

CCR Speak Up Project!

Newcomer Girls' Action Committee Workshop Series

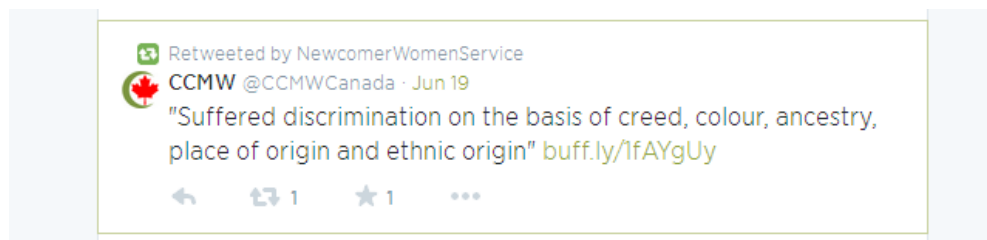
Toronto, Ontario

May 24, 2014

CCMW Presents Hands on Henna

The Canadian Council of Muslim Women (CCMW) joined us for a morning of henna and conversation to discuss women empowerment. Participants were able to tap into their creative side by practicing and learning a traditional custom that is henna as well as discuss topics such as women empowerment and leadership. CCMW provided the henna cones for participants to use and their information and website can be found at www.ccmw.com.

Our retweet to raise awareness:



June 7, 2014

Yoga: Mind, Body, and Soul

We had a morning discussion to create messages around social justice and change for newcomer girls and women. The group came up with messages to use in our social media campaign. A yoga instructor came in after and facilitated a morning yoga class for participants. This physical and spiritual session created a safe space for participants to release their thoughts and ideas as well as tap into their mind, body and soul.

Our retweet to raise awareness:

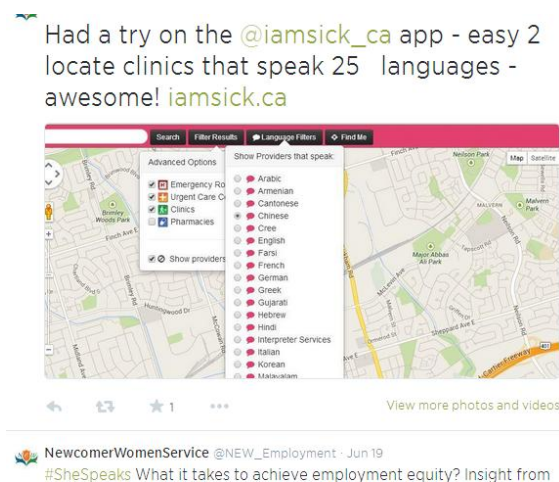


June 14, 2014

Navigating Canada's Health System

Breaking our barriers- Knowledge is power! Creating movement of leadership and independence. We invited the Sustaining Health Advantage Initiative (SHAI) Program from South Riverdale Community Health Centre to discuss accessing Canada's Health System. Youth and women suggested in previous workshops that one of the barriers we face is not knowing about fundamental and essential services like healthcare, education, banking etc. the community workers discussed topics such as how to find a doctor, finding information, OHIP, IFH for refugee claimant etc.

Our tweet to raise awareness:



June 21, 2014

World Pride!

Youth girls and women gathered around to create anti-oppressive messages in the LGBTQ2 community. Participants painted messages on canvases and brainstormed on ideas of change. Participants were invited to attend the World Pride March on Saturday June 21, 2014.

July 5, 2014

BMO Financial Literacy

Breaking our barriers- Knowledge is Power! Creating movement of leadership and independence. Volunteers from Bank of Montreal (BMO) joined us to discuss financial literacy and basics of banking for newcomer girls and women. This was a very informative topic for the

participants as many of them expressed that financial literacy was something that was lacking. Being able to fulfil these needs gave women an opportunity for knowledge and empowerment.

July 12, 2014

Conversation Circle and Conclusion

Using imagery from Brazilian graphic designer Carol Rosetti: <http://mic.com/articles/92651/18-empowering-illustrations-to-remind-everyone-who-s-really-in-charge-of-women-s-bodies> cc: Canadian Women Foundation. Participants discussed these 18 powerful empowering illustrations that symbolize women's identity and oppression. Participants came up with their own pictures and messages and presented them to the group. We also had a mini focus group to hear the thoughts of participants as to what they thought of our Speak Up series. We received positive feedback from participants as well as suggestions on how we could do things differently next time such as bigger space, more applied workshops, and events.

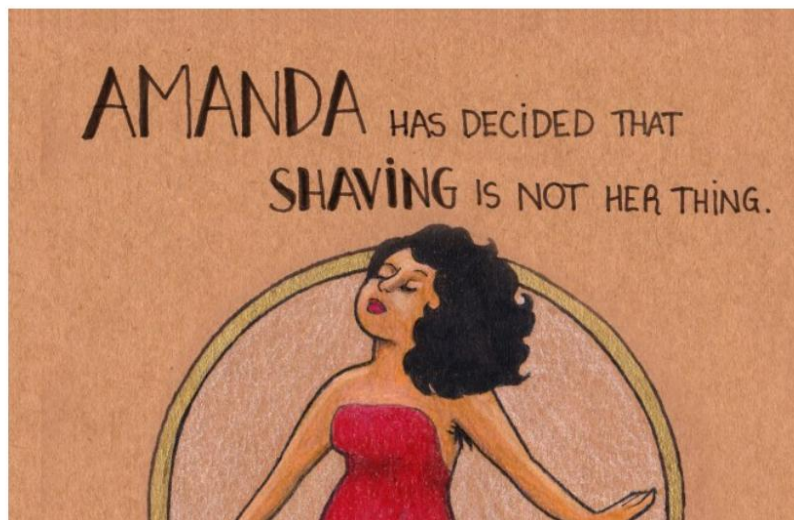
Identities.Mic

18 Empowering Illustrations to Remind Everyone Who's Really in Charge of Women's Bodies

 By Julianne Ross July 2, 2014

 SHARE

 TWEE



Reflections!

This project had a great impact on the group and project participants. Members were able to learn about the issues as well as work together to create solutions to combat these issues. This program also created a safe and positive space for girls to talk about such an important and sensitive issue. These girls were able to express themselves in a variety of ways through art, dance, and conversation. Through this teamwork, the women/girls have developed a new found sisterhood and became leaders of change!