

IMPACT REPORT

Muslim Social Services Waterloo Region
Serving the community since 2007



2024
-
2025



Introduction to MSSWR

Serving the community since 2007

Vision

We envision a healthy, thriving and inclusive region where all people can live with dignity and respect.



Mission

Our mission is to build community capacity through education, empowerment, advocacy, and collaboration, along with providing mental health support and services that are grounded in spirituality and values of the Islamic faith.



Values

We value diversity, equity, and inclusion, ensuring equal opportunities and fair treatment for all. We prioritize respect, compassion, and collaboration, acting with integrity and celebrating growth within our community.



Why our Work Matters

How the Community is Changing



The Muslim community in Waterloo Region faces unique mental health challenges that are often compounded by cultural stigma, a lack of culturally competent services, and systemic barriers to accessing mainstream mental health support. Many Muslim individuals may struggle with seeking help due to concerns about confidentiality, fear of judgment from their community, or a belief that mental health issues should be addressed solely through faith and spirituality.

Muslim Social Services Waterloo Region (MSSWR) recognizes these challenges and offers culturally and spiritually sensitive counselling to bridge this gap. MSSWR provides a safe space where individuals can openly discuss their struggles with counsellors who understand their cultural background, religious values, and community dynamics. This culturally responsive approach ensures that faith-based coping strategies are integrated into therapy while also addressing mental health from a holistic perspective.

By offering services in multiple languages and incorporating Islamic teachings alongside evidence-based counselling techniques, MSSWR helps reduce stigma and encourages more individuals to seek the support they need. This approach not only improves mental health outcomes but also strengthens community resilience by fostering a more inclusive society.



The Challenge We Face

While demand for our counselling services continues to increase, we face significant challenges in meeting this need. To ensure that we can continue to offer the best care and support, we need to expand our team of qualified counselors. However, current funding constraints limit our ability to hire additional staff.

Year of Impact

Together in Service, United in Impact

500+

Participants

100+

Workshops

“

Being part of MSSWR programs has truly changed my experience as a newcomer. I went from feeling isolated to feeling supported and understood. The connections I've made and the encouragement I've received have given me a sense of belonging that I didn't think was possible.

— Program Participant

”



19+

Programs

50+

Community Events



Community Growth

Counselling Services



**7000+ Hours of
Counselling**

Community Support

500+ Participants



150+ Partners



175+ Volunteers



8+ Languages



New Partnerships & Collaborations



A Year in Action

"Thank you for your generous support and kindness during this blessed month of Ramadan. Your help means so much, and I truly appreciate your efforts in making a difference. May Allah accept your prayers and good deeds and bless you with endless happiness, prosperity, and success."

- Food Hamper Recipient

Community Involvement



For the month of Ramadan, MSSWR, in collaboration with Islamic Relief, organized a community meal service at Ray of Hope, where 12 dedicated volunteers prepared and served hot meals for over **250** people in need. In addition to the meal service, **100** food hampers were distributed to families facing food insecurity, along with **50** halal grocery store gift cards to help them access essential items. This initiative aimed to support the community during the holy month by providing nourishment, generosity, and compassion to those in need.

Youth Support

100+

Backpacks
Distributed

100+

Toys Given for
Eid Al-Adha

50+

Youth
Volunteers

Ramadan Support

250+ Meals
Served to the
Unhoused

100+ Food
Hampers
Distributed

50+ Halal
Grocery Gift
Cards Donated

175+ Iftar Meals
Served

Highlights of MSSWR

All these events have fostered a deeper sense of connection, reduced isolation, and gave participants a chance to build meaningful relationships with others in the community.



Empower & Elevate Gala



Volunteer Appreciation



Community Care Dinner



Niagara Falls Trip



Ramadan Food Hampers



International Women's Day Iftar



Eid Party



Summer Camp Graduation



Community Garden BBQ

MSSWR AWARDS



On behalf of MSSWR, Duaa Al-Aghar had the pleasure of being awarded the **King Charles III Coronation Medal** for individuals who have made a lasting impact in our community. This prestigious recognition highlights Duaa's outstanding contributions and dedication to positive change within the community.



For the second consecutive year, MSSWR was nominated for the **Community Impact Award** at the United Way Spirit Awards. This nomination reflects the hard work and dedication of our team, volunteers, and community members who are committed to building a more inclusive, resilient, and compassionate community.



MSSWR has proudly been a long-standing partner of The Family Centre, and we were honoured to be presented with the **Legacy Award** in recognition of our continued commitment and impactful collaboration over the years.



MSSWR was nominated for the Group Achievement Award under **KW Oktoberfest Women of the Year**, recognizing our collective impact in empowering women and fostering inclusive community support.




MSSWR Client Success Story

When this mother returned to Canada in 2021 with her children, she hoped to raise them in a community where they felt a sense of belonging and cultural familiarity. However, the initial months were filled with loneliness and uncertainty. Struggling to meet people and access resources, she began to experience anxiety, which in turn affected her children. **The stress of feeling isolated in a new environment weighed heavily on the family, and she began to fear discrimination and marginalization in their daily lives.**

Everything began to shift when she was introduced to Muslim Social Services Waterloo Region (MSSWR) through an acquaintance. Joining one of their programs marked the beginning of a positive transformation. Her feelings of alienation and insecurity slowly began to dissolve. MSSWR created a safe and empowering space where she could find connection and support. She started to feel more equipped to support her children and build a more stable home life.

A particularly painful experience was when her young son faced a discriminatory incident at school shortly after their arrival. At the time, she felt helpless and unsure of how to respond. But through MSSWR programs, such as the Progressive Women's Group and anti-Islamophobia workshops, she learned how to identify and report hate incidents, connected with law enforcement partners, and gained confidence in advocating for herself and her family.

Over time, the sense of fear and vulnerability gave way to a feeling of security. She began to understand her rights, build networks of support, and develop strategies for resilience. Her confidence grew, and she no longer felt like a stranger in her own community. **From feeling anxious and isolated to becoming an empowered and informed advocate for her family, her journey reflects the powerful impact of MSSWR's compassionate and culturally informed services.** This family's story is a testament to how community support and education can restore a sense of belonging and strength.



MSSWR Programs



Our programs promote well-being, inclusion, and personal growth by bridging gaps in mental health, employment, and belonging while helping individuals build strong, independent lives in Canada.



Al-Nour Project

The Al-Nour Project aims to empower young women aged 13–25 years old by providing them with resources, programs, and initiatives to take control of their lives. Participants build their self-confidence and self-esteem, develop their leadership and communication skills, foster community and support among group members, introduce mindfulness and stress-reduction techniques, and receive career development resources and guidance.



Program Funder



Total Number of Sessions

16 Sessions



Young Women
Aged 13– 25 years old



Ethnicities

Malaysia, Iraq, Syria,
Pakistan, Canada,
Syria, Ethiopia



Number of Participants

10–15 Girls

Key Outcomes

Positive rapport built in participants; participants learned key life skills such as making friends, setting boundaries, being proud of their identity; and creating a place of belonging.

Testimonial

“The overall experience with this program is amazing, beautiful, and has helped me build self-confidence by making new friends and learning about womanhood.” – Program Participant

Employment Program

Aims to empower newcomers, refugees, and racialized individuals from ages 14–30 years old by providing them with the tools and resources necessary to overcome barriers to employment by providing job readiness training, resume building, interview preparation, and career coaching to support employment success.



50+ Participants



16 Sessions



Youth 14–30 years old



Key Outcomes



The Employment Program successfully hosted a job fair where participants applied skills like resume building and interview techniques in real-life situations. This resulted in increased job placements, improved confidence, and valuable networking opportunities.

Testimonial

"As a newcomer, the Employment Program provided me with the guidance I needed to navigate the Canadian job market. I was unsure where to start, but the workshops on resume building, job search strategies, and interview skills helped me feel more confident. The mentors were incredibly supportive, helping me understand the expectations of employers here and how to showcase my skills. Thanks to this program, I found a job that suits my background and ambitions, and I now feel more integrated and hopeful about my future in Canada."

Program Funder



Program Partners



Workforce Planning Board
of Waterloo Wellington Dufferin



Neighbours Helping Neighbours

The Neighbours Helping Neighbours program seeks to address the challenges faced by refugee and newcomer women, including isolation, lack of social integration, and limited access to community resources. Many participants struggle with the emotional and social hurdles of settling in a new country, which can lead to feelings of loneliness and detachment from their surroundings.



Program Profile

39+ Sessions

35+ Participants

25–70 Years Old



Key Outcomes

Participants learned how to communicate more effectively and became more connected within their communities. It has helped participants understand available community resources and how to use them to support others in need. By attending the program, they were able to gain a sense of belonging and were able to offer support to others in their community.



“ I have more information about how we can have a job in the Canadian community because of this program I have much information about the area that I have been living in. -
Program Participant ”

Program Funder

Ontario 

Fresh Air, Fresh Mind

This program promotes wellbeing through outdoor activities like nature walks, mindfulness exercises, and community engagement. It helps participants improve their mental wellbeing, stay active, and build social connections.



Total Number of Sessions

10-15

Number of Participants

30-25

Age Range

35-70 years old



Program Funder

Ontario 

Key Outcomes

Participants experienced improved mental clarity and reduced stress levels. Walking in nature helped individuals feel more connected to their surroundings and more at peace by providing a safe and supportive space to engage in meaningful conversations while staying active.

“Joining this program has made a huge impact on my life, before I always felt stuck in my own head and overwhelmed with stress. But with these walks, I feel like everything falls in place, the people understand me and the conversations make me feel heard and supported, it’s an amazing opportunity to connect with others and natures.”

– Program Participant

Men's Empowerment

Supports men's personal and professional growth through mentorship, leadership training, and wellness activities by fostering positive self-esteem, it aims to create a supportive community where men can come together to share experiences and gain tools for growth.



Key Outcomes

Supports men's personal and professional growth through mentorship, leadership training, and wellness activities by fostering positive self-esteem, it aims to create a supportive community where men can come together to share experiences and gain tools for growth.

20+
Sessions

Ontario 
Program Funder

10+
Participants

"The Men's Empowerment Program was a transformative experience for me. I've never been one to talk about my feelings, but this program gave me the space to open up. It helped me develop a better sense of self-awareness and improved my relationships with my family. The skills I learned have had an impact on my confidence."

Mindful Gardening Program

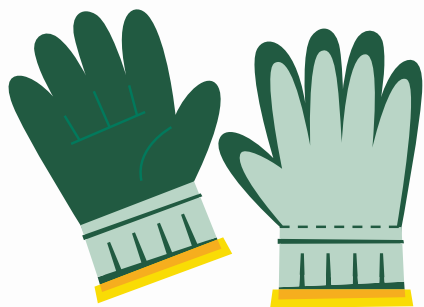
“ This program has been a great escape. Every time I dig my hands into the soil, it feels like I’m reconnecting with the earth, and everything else just fades away. It’s so calming. The friendships I’ve made here have been amazing, and I’m grateful for the chance to work together with people from different communities. This experience has brought me peace and a sense of belonging. ”



25–70
Years Old

20+
Sessions

30+
Participants



Program Partners



CROW
SHIELD
LODGE



Program Funder



WATERLOO REGION
Community
Foundation

Key Outcomes

The program helped develop a cultural exchange between Muslim and Indigenous communities, it has improved the mental well-being of our participants through outdoor gardening by fostering stronger community bonds and a sense of pride in the shared garden.

Tutoring Program

Offers academic support through one-on-one and group tutoring to help students succeed in their studies. It provides academic support for students in grades 3-12, with a focus on culturally sensitive, personalized tutoring. Unlike other programs, MSSWR's Tutoring Program emphasizes building confidence, resilience, and essential life skills, such as time management and communication. Tutors cater to the unique needs of immigrant and refugee students, creating a safe, supportive environment for academic and personal growth.



Key Outcome: We have seen improved academic performance and grades; the students have demonstrated increased confidence and engagement in learning.

Program Partner



28+
Sessions



15+
Participants



Grades 3-12

"The Tutoring Program has boosted my confidence. I used to be afraid to ask questions in class or to approach my teachers, but now I feel comfortable getting help when I need it. The tutors really took the time to understand how I learn best, and my grades have improved."

Girls in Sport

The Girls in Sports Program empowers young girls by encouraging them to participate in sports, build teamwork skills, and boost their confidence. The program provides a fun and supportive environment where girls can challenge stereotypes and develop athletic abilities, leadership, and self-esteem, all while promoting physical fitness and an active lifestyle.

**20+
Sessions**

**Young Girls
12–18 years old**

**20+
Participants**



Key Outcome: This program has strengthened leadership and teamwork between young girls, has shown them how to work together in a team and has improved their overall confidence and self-esteem

Program Partner



Program Funder



United Way
Waterloo Region
Communities

"I have learned new techniques and applied them to my games, I have had the opportunity to support other by building sports spirit and I also feel more connected to my community, I believe this is what my generation needs and we need more programs like this."



Champions of the Future



The Champions of the Future Youth Program empowers young individuals aged 14-24 by equipping them with the leadership, professional, and personal development skills they need to succeed. Through workshops, mentorship, and community involvement, participants learn how to be active leaders, effective communicators, and advocates for positive change.

12+
Participants

8
Sessions

14- 24
Years Old

Key Outcome: This program has enhanced leadership, communication, and teamwork skills, it has also improved young men's self-confidence and has strengthened their community involvement and social responsibility.



“ This program taught me not only professional skills but also how to become a better leader. The facilitators were incredibly helpful, and I'm now more confident in myself and my future.



Program Funders



Ontario 

Focus on Healthy Living



Provides education and activities on nutrition, fitness, and mental health for a balanced lifestyle.



Key Outcome: Empowered women with practical knowledge in key areas of health and wellbeing. Strengthened confidence in managing a better and healthy life whether through personal health or financial matters.

12+
Participants

8
Sessions

30-60 years
old

“Participating in the Focus on Healthy Living program has transformed my perspective on health and wellbeing. I now feel more confident in managing my mental health and making better choices for my physical health and finances. The sessions on self-care and building healthy relationships were especially empowering.”

Program Partner



Program Funders



United Way
Waterloo Region
Communities

Ontario 

Building Bridges



“ This program makes me happy as I am able to know more people and get to know different cultures, I am also more prepared to help others in my community. - Program Participant ”

Program Partner



Forest Hill
United Church

121 Westmount Rd. E.
Kitchener, Ontario N2M 4Y6
(519) 743-3481

Program Funder



WATERLOO REGION
Community
Foundation

Key Outcome: Participants learned new ideas about working together in harmony and gained new experience through improved communication with others. They were also able to learn about a new culture thanks to our collaboration with the Forest Hill United Church.



20+
Sessions



30+
Participants

Participant Profile: Seniors, Newcomers, and Refugees

Rise and Play

Focused on improving physical and mental well-being through gentle activities like yoga and Zumba. The program creates a safe place for seniors and refugees to aid with social isolation and helps manage pain, boost confidence, and build social connections.

Key Outcome: This program improved physical health through yoga and Zumba. It helped participants increase their confidence in managing pain and staying active; participants with all levels of activity were accommodated. As a result, this strengthened their social connections and reduced feelings of isolation in seniors and encouraged them to lead a healthier, more active lifestyle without needing a gym.



Program Profile

16 Sessions

35+ Participants

50–70 Years Old



"Before joining the Rise and Play Program, I felt limited by my pain and unsure about how to stay active. This program showed me that small movements make a big difference, and I've learned techniques I can do at home. It's not just about fitness—it's about feeling good, meeting new people, and realizing that staying healthy is possible at any age. I feel stronger, more confident, and more connected to my community."

Program Funder

Ontario 

English Conversation Circle

The English Conversation Circle provides a welcoming space for adults to improve their English skills through guided conversations, interactive activities, and real-life practice. Designed for participants aged 45–65, the program helps build confidence in speaking, enhances communication skills, and fosters social connections in a supportive and encouraging environment.



Key Outcome: The English conversation circle enhanced the ability to communicate in daily life situations, reduced language barriers and improved confidence in speaking and understanding English.

Participant Profile: Newcomers and Refugees

16 Sessions

20+ Participants

24–65 Years Old

Program Funder



United Way
Waterloo Region
Communities



“ This program has made such a difference in my life. I used to feel nervous speaking in English, but now I feel more comfortable expressing myself. I’ve learned new words, practiced real-life conversations, and even made new friends. I feel more connected and independent in my daily life.



Qur'an Classes

The Qur'an Classes Online Program provides a space for participants of all levels to improve their Qur'an recitation, pronunciation (Tajweed), and overall connection to their faith. Whether beginners or advanced learners, participants receive guidance and support to enhance their reading skills and confidence in reciting aloud. The program fosters spiritual growth, discipline, and a sense of community, bringing people closer to their faith from the comfort of their homes.



15+
Sessions



20+
Participants

Key Outcome: Participants have strengthened their connection to their faith through improved Qur'an recitation; many individuals have gained confidence in speaking up and reciting the Qur'an aloud. The program has provided a platform for students at both beginner and advanced levels to enhance their reading skills. Special attention has been given to correct pronunciation, focusing on Tajweed to ensure proper recitation.

Participant Profile:

30–70 years old, newcomers, refugees, and families.

Program Funder



United Way
Waterloo Region
Communities



INSPIRE Program

Motivates individuals through self-growth workshops, mentorship, and goal-setting activities as well as teaching empathy through conversation and play.

“

My daughter came home every week excited to tell me what she learned in the INSPIRE program. She started using the word 'empathy' and explained how she now tries to understand how others feel. I noticed a big change in how she speaks to her siblings and friends. She's more patient and kind. Thank you for offering a program that teaches values in such a fun and engaging way.

– Parent of Participant

”

Key outcomes: learned the term empathy, putting yourself in other people's shoes, how to understand people expressing emotions, kindness, bullying, and respecting personality differences.



Program Funder



United Way
Waterloo Region
Communities



12+
Participants

6+
Sessions

9–12
Age Range

Caregiver Program

Equips caregivers with strategies to navigate conflicts with teens through coaching and skill-building exercises.

“ I have taken a deep look at my parenting style and I am learning how to adjust to suit my family’s needs. – program participant ”



Program Partner



“ This group literally changed our lives. The skills I learned have improved my relationship with my teen significantly. ”

Program Funder



Key Outcome: Caregivers developed a deeper understanding of their personal conflict styles and those of their teens. Participants saw increased ability to manage and de-escalate conflicts using tools and strategies from the program. They were able to enhance communication skills between caregivers and teens. Many caregivers expressed a greater sense of confidence in handling conflict situations in the future.-esteem in a supportive environment.

Summer Camp

Key Outcome: Children develop new skills through a diverse range of activities. Participants increased social interaction and the ability to work as part of a team, and they were able to build their confidence and self-esteem in a supportive environment.



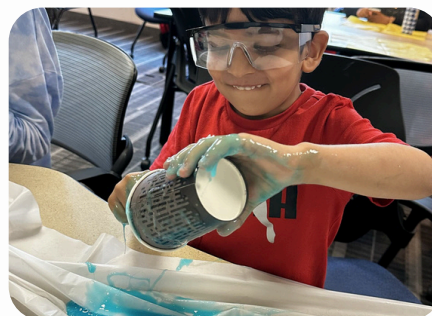
"The Summer Camp was an amazing experience! My child learned so much and made new friends. I could see the growth in their confidence, and they looked forward to going every day. The variety of activities kept them engaged, and I loved seeing how much fun they had while learning."



8 Weeks

50+ Campers

4-14 years



Program Funder



**WATERLOO REGION
Community
Foundation**





MSSWR Volunteer Story

This is the story of **Jamile Elamin**, a dedicated volunteer whose journey with Muslim Social Services Waterloo (MSSWR) began with a single event that sparked a lasting commitment to community service.

“Since I came to Canada and while I was looking for jobs, I started volunteering in different organizations,” Jamile shared. “Two years ago, a friend of mine invited me to an event at Muslim Social Services Waterloo Region (MSSWR), and that moment changed everything for me.”

Jamile explained how powerful the experience was:

“My compassion to help people, combined with witnessing the genuine friendships between individuals from different backgrounds and the heartfelt smiles of newcomer families after receiving support and care, deeply touched my heart. It was this experience that inspired me to begin volunteering with MSS.”

She described how warmly she was welcomed into the organization:

“From the very beginning, MSSWR welcomed me with open arms. The incredible kindness and generosity of Duaa, our executive director, made me feel as though I had found a second home. Her warmth gives you the feeling of belonging and ensures that everyone feels valued and empowered. Her encouragement and compassion create a truly welcoming environment where everyone can grow together.”

Reflecting on the wider impact of MSS’s work, Jamile said:

“MSS’s work is so important for the community. It offers both support and a sense of belonging where it is needed most—especially for newcomers who are navigating a new life in Canada.”

She concluded by expressing her gratitude:

“Volunteering at MSS not only allows me to contribute to this mission but also strengthens my own abilities to give more meaningfully to the community. Being part of MSS has given me purpose, connection, and the joy of making a real difference in people’s lives. I am truly grateful for this opportunity and proud to be part of such a compassionate and impactful organization.”

MSSWR Volunteers



Our volunteers are the heart of MSSWR, fostering inclusion, compassion, and resilience by supporting programs that promote mental well-being, community connection, and personal empowerment. Through their dedication, they help individuals and families build stronger, more independent lives in Canada.



Counselling Services

Culturally and spiritually sensitive counselling services offered in multiple languages: English, Urdu, Arabic, Hindi, Punjabi, and Pashto

**7000+
Hours of
Counselling**



**1000+
Hours of Free
Counselling**

Locations for MSSWR Counselling

MSSWR Office – 65 Hanson Avenue,
Kitchener

Camino – locations on Queen St. &
Charles St., Kitchener

Porchlight – Kinbridge

Elgin Mosque, Cambridge

Food Bank of Waterloo Region –
Cambridge Location

Counselling Partners

Camino Wellbeing + Mental Health

Community Justice Initiatives

Counselling Collaborative Waterloo Region

Clear Mind Therapy

Delton Glebe Counselling

Islamic Center of Cambridge

Porchlight

RŪH Care

Women Crisis Services

Starling Community Services

Waterloo District School Board

Family and Children Services



Big News!

**MSSWR is proud to have
officially joined the Counselling
Collaborative Waterloo Region.**

**Counselling
Collaborative**
WATERLOO REGION



“

When I think of the partnership that we've had with MSSWR for the last number of years, we're so thankful for the support and work that you provide for our students and families. How you cultivate and provide a cultural response and how you've built our capacity as an organization to support our Muslim students and families.

– **Ross Howey Associate Manger, Communications, Waterloo Region District School Board**



Counselling Success Story

Finding Strength Through Empathy: A Journey of Healing

When she first arrived in Canada, this mother of two found herself facing overwhelming challenges. Not long after settling in, her husband—who had become emotionally and psychologically abusive—suddenly left the family. She was left to care for their two young children, ages 8 and 6, on her own.

The emotional toll of the abuse, combined with the sudden responsibility of parenting alone, left her feeling hopeless, lost, and deeply overwhelmed. Financial stress compounded her hardship, as her ex-husband continued to receive the monthly Child Tax Benefit, even though the children were fully in her care.

“I didn’t know how I could keep going. I didn’t understand how to carry all of this on my own.”

In her first counselling session, she expressed immense sadness and a sense of defeat. What she needed most at that moment was someone to listen, to understand, and to care—and that’s exactly what she received through Muslim Social Services’ counselling support.

Her therapist provided unconditional positive regard, empathy, and emotional presence, creating a safe space where she felt seen and supported for the first time in a long while. With compassion and care at the forefront, the therapist also connected her with a Settlement Worker to help her navigate the process of receiving the Child Tax Benefit, since her children were now solely under her care. She was also referred to community resources such as food banks and affordable clothing services to help meet her family’s basic needs.

“What helped me the most wasn’t just the support—it was knowing that someone truly cared.”

Over time, a remarkable change began to take place. Though her life circumstances remained difficult, her mental health and outlook began to improve. She reported feeling more stable and hopeful, and it showed—her demeanor became more energized and confident.

“My situation is still hard, but I feel stronger now. I feel like I’m not alone anymore.”

This ongoing journey of healing continues. She has expressed deep gratitude for the consistent care and empathy shown in each counselling session. With continued support, she is regaining her strength and building the confidence she needs to move forward.

Her story is a reminder of the transformative power of empathy, and how simply being heard and cared for can lay the foundation for profound healing.

As Carl Rogers once said, “Empathy is a healing agent.” This story is living proof.

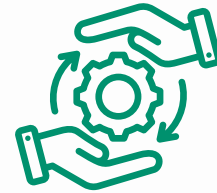


MSSWR Workshops

Creating space for growth, resilience, and belonging.



Help Mobility Workshop through
Men's Empowerment Program



Transformative Conflict Coaching
Workshop in collaboration with CJI

Over the past year, 25+ workshops were delivered by Muslim Social Services Waterloo Region, covering vital topics such as mental health, parenting, conflict resolution, public benefits, men's empowerment, youth advocacy, and Indigenous inclusion. These sessions were hosted in collaboration with key community partners including Camino Mental Health and Wellbeing, Kind Minds Family Wellness, Bridges to Belonging, and others.



GRT Pride Public Travel Training Workshop by
David Steffler



Service Canada Workshop
by Jaime Graham



Virtual Fireside Chat with Iona Sky workshop in
collaboration with Bridges to Belonging,
Camino Wellbeing + Mental Health, and Kind
Minds Family Wellness



Self-Care Workshop with focus on the
importance of mental health





MSSWR Workshops



Helping Loved Ones through Mental Health and Addiction Challenges by Dr. Rabbia Siddiqui and Rosina Kharal



Anger Management Workshop with Ayah Alsadiq (Family and Parent Counsellor)

**25+
Workshops**

**10+ Community
Partner
Collaborations**

**20+
Guest
Speakers**



Community Discussion with WRDSB hosted by YMCA School of Settlement



Mental Health Seminar by Emily Gray and Gwentyth Le-Phuong



National Day of Truth and Reconciliation workshop by Kairyn Potts in collaboration with Bridges to Belonging, Camino Wellbeing + Mental Health, and Kind Minds Family Wellness



Navigating Identity Workshop by Sara Samy and Yasmin Ali



Our Partners

A Warm Welcome to Our New Partnerships

- Research Institute for Aging
- Focus for Ethnic Women
- The RUH
- Project READ Literacy Network
- Counselling Collaborative of Waterloo Region
- Clear Mind Therapy
- Shalom
- Kitchener Masjid
- Kind Minds Family Wellness
- SHORE Centre
- Workforce Planning Board – WIN
- Al-Salaam Islamic Centre

Our vital services would not be possible without the support and collaboration of our dedicated Partners

- Adventure4Change
- African Alliance
- African Family Revival Organization
- Arab Women's Society of Guelph
- Bridges to Belonging
- Camino Wellbeing + Mental Health
- Canadian Aweil Youth Association
- Canadian Blood Services
- Canadian Council of Muslim Women
- Canadian Rohingya Development Initiative
- Capacity Canada
- Centre for Community Research
- Chandler Mowat Community Centre
- Clear Mind Therapy
- Coalition of Muslim Women KW
- Community Justice Initiatives
- Conestoga College
- Counselling Collaborative of Waterloo Region
- Crow Shield Lodge
- Delton Glebe Counselling
- Eritrean Islamic Community KWR
- Family & Children's Services of the Waterloo Region
- Focus for Ethnic Women
- Forest Height Community Centre
- Forest Hill United Church
- Grand River Hospital
- House of Friendship
- Immigration Partnership Waterloo Region
- Interfaith Grand River
- Islamic Centre of Cambridge
- Islamic Humanitarian Services
- Islamic Relief Canada
- Khalil Center
- Kind Minds Family Wellness
- Kinbridge Community Association
- Kitchener Public Library
- Kitchener Waterloo Art Gallery
- K-W Multicultural Centre
- MAC Kitchener Masjid
- MAC Maple Grove School
- Mennonite Central Committee Ontario
- Muslim Legal Support Centre
- Muslim Resource Centre for Social Support and Integration
- Muslim Students Association (WLU)
- Muslim Women of Cambridge
- National Council of Canadian Muslims
- Ontario Provincial Police (OPP)
- Physical Activity Centre at WLU
- Porchlight Counselling and Addiction Services
- Project READ Literacy Network
- Ray of Hope
- Ruh Care
- Sexual Assault and Domestic Violence Treatment Centre
- Sexual Assault Support Centre
- Shamrose for Syrian Culture
- Sir John A MacDonald Public School
- Somali Canadian Association of Waterloo Region
- Starling Community Services
- Tayba Elementary School
- Tayyibah Islamic Academy
- The Food Bank of Waterloo Region
- THEMUSEUM
- The Pregnancy Centre
- The Working Centre
- Victoria Hills Community Centre
- Victim Services of Waterloo Region
- Volunteer Action Centre
- Waterloo Catholic District School Board
- Waterloo Masjid
- Waterloo Public Library
- Waterloo Region Community Legal Services
- Waterloo Region District School Board
- Waterloo Region Police Service
- Waterloo Region Suicide Prevention Council
- Wellbeing Waterloo Region
- White Owl Native Ancestry Association
- Wilfrid Laurier University
- Wisahkotewinowak
- Women's Crisis Services of Waterloo Region
- Women That Give
- YMCA of Three Rivers
- YWCA Kitchener Waterloo

Our Funders

With Gratitude to Our Funders

Muslim Social Services Waterloo Region extends our heartfelt thanks to our funders for their generous and ongoing support. Your contributions make it possible for us to provide vital services, create inclusive spaces, and respond to the growing needs of our community.

Your investment in our mission helps empower individuals, strengthen families, and build a more compassionate and resilient Waterloo Region.

Thank you for believing in our work and walking alongside us in service.

- Government of Ontario
- FACS
- Lyle S. Hallman Foundation
- United Way Waterloo Region Communities
- Waterloo Region Community Foundation
- Canadian Women's Foundation
- Region of Waterloo
- The City of Waterloo
- Astley Family Foundation
- Government of Canada
- Kitchener Conestoga Rotary Club
- Rotary Waterloo
- Oma Fresh Foods
- Islamic Relief Canada
- Camino Wellbeing + Mental Health
- Canadian Tire Jumpstart
- Waterloo Regional Heritage Foundation
- Ontario Trillium Foundation
- Waterloo Regional District School Board
- Co-operators
- Community Services Recovery



THANK YOU FOR SUPPORTING OUR JOURNEY

18 years of community, compassion, and care

Thank you to our supporters, partners, donors, volunteers, and community members. Your compassion and commitment make our work possible. Because of you, lives are being changed, hope is being restored, and communities are growing stronger.



LET'S GET CONNECTED



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