 11:30 am.
Where: Chandler Mowat Community Centre, 222 Chandler Drive, Kitchener
MSS
House of





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