



iwoo

سازمان زنان ایرانی انتاریو
Iranian Women's Organization Of Ontario

Women-Life-Freedom

زن-زندگی-آزادی

Annual Report

2021-2022

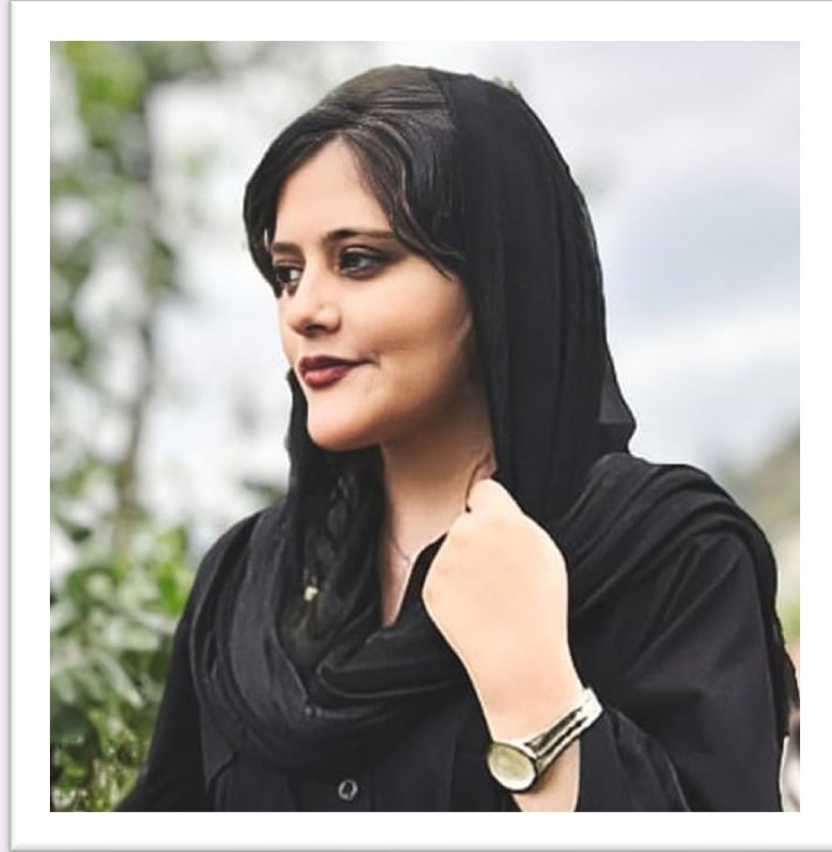
گزارش سالانه مجمع عمومی



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زن-زندگی-آزادی
Women-Life-Freedom



A message from the President of the Board of Directors

Dr Fariba Bashiri

29 October 2022

زن - زندگی - آزادی

”هر زنی خود یک سرزمین است“

پیام رئیس هیئت مدیره سازمان زنان ایرانی انتاریو

درود بر شما همراهان گرامی سازمان زنان ایرانی انتاریو

خوش آمدید به سی و سومین مجمع عمومی سالیانه سازمان،

از طرف خود، اعضای هیئت مدیره، کارکنان و داوطلبین سازمان، از حضور صمیمانه و حمایت های مداوم شما سپاسگزار و قدردانم.

امروز پس از دو سال دوری از جمع به خاطر نگرانیهای بهداشتی سلامتی در دوران پاندمی کرونا، در شرایطی دورهم جمع شدیم که حالمان خوب نیست. نگرانیهای و دلواپس- دلواپس زنان و مردان خانه پدریمان که برای یک زندگی معمولی جان بر کف در خیابانهای ایران طلب حق انسانی خود را میکنند و دنیا ناظر است و صدای آنان را شنیده. ما ضمن اعلام همدردی و دلجویی از مادرانیکه داغدار فرزندان خود هستند، برای دفاع از حقوق انسانی آنان در کنارشان هستیم و خواهیم بود و تلاش میکنیم صدای آنان باشیم و امیدواریم که این تلاشهای ارزشمند به نتیجه مطلوب برسد.

دوستان عزیز سالی دیگر بر عمر پربرکت سازمان اضافه گشت. سالی سرشار از موفقیت و دستاورد. خوشحالم که با اطمینان به شما بگویم که با همراهی و حمایتهای شما و تلاش مداوم اعضای هیئت مدیره امروز در شرایطی هستیم که نام سازمان زنان ایرانی انتاریو برای همه نامی نیکو و شناخته شده است. دانشگاهها- سازمانها و ارگانها برای همکاری با این سازمان مجدداً اعلام همکاری میکنند.

در ابتدای سال 2022 چند هدف کوتاه مدت را برای امسال، تعریف کردیم که با افتخار اعلام میکنم که به همه اون اهداف عمل کردیم و راه را برای تکامل فراهم نمودیم این اهداف عبارت بودند از:

1-افزایش 30درصدی اعضا، که در سال 2022 حدود دو برابر سال قبل عضو جدید به سازمان پیوسته.

2-ارتباط با سایر سازمانها و نهادها که، امروز اکثر دانشگاهها، کالج های تورنتو، سازمان ها و نهادهای مردمی ایرانی و یا غیر ایرانی مرتبط، با سازمان ارتباط و موافقت نامه دارند.

3-پذیرش بیشتر جوانان و آشنایی نسل جدید با سازمان و کمک گرفتن از توان و تخصص آنان، که در حال حاضر 42% از اعضا از گروه سنی بالغ و جوان هستند و 3 نفر از دانشجویان کالج های تورنتو دوره

کارآموزی خود در رشته های مارکتینگ، مهاجرت و پناهندگی و همینطور کار در اجتماع در سازمان گذرانده اند.

4- توسعه برنامه های سینیورهای عزیز که با افزایش روزهای حضور آنان و برنامه پیک نیک ، قدر دانی از مؤسسين و مدیران قبلی سازمان و نام گذاری اتاق مرحوم خانم سرلتي توانستيم اين مهم را هم به انجام برسانيم.

5- توانستيم با انجام تعمیرات اساسی، هماهنگی با شهرداری تورنتو و همسایگان مستقر در ساختمان ،بعد از دوران طولانی غیبت از فعالیتهای حضوری در دوران پاندمیک کوید -19 با یک برنامه خوب افتتاحیه، دفتر سازمان را فعال و برنامه ها را حضوری و آن لاین ادامه دهیم.

6- با فعال کردن کمیته های سازمان ضمن تقسیم کار و بهره مندی از برنامه های تخصصی و ارایه آموزشهای مختلف مرتبط با مأموریت های سازمان، توانستیم همراه انجام کار تیمی، استقلال برنامه ریزی را هم، تمرین کردیم.

7- امیدواریم با پیوستن اعضای جدید سازمان که بر اساس نیاز از افراد متخصص و با انگیزه انتخاب گردیده اند، برای سال در پیش رو برنامه های بیشتری را تقدیم اعضای سازمان بکنیم.

در پایان دوست دارم ضمن تقدیر و قدردانی از اعضای هیئت مدیره فعلی که با حمایتها و همراهی فعال خود من را در رسیدن به این دستاوردها یاری رسانند، از دوستانی هم که توفیق تداوم همراهی هیئت مدیره در سال پیش رو را نداشتند خانمها: مروارید نورافکن- شهره صباغپور- سعیده نیکتاب ونوشین بهشتی تشکر ویژه بکنم و امیدوار باشم که همراهی خود با سازمان را تداوم دهند. از همکاران دفتر سازمان سرکار خانم دکتر نوشین خاوریان، لیلی پناهی، صحابه اربابی و آقای محمد تحویلی، دانشجویان کار تابستانی و دانشجویان کارورزی، که همگی فراتر از وظایف سازمانی در خدمت برنامه ها بودند نهایت تشکر را دارم.

از شما داوطلبین عزیز که بدون حضور، همراهی و کمک شما قادر به تداوم برنامه ها نبودیم و نیستیم. داوطلبان عزیزی که در کمیته های سازمان ، در کلینیک های سلامت روان و حقوقی، در آموزشهای بسیار مفید و همینطور در اجرای برنامه های سازمان ما را یاری دادید بی نهایت سپاسگزارم و امیدوارم همواره در زندگی و کار خود در کنار خانواده با نشاط و سلامت و موفق باشید.

رئیس هیئت مدیره، دکتر فریبا بشیری

۲۹ اکتبر ۲۰۲۲

Women- Life- Freedom

“Every woman is a land by herself”

Dear members,

On behalf of IWOO's board of directors, staffs and volunteers, I would like to thank you for attending 33th Annual General Meeting and your generous support of IWOO. Welcome.

Today, after two years of remote working during the pandemic of Covid -19, we gathered together in this situation that none of us feels good. We are concerned and upset. Concerns of the women and men of our home land who are demanding their human rights in Iran for a normal life, and the world are witness them. While expressing our sympathy and condolence to the mothers who are grieving for their children, we are standing with them to defend human rights and women rights. We have to be their voice and hope that these valuable efforts will reach the desired result.

Dear friends, another year has been added to the IWOO's blessed history. A year full of success and achievements. I am confident to tell you that with your support and the tireless efforts of the board members, today the name of the Iranian Women's Organization of Ontario is a well-known name for everyone. People, Universities, organizations and dignities do seriously support and want to work with this organization.

At the beginning of 2022, we defined some short-term goals for this year and I am proud to announce that we fulfilled or start reaching to these goals:

1- Increasing 30% of members, then 100% of last year, new members joined the organization in 2022.

2- Communication with other organizations and institutions, now most of universities and colleges of Toronto (Seneca, Gorge Brown and Humber College), Iranian or non-Iranian organizations & institutions are collaborate and have partnerships agreements with IWOO.

3- Accepting more young people and new generation by organization, now 42% of the members are adult and youth and 3 collage's students passed their internship in the field of: Marketing Management, Immigration and Refugee and Community Worker Certificate Program in IWOO.

4-Development of the senior's program, by increasing their gathering days, picnic, event for thanking of the IWOO's founders and last board members and naming a room of the late Mrs. Sarlati.

5- By performing basic repairs, coordination with the City of Toronto and the neighbors in the building, after a long period of absence from face-to-face activities during the Covid-19 pandemic, now we activated IWOO's office with a wonderful opening ceremony and continue the programs in person and online.

6- By activating the IWOO's committees while apportion duties and specializing programs, we practiced teamwork and independence.

7- We hired some of the amazing women as IWOO's new board members based on our needs and their proficiency, now I hope we could add more wonderful programs in 2023.

At the end, I would like to express my gratitude to the members of the current Board of Directors, that I could achieve all this success with their support and help.

Also, I would like to say thanks to my friends, who couldn't continue their job as IWOO's Board of Directors in 2023; Ms. Shohreh Sabaghpur- Ms.Saeedeh Niktab, Ms. Morvarid Noorafkan and Nooshin Beheshti. And I hope that they will continue their support and volunteering with IWOO.

I am extremely grateful of my colleagues and staffs; Dr. Noushin Khavarian, Ms. Leili Panahi, Mr. Mohammad Tahvili , Ms. Sahabeh Arbabi, summer job students and placement students, who all worked above their duties to serve the programs. Finally, I want to say; dear volunteers, without your support and help, we would not have been able to deliver and continue the programs. I am extremely grateful and hope that you always be happy, healthy and successful with your family in your life and work.

President of IWOO
Dr. Fariba Bashiri
29 October 2022

IWOO's Committees

- Human Resource (HR) Committee
- Finance and Grant Committee
- Art & Literary Committee
- Entrepreneurship Committee
- Mental Health Committee
- Volunteer & Membership Engagement Committee
- Wellness Committee
- Public Relations (PR)

Director: Parvin Haghgosha

Director: Afsaneh Vakilian

Director: Saeedeh Niktab

Director: Shohreh Sabaghpour

Director: Fariba Bashiri

Director: Behnaz Moinzadeh

Director: Morvarid Noorafkan

Director: Nooshin Beheshti

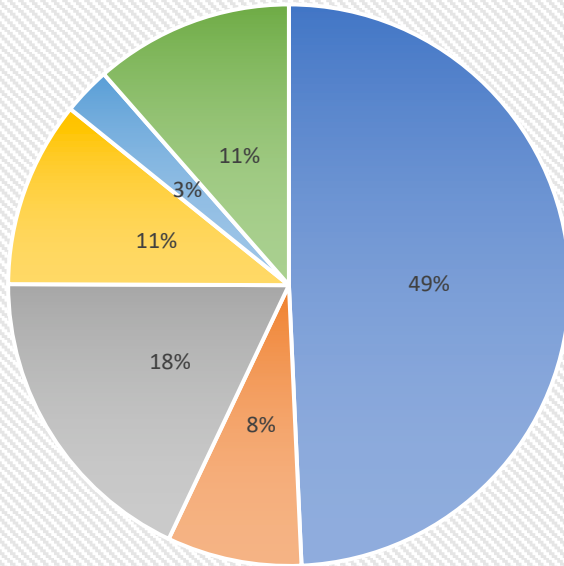
IWOO's Achievements in 2021- 2022

- Programing based on main goals; Mental health, entrepreneur, wellness and seniors' programs and youth engagement
- Extending office properties, renovation, installing and programing opening ceremony after 2 years Covid-19 Pandemic
- IWOO's committee's achievements:
 1. Mental health: Monthly meeting, mental health clinic, Support groups, monthly webinars, meeting with MP, training sessions such as Self-development, non violent communication skills and transforming your life
 2. Entrepreneur: Monthly webinars, meeting with MPP and women business owners.
 3. Wellness: Monthly webinars, Yoga classes
 4. Art & Cultural: Committee's meetings, Story writing classes, Book club, Music event and Art night
 5. Volunteer & Membership: Monthly meeting, Leadership training and Anti oppression
 6. Fund & Grant: Committee's meetings, OTF grants, CSP, New Horizon for seniors and Youth summer jobs
 7. HR : Interviewing new hiring, evaluating staffs, training staffs such as CPR training
 8. Executive committee: IWOO" officers monthly meeting for discuss about executive matters

IWOO's Achievements in 2021- 2022

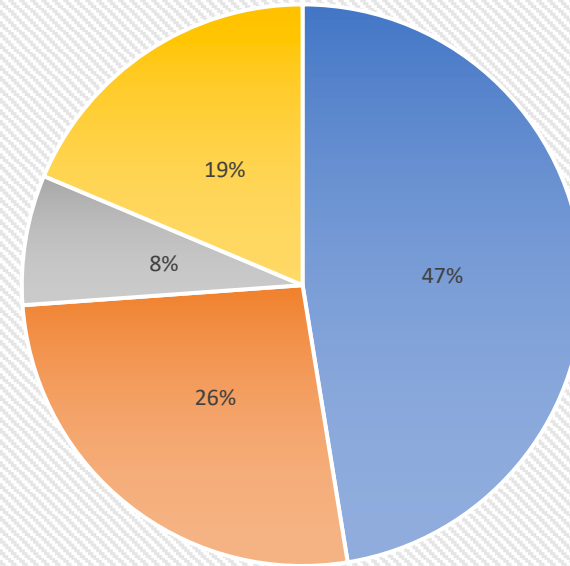
- Developing mental health clinic, programs and training courses
- Award winning of top five mental health employees (under 20 staffs) 2021
- Reactivating Legal clinic and workshops
- Partnership with York and U of T, Ryerson Universities and involving Youths
- Continuing older adult programs by adding wellness, art, training, picnic and traveling programs
- Parenting workshops
- Reopening event for bringing back in-person activities
- IWOO's funder, pervious Bord members and volunteers' commemoration ceremony and named late Ms. Sarlati's room
- Tow Her Majesty's platinum Jubilee community Hero Awards

Mental Health Service



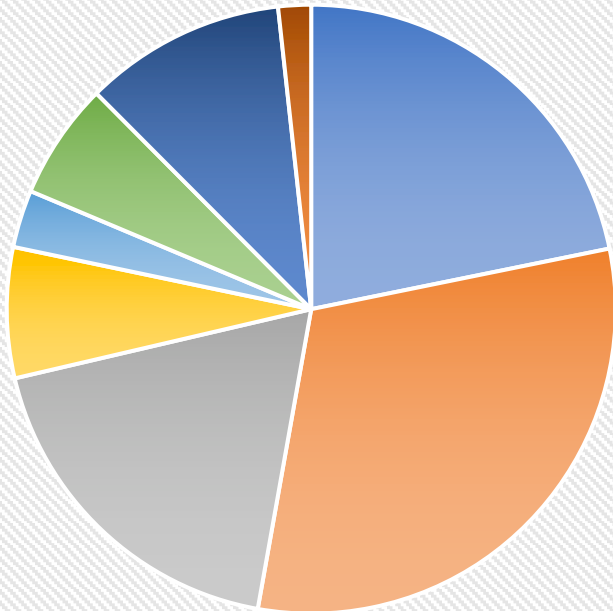
- Mental Health Webinar
- Mental Health Clinic
- Self Development/NVC course
- Transforming course (beginner & advanced)
- Anti Oppression Training
- Monthly Gathering/support group

Educational Workshops



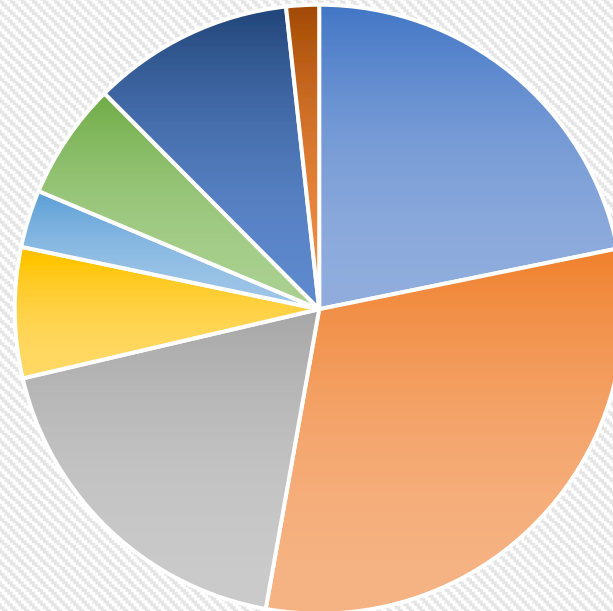
- Wellness Webinar
- Entrepreneur Webinar
- Law Webinar
- Employment webinar

Older adult Program



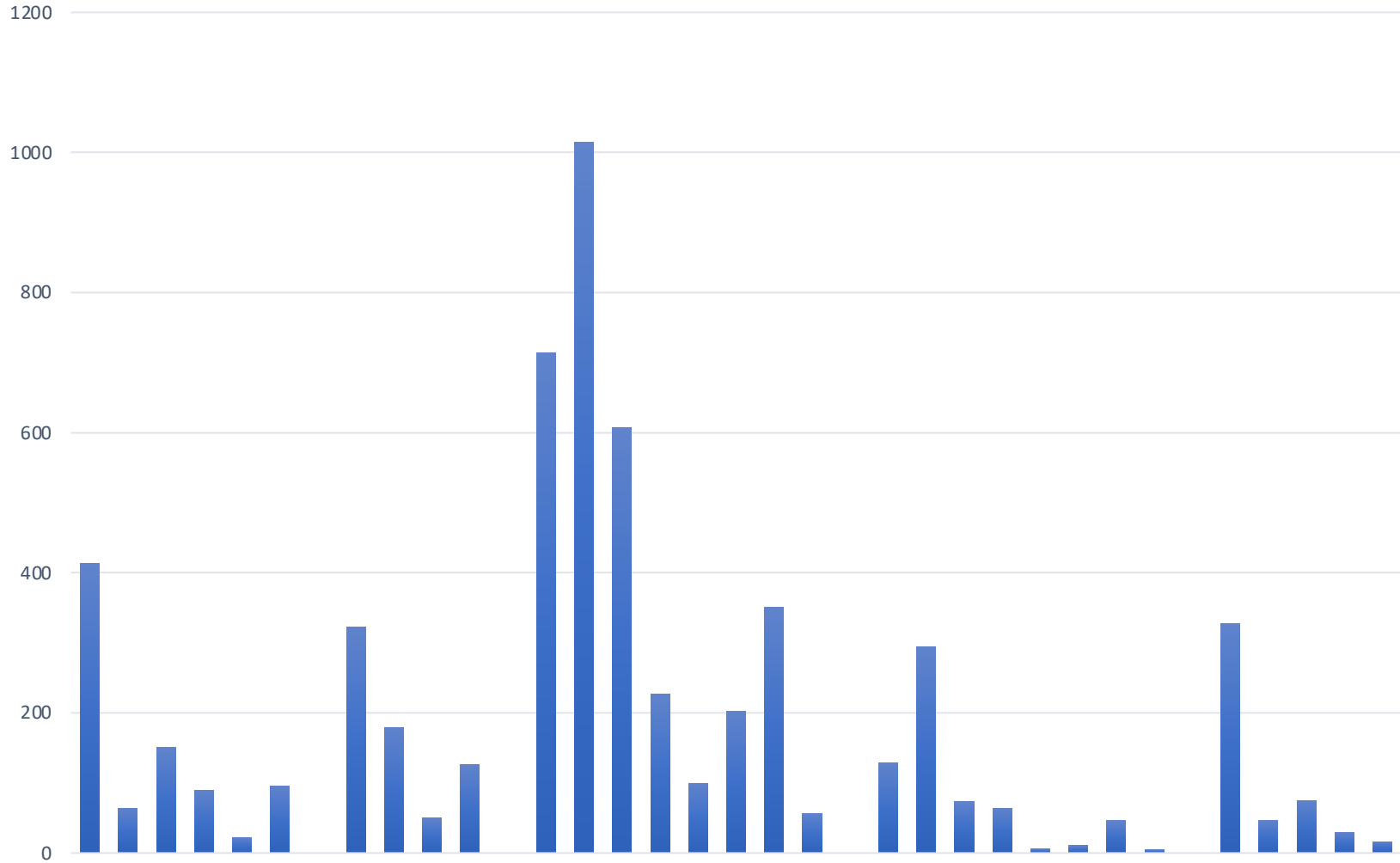
- English Basic Conversation
- Senior English Circle Time
- Older Adult Gathering
- Older Adult workshop
- Senior Digital & Social Class
- Senior Fitness Class
- Yoga Class
- Art and Mindfulness Classes

Older adult Program

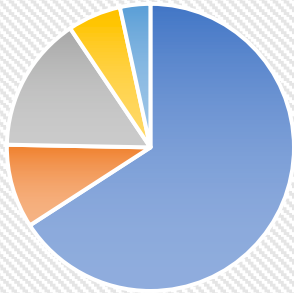


- English Basic Conversation
- Senior English Circle Time
- Older Adult Gathering
- Older Adult workshop
- Senior Digital & Social Class
- Senior Fitness Class
- Yoga Class
- Art and Mindfulness Classes

Participants of IWOO Program & Services



Art & Culture Program



- Literary/book club
- Writing Story_ Part 4
- Writing Story_ Part 1
- Writing Story_ Part 2
- Art Night

IWOO's Upcoming Programs for 2023-2025

- Negotiating with Richmond hill city for opening new IWOO's branch
- Negotiation for finding a cultural based retired home for Farsi speaking residents.
- Outreach for finding more grant to continue programs about LGBTQ and indigenist communities collaboration and training.
- Accepting more student placement from universities based on IWOO's capacity
- Programing yearly Gala and fundraising event
- Collaboration with other organization at the same interest
- Domestic violence training programs

IWOO's Funders

- Government of Canada
- City of Toronto
- New Horizons for Seniors Program
- Canada Summer Jobs program
- Community Service Partnerships (CSP)
- Ontario Trillium Foundation

Canada 

Ontario 

 **TORONTO**

Ontario Trillium Foundation  Fondation Trillium de l'Ontario

IWOO's Partners

- SAFSS (Settlement Assistance & Family Support Services)
- JVS Toronto
- Iranian students Association at York University (ISAYU)
- Iranian Association at the University of Toronto (UTIRAN)
- Toronto North Local Immigration Partnership
- Charity Village
- Elahe Omidyar Mir-Djalali Institute of Iranian Studies (UofT)
- University of Toronto_Institute of Iranian Studies
- McMaster University
- Wilfrid Laurier University

Thanks to IWOO's Staff & Students – سپاس و قدر دانی

IWOO Staff

- Dr.Noushin Khavarian, Office Manager
- Leili Panahi, Book Keeper
- Mohammad Tahvili, Website Coordinator
- Sahabeh Arbabi, Project Manager

IWOO Summer Students

- Mohammad Tahvili
- Parsa Nasirian
- Dorsa Nematollahi
- Ashkan Shomeil

IWOO Student Placement

- Tahyebeh Ahmadi
- Karoline Goudarzi
- Fatemeh Mohseni

Board of Directors - اعضای هیئت مدیره

- Dr. Fariba Bashiri President and mental health committee director
- Behnaz Moinzadeh VP and volunteer committee director
- Afsaneh Vakilian Treasurer
- Nooshin Beheshti Secretary and public relationship committee director
- Shohreh Sabaghpour Entrepreneur committee director
- Morvarid NOOrafkan Wellness committee director
- Saeedeh Niktab Art & culture committee director
- Parvin Haghkosh HR committee director
- Elena Metesmir BOD member

Thank You To Our Amazing Instructors

- Marzieh Sotoudeh (Writer)
 - Sasan Ghahreman (Writer)
 - Behnaz Moeinzadeh
 - Dr. Noushin Khasteganan
 - Omid Alaei
 - Shery Darvish
 - Mojgan Parsa
 - Nooshin Beheshti
 - Karoline Goudarzi
 - Tayabeh Ahmadi
 - Mona Pourmahmoudian
 - Mojgan Jafari
 - Susan Salek
 - Macy Tatari
- Book club
Book club, story writing
Self-development, Anti oppression
Transforming course
Resilience program
Director of law program
English class (intermediate)
English word group learning, social media
English communication class
Senior's English class
Yoga class
Art and Mindfulness Classes
Senior Fitness Class
Settlement service

Thank You To Our Webinar Speakers

Mental Health Committee

- Dr. Badri Daneshamouz Sleep hygiene
- Dr. Hossein Abdollahi Sani Relationship Webinar
- Omid Alaei Self regulation
- Dr. Hossein Abdollahi Sani What is family therapy?
- Dr. Ensiyeh Harbi Coping with cancer
- Dr. Noushin Khasteganan Transforming Your Life
- Shahla Yaghoubian Parenting Skills

Thank You To Our Webinar Speakers

Entrepreneurship Committee

- Marzieh Sarvi
Canada Ontario Job Grant
- Omid Magham
The impact of pandemic on online sales growth in Amazon.
- Parvin Haghgousha,
Shohreh Sabbaghpour
How to use government rebate in order to
reduce energy consumption
- Setareh Amina
Government's grant help to boost your business digital technology

Thank You To Our Webinar Speakers

Wellness Committee

- Mahshid Amini
- Maryam Ghaderian
- Dr. Maryam Jahangiri, Melodi Haji Fard

- Dr. Sara Shamdani
- Lena Madani, Saba Chadeganipour
- Yasamin Karimi
- Mahshid Amiri

Fall cooking recipes

How aromatherapy supports our body's system?

How can naturopathy help with disease prevention?

Let's talk about difficult conversations?

Spring cleaning and Feng Shui

Communication skills

Understanding and improving digestive health

Thank You To Our Educational Webinar Speakers

- Delaram Mehdizadeh Jafari
Landlord and tenant law
- Ella Aiaseh
Family law
- Ali Esnaashari
Immigration law
- Farnaz
Family law advise
- Farnaz Raofi
Interview skills
- Franaz Raofi
Networking strategies for the hidden job market
- Niloufat Mortazavi
Job search assistance
- Macy Tatari
Old age security pension
- Roshanak Parastesh
Cholesterol management
- Mona Pourmahmoudian
Introducing to yoga breathing
- Shahpar Banani
Struggling to land an employment
- Jila Ansari
Access to subsidized houses
- Mehrangiz Pournaseh
Express our feeling in an assertive way

Thank You To Our Wonderful Volunteers

- Dr. Hossein Abdollahi Sani
- Dr. Badri Daneshamouz
- Dr. Ensiyeh Harbi
- Dr. Maryam Holisaz
- Dr. Noushin Khasteganan
- Omid Alaie
- Mahmonir Eradi
- Hossein Kaji
- Sherry Darvish
- Selora Lazarjani
- Parisa Ryan
- Sahabeh Arbabei
- Lachin Fathi
- Helen Shirin
- Mojgan Jafari
- Saharnaz Nahidi
- Karoline Goudarzi
- Fatemeh Mohseni
- Dr. Fereshteh Mohammadi
- Shohreh Khatoni Moghadam
- Sadigheh Gandomi
- Paria Doust mohammadi
- Fatemeh Mosavat
- Fakhosadat Arab
- Aida Talebzadeh
- Farzaneh Samoudi
- Ladan Ganji
- Mitra Zernaki
- Bahar Nazarinejad

Questions? Comments!

Thank You!