

A Big Thank You

*A helping hand, a gentle touch, a ray of hope.
Together, we can break the silence!*



Greetings and As Salaamu'alaikum!

Year after year, we at the Amal Center for Women are overwhelmed by your continuous support in helping our community's most disadvantaged families. We must regrettably announce that there has been a high increase in the number of cases, and we humbly acknowledge that our efforts would bear no fruits had it not been for your moral and financial support. We are fortunate to have two exceptional caseworkers who have been doing a remarkable job. We would like to take this opportunity to share with you a testimony of one of Amal's clients, narrated by one of our caseworkers.

« Our client was referred for services by the local CLSC. She was experiencing depression and anxiety following the loss of her mother. Her husband did not understand the changes in her disposition and it was creating conflict in their relationship. In her sessions with us, we helped our client find ways to discuss her feelings with her husband, as well as managing her grief. It is customary that we welcome our clients to include their spouses in the therapy; therefore her husband was invited to explore ways that he could support his wife during this difficult time. The channels of communication between them improved and within a few months, our client's symptoms began to improve. »

This here is our 2013 annual report in which you will have a better understanding of how your donation is being used.

May Allah (SWT) shower you and your family with His mercy and may He reward you for your efforts in helping those who are more vulnerable than you.

Sincerely
Asima Uddin
President

Our objectives

The Amal Center for Women is an open, inclusive, and welcoming center that collaborates with women to improve their living conditions, develop their independence, and heal the wounds caused by their experience with domestic abuse. The center offers psychosocial services that respond to the needs of the women, while also conducting community outreach to raise awareness of domestic abuse.

Please note that tax receipts for 2013 can only be issued for donations that were made prior to Dec 31, 2013. If you made a donation after that date, you will be issued a tax receipt in February 2015.

For more information please visit our website at
www.amalwomenscenter.ca
or our Facebook page.

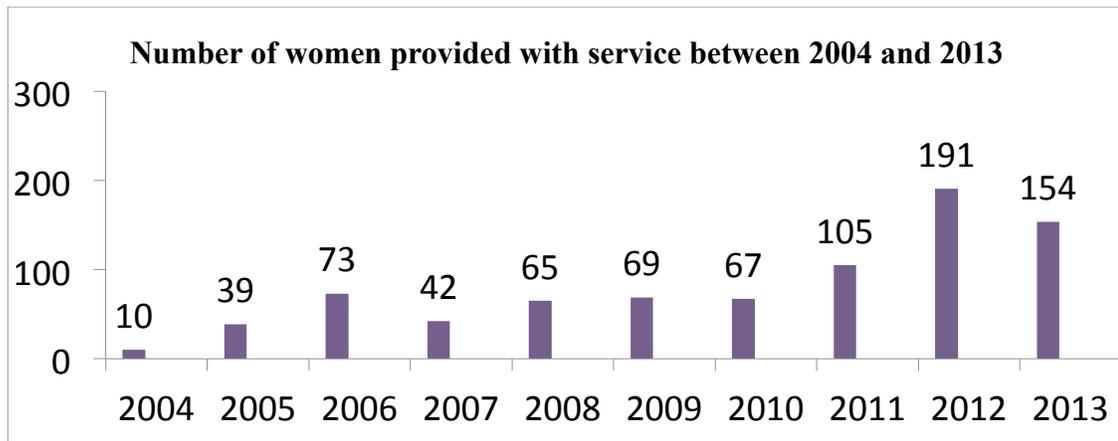
ANNUAL ACTIVITY REPORT OF 2013

SOCIAL SERVICES

The Amal Center for women offers free social services to women from different backgrounds within the greater Montreal region. The center is an essential resource for many women who have no family or social network.

PSYCHOSOCIAL INTERVENTIONS

During the year 2013, our social worker as well as our psycho-social case worker counselled a total of 154 clients, meeting each one multiple times for a total of 437 interventions. We do not advertise our services; clients are referred to us by other centers, shelters and CLSCs throughout the region.



Women who benefit from our services require support for several reasons. Most of them find it difficult to meet the daily challenges of life while having a precarious family situation. Others find themselves in situations where they are severely abused both physically and psychologically and see no other hope than to leave the abusive situation. The table below indicates the various reasons these women chose to seek help. Please note that most of our clients face multiple problems simultaneously.

Types of problems and the needs (Multiple problems in most cases)	Number of interventions 437
Marital conflict	97
Conjugal violence	41
Separation/divorce	112
DPJ / Parent-child conflict	55
Psychology/ mental health	93
Immigration / Integration	16
Financial problems	20
Other	3

FOOD BASKETS

The Amal center provides a maximum of 4 food baskets to single mothers or women in severe financial difficulty per year. The food baskets contain basic non-perishable food items in family size quantities. To become eligible the women must fill out a questionnaire disclosing details of their financial situation. This year, 40 food baskets were distributed as a helping hand to families in need. An additional 300 baskets were distributed to families with critical financial situations during the holy month of Ramadan. Food baskets have been suspended since September 2013 until further notice.

SPECIAL EVENTS FOR CLIENTS

WEEKLY DRAMA THERAPY WORKSHOP

Drama therapy is the intentional use of drama and theatre as a therapeutic process to release emotional and physical symptoms and increase personal growth and well-being. We at the Amal center believe that a therapeutic process can take various forms. We therefore invited a drama therapist to offer weekly workshops to interested clients. The workshops were directed at helping the women express their anguish creatively.

PUBLIC RELATION ACTIVITIES

One of our goals here at the Amal Centre is to educate the community about the harmful effects of domestic violence on individuals and families. Each year the center participates in several events that help build strong relationships with external partners and promote our overall mission.

PURPLE BOW TIE CAMPAIGN – A SPECIAL CAMPAIGN FOR INTERNATIONAL WOMEN’S DAY

As a preventative approach to combating domestic violence, the center launched a campaign aimed to encourage boys and men to embody ideals of dignity, kindness and respect in their relationships with women. With the help of several volunteers throughout the community, a promotional video was created in hopes to inspire a new definition of manhood by portraying men as people who trust, respect and cherish the women in their lives. The video was launched on March 8th, 2013 and small purple bowties were handcrafted and sold at various events celebrating international women’s day.

STRESS MANAGEMENT WORKSHOP

Our staff at the Amal center mentored McGill University nursing students on a community mental health project aimed at raising awareness of depression and anxiety in members of the community. The collaboration resulted in an information package which included community resources and stress management practices for both social workers and clients. The collaboration culminated in a workshop offered in March 2013 geared for community organizations in Ville St-Laurent.

COLLABORATION WITH COSSL FOR INTERNATIONAL DAY OF DIVERSITY

In 2013 COSSL’s Immigration committee engaged local elementary schools to come up with a winning poster that represented the student’s vision of diversity. Amal was invited to sit on the

committee selecting the winner for this exciting project. All posters were inspirational and reflected the creativity of young minds. The posters were exhibited at the Musée des maîtres et artisans du Québec.

RECLAIMING OUR COMMUNITY

At this 2-day seminar aimed to inform and empower people on various issues facing families and the youth today, an Amal center representative gave a presentation on domestic violence and was ready to answer questions and provide information on our services.

FINANCIAL ACTIVITIES

We at The Amal Center for Women, work very hard to provide high quality services to all those in need. However, this would be impossible without the valuable support and generosity of our donors. These contributions are often given to us during our yearly fundraising events. Below are the fundraising activities, which took place this year.

FUNDRAISING GALA

On June 8th, 2013, a little over 120 people took part in our fundraising dinner at the Crowley Arts Center in Montreal. Our special guest speaker was Imam Zaid Shakir.

BUSINESS COCKTAIL

On November 30th, 2013, the Amal Center hosted a business cocktail where several local businesses were invited to network and become acquainted with the center, our staff and services.