

Annual Report 2019-2020



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A message from the President of the Board of Directors

On behalf of IWOO's Board of Directors, staff and volunteers we would like to thank you for being in attendance of our 31th Annual General Meeting. We have a lot to be proud of especially our progress and the impact that we have had on our community over the last 3 decades.

Over the course of the last year we have seen our community impacted by socio-economical and/or mental health challenges associated to the COVID 19 pandemic, the crash of Ukrainian Flight 752 and other events. IWOO's mission has always been dedicated to the empowerment of women and our community, and we have made it our mission to be there for our community and address the rising challenges with appropriate programs, workshops and gatherings that promote solidarity, well-being and positivity, while doing them virtually and safely.

We thank you for sharing our values, supporting the work that we do through your participation, volunteerism, and financial contributions.

Sincerely,

Sara Alimardani, President



31 Year History

Past

Present

Future



The Beginning 1989

The Iranian Organization of Ontario was created in 1989 by 5 Iranian women in Toronto, by the names: Mahin Bassiri, Faranghis Mohtashami, Parvin Jalili, Mehrak Nazemi, Maryam Khakbaznejad, and Maryam Khalili Panah.

Their vision/objective was to assist newcomers become familiar with social, health care, community and government services in Ontario, to provide social and cultural services to Iranian youth, to promote integration with the Canadian culture while preserving and promoting Iranian customs, traditions and culture.

IWOO's first home was the home of Mahin Bassiri, one of the founding members. Later it found itself a table at a community center from which it offered its services. In 2012, IWOO managed to qualify for a room at its current location at 1761 Sheppard Ave East. This is a community hub, shared by a number of other community organizations, providing services to a diverse population. IWOO ran all its programs from this one room for the next 6 years.



1989 - 2020

In 2018, IWOO reached a milestone by **obtaining charitable status**. This status recognizes IWOO as an organization dedicated to provide charitable services to the community.

We also **expanded our space at 1761 Sheppard Ave. East**, with the addition of 3 extra rooms to deliver programs and services. This has significantly impacted IWOO's capacity to serve more clients and consistently deliver weekly programming.

The vision of the founding members has been carried forward for the last 30 years by several others, without whom we would not be here tonight: Dr. Homa Sarlati and Afie Mardukhi, two of IWOO's past presidents are no strangers to you. Their efforts and energy kept IWOO going over the years. More recently, Negar Hashemi, Dr. Fakhri Afshari and currently Sara Alimardani have carried on the torch.

Over the years, IWOO has awarded several scholarships to young Iranian Canadian women in the community to encourage their pursuit of their studies and preserving the Iranian culture. IWOO is also proud to have supported youth by hiring summer students with the assistance of the Federal Government. IWOO has successfully obtained and implemented several government projects, focused on improving the lives of newcomers.



Summary of Program: May 2019-April 2020

- ❖ We have supported **4827 participants** through **38 programs & services = 439 sessions** this year
- ❖ **Over 1500 participants: Older Adults & Senior Programs**
- ❖ **Over 500 p: Basic & Advanced English Classes**
- ❖ **Over 250 p: Wellness programs – Yoga, Zumba Over 300 p: Arts and Cultural Workshops – book club**
- ❖ **82 p: Mental Health Clinic**
- ❖ **Over 500 p: Mental Health Seminars**

Older Adults Program



SOME OF OUR WEEKLY OFFERING ACTIVITIES FOR THE SENIORS:

- English Cafe

Learning English as a second language has been shown to decrease the risk of developing dementia, improve decision-making skills and make international travel less stressful. It also improves communication skills, helps you achieve greater independence and communicate more effectively with people in the community. Language and disabilities are the top two barriers to seniors' inclusion and participation in community programs. This project aims to eliminate these barriers and to increase accessibility for the most marginalized older adults within our community.

- Exercise Sessions

We offer weekly activities including adapted exercise and fitness sessions such as light yoga and Strength, Balance and Flexibility exercises to make your muscles stronger and help prevent falls. Also, regular exercise can help seniors reduce their chances of injury, prevent chronic diseases, and boost their mood. These classes provide a source of fun, stress relief, and a place to meet friends. Active Choices is a six-month physical activity program that helps individuals incorporate preferred physical activities in their daily lives. It maintains or improves self-confidence and personal happiness.

DELIVERING EDUCATIONAL WORKSHOPS FOR SENIORS ON RELEVANT TOPICS INCLUDING:

- Elder abuse awareness
- Mental Health
- Healthy active lifestyles
- Training to prevent dementia
- Legal matters

These workshops promote healthy living, keeping your mind healthy and active to prevent dementia, abuse awareness (mental, physical, financial), information for legal issues.



IWOO PRESENTS

"Aware, Sociable, Healthy & Active Seniors" Project

Mental Health, Law Workshops Series,
Social Media Literacy,
English Cafe, Exercises Sessions,
Dancing & Singing, Art therapy & Daily Trip

سازمان زنان پروژه بهبود شیوه زندگی سالم و فعال برای سالمندان را برگزار میکند

کارگاههای بهداشت روان و مسائل حقوقی
آموزش کار با شبکه های اجتماعی، کلاسهای زبان انگلیسی
ورزش، هنر و سفرهای یکروزه

Every Tuesday
10:00 AM - 3:00 PM



IWOO OFFICE, 1761 SHEPPARD AVE. EAST, M2J 0A5

Please call us to register at (416) 496 9566

جهت گرفتن اطلاعات بیشتر با شماره 416 496 9566 تماس بگیرید

پروژه تغییر نگرش به جنسیت و گرایش های جنسی

Changing Perspectives on Gender and Sexuality Project

- ❑ Funded by the Ontario Trillium Foundation
- ❑ Let's talk about LGBTQ+ needs and issues in our community
- ❑ با حمایت مالی از طرف انتاریو تریلیوم
- ❑ در جامعه ی فارسی زبان گفتمان در مورد نیازها و مسایل

Ontario
Trillium
Foundation

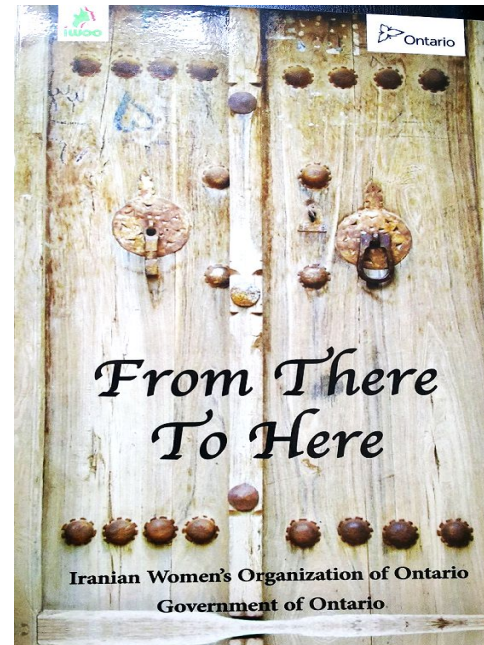


From There to Here

IWOO's first book: A collection of stories and memories told by women in our community.

Available in Farsi and English to be enjoyed by multiple generations.

A project financed by the Government of Ontario and made possible by the generous sharing of several women who openly told their stories, and by the tireless work of Dr. Fariba Bashiri, Parisa Habibi and Maha Shamlou and several volunteers who collected the stories.



IWOO PRESENTS

WEDNESDAYS
7:00 PM - 8:30 PM

This training is for
IWOO volunteers

PERSONAL DEVELOPMENT TRAINING

* This webinar will be
hosted on Zoom in Farsi

Instructors: Behnaz Moeinzadeh, social worker
Massyha Taghavi, Psychotherapist
in training



TO REGISTER EMAIL US AT
INFO@IWONTARIO.COM

IWOO'S MENTAL
HEALTH COMMITTEE
PRESENT WEBINAR
SERIES!

THURSDAY
SEPTEMBER 17
7 - 8:30 PM

Supporting your children
mental health as they return
to school during COVID-19.

COVID-19 & BACK TO SCHOOL

* This webinar will be
hosted on Zoom in Farsi.

Speakers:
Dr. Fariba Bashiri
Shahla Yaghoubian, Child & Youth Therapist
Dr. Hossein A. Sani, Psychotherapist



TO REGISTER EMAIL US AT
INFO@IWONTARIO.COM



YOU ARE INVITED TO

IWOO AGM 2020 MONDAY OCT 19 AT 7:30 PM ANNUAL GENERAL MEETING

This event will be conducted via Zoom.

PLEASE CALL 416-496-9566 OR EMAIL
INFO@IWONTARIO.COM TO REGISTER

Registration for proxy voting is encouraged if you are
unable to attend meeting

Apply to be an IWOO board member by September 25
email your CV and a letter of interest with 2 references!



IWOO & LABOUR
EDUCATION CENTRE
PRESENT

EVERY THURSDAY
2:00 - 3:30PM

6 Classes starting from
September 24th, 2020

Suitable for adults with minimum
English LINC levels 4/5

Only available to IWOO members

*These classes will be
hosted on Zoom



STRENGTHEN YOUR ENGLISH LANGUAGE SKILLS

Audrey Gardner
Instructor, Basic Skills Training

TO REGISTER EMAIL US AT
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Events



تشکر و قدردانی از مشارکت کننده ها، و موسسات حمایت کننده

Thanks to Our Program Facilitators and Partner Agencies

- ▶ **Pro Bono Legal Clinic:** Sherry Darvish, Founder and Director, and team
- ▶ **English Classes:** Mojgan Parsa and Bahar Hashimi
- ▶ **Literary Club:** Selora Lazarjani
- ▶ **Mental Health Clinic:** Dr. Hossein A. Sanei and Dr. Badri Daneshamouz
- ▶ **Settlement Services:** Macy Tatari
- ▶ **Peace Workshops:** Mitra Safari
- ▶ **Personal Development Workshops:** Behnaz Moein & Massyha Taghavia
- ▶ **Tax Clinic:** Farzaneh Lotfi
- ▶ **Zumba Classes:** Sonia Asli
- ▶ **Yoga Classes:** Mona Pourmahoudian

Upcoming Events and Programs

- ▶ Entrepreneur Committee
 - ▶ Oct. 21, 6 -7 pm: Omid Alaie: **Entrepreneurship Mindset**
 - ▶ Nov 4, 6-7 pm: Hoorakhsh Yousefzadeh: **Business Registration**
 - ▶ Dec 2, 6-7 pm: Rose Bahrami: **Law points related to the Businesses**
- ▶ Distress Help Line
- ▶ Self development – programs focused on mindfulness
- ▶ Art Therapy – using art to address anxiety & promote wellness
- ▶ Advancing our English Classes – **Writing, Reading, Speaking and Listening for Skills**

تشکر و قدردانی از موسسات حمایت کننده

Thanks to Our 2019-2020 Supporters & Sponsors

Ministry of Citizenship & Immigration

Multicultural Community Capacity Grant

Iranian-Indigenous Integration

Toronto employment & Social Services

Investing in neighborhood

Employment and Social Development

Canada Summer jobs

Ontario Trillium Foundation

City of Toronto

Community Service Partnership Program

Government of Ontario



تشکر و قدردانی از موسسات حمایت کننده

Thanks to Our 2019-2020 Sponsors

NOOHI LAW
PROFESSIONAL CORPORATION

Lotfi & Lotfi
Professional Accountants



Kiuloper

 **CMS**
Central Montessori School



Sara Rahimi

 **Matthews**
Metal & Auto Recycling

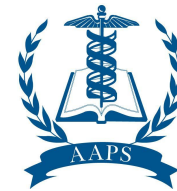
**Hoorakhsh
Yousefzadeh**
CFA, CIM, MBA | Investment Advisor




SPOTLIGHT DEVELOPMENT INC.

تشکر و قدردانی از موسسات حمایت کننده

Thanks to Our 2019-2020 Sponsors



AAPS



PRN Pharmacists
Farbod Afshari
H.B.Sc. BPharm



Media Sponsors & Partners:

IWOO's generous Media sponsors in publicity and promotion of our programs and services:



Partner Agencies:

- ▶ **Settlement Assistance and Family Support Services (SAFFS)**
- ▶ **Immigrant Women's Health Centre**
- ▶ **Family Service Toronto**
- ▶ **Parkway Forrest Community Centre**
- ▶ **Earl Bales Community Centre**
- ▶ **Oriole Community Centre**
- ▶ **CILAC Pro Bono**
- ▶ **Thornccliffe Neighborhood Office**
- ▶ **Yorktown Children and Family Mental Health**
- ▶ **Toronto Public Health**
- ▶ **Toronto Public Library**
- ▶ **Seneca College**
- ▶ **Griffin Centre**
- ▶ **CAMH**
- ▶ **Toronto North Local Immigration Partnership**
- ▶ **Madison Community Service**
- ▶ **Persian Interagency Network**
- ▶ **Labour Education Centre**
- ▶ **Willowdale Legal Community Service**
- ▶ **Fairview interagency Network- FIN**

اعضای هیئت مدیره و کارکنان

Board of Directors

2019-2020 Board of Directors

Sara Alimardani (President)

Afsaneh Vakilian (Treasurer)

Ghazal Momen (Secretary)

Dr. Fariba Bashiri (Mental Health & HR Committee)

Arezou Amin (PR Committee)

Ghazaleh Bozorgmanesh-Fard (Event Committee)

Behnaz Moein (Volunteer Committee)

Mina Rohani (Funding & Grants Committee)

Shohreh Sabaghpour (Entrepreneur Committee)

Marjan Haghghatfar

Hooraksh Yousefzadeh



Staff and Interns

Staff

- ❑ **Dr. Noushin Khavarian**
- ❑ **Leili Panahi**
- ❑ Farzaneh Samoudi
(Placement)
- ❑ Elahe Mosadegh
(Placement)

Summer Interns

- ▶ Mohammad Tahvili
- ▶ Nikoo Zahedi

Thank you to our Amazing Volunteers:

- Omid Alaei
- Fakhri Arab
- Sonia Asli
- Sadaf Azizi
- Roshanak Bahramzadeh
- Nooshin Beheshti
- Badri Daneshamouz
- Sherry Darvish
- Roya Dehban
- Paria Doustmohammadi

- Golnaz Foladbari
- Sadigheh Gandomi
- Sasan Ghahreman
- Fataneh Hajibak
- Bahar Hashemi
- Zhila Heidari
- Felora Hosseinkhah
- Arya Khosravi
- Selora Lazarjani
- Farzaneh Lotfi

- Romina Mehrtash
- Melika Moayedi
- Fereshteh Mohammadi
- Fatemeh Mosavat
- Nasim Motoghayer
- Saharnaz Nahidi
- Mojgan Parsa
- Mona Pourmahmodian
- Macy Pourtaherian
- Sara Rahimi

- Afrouz Salehi
- Farzaneh Samoudi
- Hossein Sani
- Neda Rezaeiazar
- Reyhaneh Shahidi
- Marzieh Sotoudeh
- Massyha Taghavi
- Shahla Yaghobian
- Marina Yousefi

Iwoontario.com – NEW LOOK!

info@iwontario.com +1 (416) 496-9566



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[DONATE](#)

Supporting Iranian women and their families since 1989!

IWO's mandate is to empower women through program and supports that directly impact their socio-economic opportunities, and help to improve the lives of their families and community.

[BECOME A MEMBER](#)

4k+

Clients Served / Year

40+

Services / Year

100+

Volunteers / Year

30+

Years of Experience



Incoming President: Dr. Fariba Bashiri

سازمان زنان ایرانی انتاریو در طی مسیر طولانی خود توانسته با همت و پشتیبانی زنان و مردان توانمند ایرانی با برنامه های متنوعی در جهت رسیدن به اهداف زیر

- ▶ 1- اطلاع رسانی و افزایش دانش و مهارت
- ▶ 2- توجه به بهداشت و سلامت روان
- ▶ 3- توانمند سازی و بهبود زندگی
- ▶ در خدمت زنان و خانواده های ایرانی کانادایی باشد.



Thank you!

Questions? Comments!