



COALITION OF  
MANITOBA CULTURAL COMMUNITIES  
FOR FAMILIES, INC.

Enabling cultural community voices through  
excellence in engagement and empowerment.

[www.cmccfamilies.ca](http://www.cmccfamilies.ca)

With thanks to:



# ANNUAL GENERAL REPORT

## 2021

October 28, 2021

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## **ANNUAL REPORTS**

**Florence Okwudili, Chair of the Board and Martin Itzkow, CEO**

*Cultural Communities – Creating their Future*

### **Thanks, and Gratitude**

At the outset of this document and our plea for the future, we would like to thank our funders who have assisted us to continue to support this platform of the Coalition of Manitoba Cultural Communities for Families (CMCCF). Thank you, the Winnipeg Foundation and the Winnipeg Suicide Prevention Network.

Our role as a coalition is to engage and empower communities' voices to be informed about how they can influence public policy development and the practices of many diverse service providers. As well, we continue to ensure that there are deliberate engagement opportunities with both policymakers and service providers with our diverse network with respect to both their communities' needs and communities' strengths.

In that regard, we wish to thank the countless individuals who have given of their time, energy and hope for a better world for their cultural communities, as their act of citizenship. We know that they have actively contributed to the formation of our many new committees, working groups, roundtables, and Research Advisory Council. Our development of this structure, even in a difficult time of Covid, bodes well for our future engaged cultural community network.

Also, a special thank you to CMWI, the Canadian Muslim Women's Institute, and specifically Zulaika Rahim and Yasmin Ali for their support to our continuing development. Zulaika has been instrumental in helping us manage our funds over the last three years.

Lastly, we would like to thank our board members and our colleagues of Steve, Maryam and Mihiret for their commitment to achieve our vision.

### **Responding to Disruptions in the Definition and Role of Communities**

In recent times, the very definition of what constitutes a “community” has been disrupted, which in turn has given rise to new challenges for cultural communities.

At CMCCF, we are guided by the belief that there are many roles for communities to play, and opportunities for them to evolve and remain relevant to their potential members, no matter how they choose to define their territory and purposes.

However, as communities “create their future,” nurture their changing and evolving identities, and respond to current needs, questions arise. We are responding to the current disruptions by creating opportunities for communities interested in planning their future now, and in rejuvenating their purpose and relevant actions post Covid, to explore challenges and key questions as part of a guiding framework.

### **3 Key Questions to Consider as Communities Create their Future**

This year we are posing three core questions for our network and our allies to consider. As some communities and their leaders may be facing an existential challenge to their sense of purpose in strengthening health and wellbeing, these questions invite reflection that will ultimately lead to the creation of strong, sustainable future cultures:

- *Over the years, what has happened to our Manitoba cultural communities and their traditional purpose?*
- *What is the most significant challenge facing community now?*
- *What would it take for cultural communities to develop plans to create their futures, together?*

### **A Paradigm Shift in Meaning-Making for Communities**

Many cultural communities are now facing a paradigm shift. Unfortunately, we have continued to notice that for many cultural communities the belief that they “held their members in community” is no longer true.

Let us explain what we mean.

In these times, before, during and potentially after the pandemic, many cultural communities have faced rapid secular, faith and relational change. **They have therefore had to create a new landscape of meaning-making for their members and have had to consider new ideas of defining what it means to be a “community.”**

They have begun to realize that they may not be meeting their members’ needs and/or may not be rejuvenating their community by encouraging younger and diverse members to identify with what they think community means and provides.

***Our deeper exploratory question in response to this is: in these times, where do you find community?***

There are now more options for individuals – who may see themselves as having multiple identities – to seek meaning in all kinds of different spaces, including virtually, and in many new contexts beyond traditional forms.

A fundamental question when we talk about being involved in community is: how does one give of oneself in service of something greater than oneself, and what might that mean for those left behind?

This question invites us to consider how communities can help people of all ages and experiences find and explore a deeper sense of belonging to something greater than themselves.

We know that, in the past, communities offered their members a role in developing their collective community, and in turn supporting their own families, throughout their lives.

Now, we must acknowledge that we are communities of individuals, seeking opportunities for our own personal and social transformation. This individualism challenges the traditional sense of collective responsibility to one another.

Furthermore, **individuals are now seeking alternate spaces of psychological safety, where they can grow and be creative, clarify their own sense of purpose, receive structures of accountability and, most importantly, feel a sense of community connection.**

**The role of community leaders has changed too.** Leaders were once trusted and respected; community members would come to them to seek answers to their biggest questions and support for their transitions in life. This may no longer be true in many communities.

***All these challenges point to a further question: what does it mean now to live deeply connected to others?***

## **What Loneliness Can Teach Us**

We believe the role for community might, in fact, lie in the very crisis that people in our cultural communities are facing. We believe that we are now in a crisis of isolation, where loneliness is leading to despair, and our social fabric may be fraying.

Recent statistics indicate that self-reported loneliness is an epidemic among immigrants, both those recently arrived and those who have been here long-term, with both categories reporting higher rates of loneliness compared to those born in Canada. Research suggests that immigrants tend to report higher levels of both social and emotional aspects of loneliness, with a lack of intimate, close, personal connections. It seems that, in real terms, we have lost someone to care for us in the moments when we most need it. There is no one to rely on, no one to trust.

Statistics reveal that the feeling of loneliness does not decrease with time for immigrants. In addition, they face weakening ties with their country of origin, which further deepens a sense of isolation and loneliness.

It has long been proven that loneliness is associated with stress, depression and anxiety, as well as having other mental health impacts. Loneliness is also associated with various physical ailments such as cardiovascular disease, high cholesterol levels, high blood pressure, and increased morbidity and mortality rates. Social isolation worsens other conditions and challenges from addiction and domestic violence to diabetes. Ultimately, all these forms of loneliness have a bearing on the length and quality of life of our family members.

In the past, cultural communities played an important role for many new Canadians, addressing their disruption in social networks when newly arrived in Canada, by providing opportunities for new relationships and connections through community gatherings and events.

Unfortunately, this loss of social interaction magnifies an individual's susceptibility to loneliness. While some groups may emphasize the importance of self-care in addressing loneliness and the related challenges, we place the **focus on community care**.

This focus leads us to explore some related questions:

- Are cultural communities able to meet this need?
- How are cultural communities facing their future, their identity, and their role in ensuring the health and wellbeing of their members?
- How are they addressing the changing environment where those who may see value in community have other options available to them to create other forms of *community*, which they may value even more?

## **Ubuntu as a Guiding Approach**

In our view, CMCCF as a value-driven network of cultural communities would like to apply the concept of Ubuntu – “the quality of being human” – to respond to these current challenges. When we act upon a deep sense of being connected to others by our common humanity, when we truly regard self and other as one, when we cherish human dignity, all our relationships and the level of our behaviours and actions are raised to a much higher plane.

Ubuntu requires of us to activate these values in our communities: communality, respect, dignity, value, acceptance, sharing, co-responsibility, humaneness, social justice, fairness, personhood, morality, group solidarity, compassion, joy, love, fulfilment, and reconciliation.

**Please join us in seeking Ubuntu together.** We do this by seeking ways to contribute to our network and seeking ways in which we can support each other. For the various communities focusing on creating their future, we can seek ways to nurture their identity, and perhaps multiple identities, we can seek ways to increase diversity and

inclusion in many parts of their communities, and we can ultimately seek to plan together.

## **Program Report**

### **Community Engagement and Allies Facilitator, Steven Feldgaier Ph.D.**

#### **Supporting cultural community voices through excellence in engagement and empowerment, building and sustaining a cultural community network**

The CMCCF has as its primary mission the goal of striving for excellence in community engagement. This goal is based on the fundamental principle that in all cultural community engagements, everyone wants to be heard, respected and involved! In striving to reach this goal the CMCCF makes every effort to ensure that its community engagements provide opportunities for diverse participation, a welcoming of differing views, and an affirmation that all voices are important. These engagements are also in keeping with both the CMCCF's priority for social inclusion and its Flourishing model of Wellbeing.

In aspiring to this excellence in engagement the CMCCF provides opportunities for community members to be directly involved in the planning and organizing of these engagements, in carrying out these activities either virtually or in-person, and in collecting and analyzing the 'data' obtained. The CMCCF also utilizes a range of tools and technologies in carrying out these engagements and is also training community members to serve as both virtual and 'in-person' facilitators for these events.

Whether it be engagements solely involving various community members or activities also involving service providers, systems, policy makers and others, the CMCCF continues to evolve in ensuring that these activities are relevant, meaningful, and driven by community interests.

### **CMCCF Engagements and Activities**

All CMCCF engagement activities are also premised on the Coalition's core values of respect, mutual learning and teaching, generosity, and a commitment to active participation.

Engagements can take many forms and may involve community members only, specific cultural communities more directly, community members along with service providers and policy makers, and targeted community engagements with specific systems (child welfare, health, mental health).

This past year has been a both a challenging one for the Coalition as well as an exciting learning opportunity. While it is clear that COVID has had a significant impact upon communities and its members, CMCCF has also learned (as a result of this COVID experience) that continuing to provide opportunities for community members to have a safe space to have their voices heard became even more important. This has led CMCCF to further develop its expertise in the use of



technology to provide access for community members albeit virtually. While using technology has proven a challenging learning experience for many of us, the feedback that we have received and the participation by a host of community members in our various events this past year has been gratifying. The success of these activities is also directly linked to the many members of the CMCCF who continue to give of their time and expertise to ensure these engagements are relevant and meaningful to our various cultural communities.

## **Some Engagement, Learning Events, Programs and Initiative Highlights**

Below is a list that reflects the many engagements and activities that were undertaken in this past year. As you will see these events were varied in scope and in several instances, we have provided additional information to highlight the activity.

- **Cultural Community and Allies Working Group formed regarding Family Violence:**
  - A small working group began meeting earlier this fall to begin a dialogue concerning family violence within cultural communities. Over these past few years, this issue has been raised as a concern by many. This working group will begin to develop a plan for the coming year with the goal of establishing a series of Roundtable events which will bring together community members, researchers, service providers, and policy makers to engage in a dialogue aimed at strengthening family safety, peace and wellbeing across our many communities.
  
- **South-East Asian Muslim Wellbeing and Health Community Planning:**
  - Following completion of the first phase of our earlier Community Asset Mapping initiative in three cultural communities, a small working group has now been established to begin the planning for the next steps in this project within the South-East Asian Muslim community. In this phase, closer attention will be given to the examination of wellbeing within the community and, in particular, a determination of how the community has coped during the Covid pandemic and how the community wishes to move forward post pandemic. The model that will be developed within this community will also prove beneficial to the other communities desiring to move forward in the next phase.
  
- **Establishment of a new Cultural Communities Child Wellbeing Roundtable;**
  - Early in the year a small group of engaged and committed people from Manitoba's diverse cultural communities start talking and out of those conversations a working group was established with the goal of creating a series



of roundtable events focusing on the wellbeing of children within Manitoba's cultural communities. A plan was developed with the goals of the RoundTable being: a) to continue to promote the safety, security, and wellbeing of cultural communities' children and youth and their families and b) to create a safe and accessible space and support system for cultural communities to bring forward any challenges and of course, opportunities as they pertain to improving Child and Family Services (CFS) in order to better the shared outcomes for our families and our children. The first of these roundtables was held in June of this year and was both well attended and well received. These events have continued through the fall and are planned to continue through the coming year. Some gatherings will be for regular participants only while others will be open to the general public. Some components of the gatherings will include guests from the local community, community-based agencies, government, and its agencies. Some gatherings will include invitees from beyond our provincial borders who will join us virtually.

- **CMCCF – Diversity, Equity, and Inclusion Policy**

- **Development:**

- As a result of careful study, discussion and thoughtfulness, the Board of Directors approved a Diversity, Equity and Inclusion policy. This policy clearly articulates the Coalition's position on these various important matters and will serve as a guiding principle in all endeavours undertaken by CMCCF.

- **Planning Post-Covid19 CMCCF plan of Action; Strategies: All Voices Matter; Co-Created Community Services; and Getting Back to the Basics:**

- During this past year, much discussion has been held both at the Board and amongst members of the Advisory Council regarding the setting of a strategic direction for the Coalition. This has become exceedingly important as communities continue to cope with the challenges of Covid and begin to prepare for the world post Covid-19. As a result of these deliberations, it became quite clear that as we move forward in planning future endeavours, we needed to be guided by the following: a) ensuring that all voices matter and all members within communities are provided with a safe space to be heard; b) a strengthened desire to work with systems and policy-makers to co-create community services; and c) the importance of getting back to the basics – that is, ensuring that the basic needs of community are identified and acted upon.

- **CMCCF – focus on enhancing current technology infrastructure, including refreshing the website, developing new content, and the expansion of the CMCCF- CRM technology backbone:**

- As the Coalition continues to grow as an organization it becomes even more important that it further expand its use of technology and build the infrastructure needed to provide easy access to community members and others to participate in engagements and activities and to communicate with those interested in working in partnership with the Coalition. As well, the Coalition has begun a process of refreshing the website in order that it become more user friendly to navigate and appealing for those perusing our material. Additionally, as the Coalition continues to expand its range of engagements and activities, ongoing content will be developed that highlights these initiatives and serves to have readers become better informed about the work of the Coalition.
  
- **Partnership between the General Child and Family Services, Winnipeg Child and Family Services and CMCCF – Needs Assessment focused on the practices with diverse families and children:**
  - Earlier this year a unique partnership was established between CMCCF, Winnipeg Child and Family Services (WCFS), and the General Child and Family Services Authority (GA). In recognition that child and family services provide a range of services to cultural communities’ discussions were held between the three organizations and a partnership was developed to explore the views of front line CFS staff regarding which of their practices are successful in working with cultural communities and where front-line staff feel that their practices and approaches could be strengthened. This initiative is being led by Maryam Rahimi, the Research and Planning Coordinator for CMCCF with support also being provided by a representative from the GA along with Martin Itzkow and Steven Feldgaier of the Coalition. Both an online survey of WCFS staff and subsequent focus group discussions were completed earlier this summer and a report will be finalized in the coming months. This unique partnership was based a history of understanding and engagement, and with the results being to consistently strengthen this relationship by hearing the voices of community during this project. The intent was to ensure that this valuable process and the partnership would contribute to both shared next steps, and shared ownership of the results for community families and their children,
  
- **Youth Mental Health Engagement – Pre-test regarding the model of engagement for “Giving Voice to Values” methodology for youth health and wellbeing exploration; (Funded by The Winnipeg Suicide Prevention Network):**
  - As youth mental health and wellbeing has become a priority area of focus for the Coalition, CMCCF was successful in securing some limited funding from the Winnipeg Suicide Prevention Network to develop a model of engagement entitled “Giving Voice to Values” which will provide an opportunity for a small number of youth in the new year to explore their personal values and how these are connected to the overall wellbeing and how these values may also guide the youth

in planning their goals for the future. A small working group of youth has been hard at work over the past several months meeting regularly to develop and test the model and put in the place the next steps in carrying out this project.

- **CMCCF – cultural community “Taking the Temperature” of cultural communities in preparation for post-Covid19 “restoration” and or “recovery” strategies – interventions:**
  - As part of its “Back to Basics” goal, the CMCCF in **partnership with Canadian Mennonite University**, supported a senior year student practicum to carry on the research and implementation of cultural communities “taking the temperature” action research initiative. This work resulted in the preliminary development of a potential survey to be used within cultural communities which will assist in identifying how communities are doing (that is – “taking their temperature”) as a result of Covid and will provide important data for communities as they plan for the future of their community moving forward.
  
- **Mental Health Education for New Canadian Families**
  - In our previous year’s report, we noted that in partnership with the Canadian Mental Health Association, the CMCCF had begun a series of engagements with cultural community members to ascertain the need for new resources that might better inform new Canadians regarding mental health promotion and wellbeing, mental illness and family supports. Community members provided very helpful input into the topics that should be considered for such resources as well as the ways in which these materials should best be delivered. Participation in these online consultations was very positive and in January 2021, we were very pleased to provide CMHA with our report detailing our findings and recommendations.
  
- **Wisdom of Hardship Circle**
  - In last year’s report we also noted that the Coalition had served as the host for bringing together a team of passionate and committed people from Canada, Hong Kong, Austria, England, Scotland, and Sweden who developed a new initiative called the Wisdom of Hardship. CMCCF in partnership with these global contacts launched the Wisdom of Hardship, a series of inspiring stories from those who had overcome adversity prior to the COVID 19 pandemic. The series explored the values that helped them weather profound change and learn lessons that could potentially help others through the current crisis. A series of stories was posted on the CMCCF website (cmccfamilies.ca) and the feedback from those who have checked out the stories has been quite positive. During the course of this past year, we have continued to add new members to our circle including members from South America. This expanded circle has spent a number of meetings reviewing and discussing the next steps in this initiative and the team members have come together in an exciting and proactive way. These discussions led our group to be invited once again this year to host an international webinar on World Values Day (October 21, 2021) that brought people together from various

countries to discuss their personal values, the United Nations Sustainable Development Goals, and learn from each other.

- **Funding Opportunities**

- In recognition of the fact that much of the Coalition's work must rely on monies acquired from various funding agencies, the Coalition staff also put many hours into submitting a number of funding applications to various sources including the federal government, Bell Canada Let's Talk, etc. These proposals stressed the unique nature of the work of the Coalition and focussed on such issues as youth mental health, racism and discrimination, diversity and inclusion, and community wellbeing. In recognition that the Coalition can strengthen its chances of being successful in obtaining major grants, CMCCF has developed a strong partnership with the Aulneau Renewal Centre here in Winnipeg. Aulneau is well recognized over many years for providing a range of services including counselling and support services to families and their work strongly complements the work of the Coalition.

- **Community Engagement Facilitators Program Strengthened:**

- The Coalition of Manitoba Cultural Communities for Families (CMCCF) is training facilitators/convenors to lead meaningful engagements within their cultural communities. The Community Engagement Facilitators/Convenors program (CEF) was born more than a year ago from the recognition that excellence in engagement is at the hearty of the work of the Coalition. Throughout the course of this past year a core group of committed members have participated in regular training sessions and facilitated several community events. The group has also had meaningful discussions regarding the purpose and role of CEFs. The group was also honoured to have the opportunity to learn many valuable from Peter Block, an internationally renowned expert in community engagement and transformation. Mr. Block has taken great interest in the work that CMCCF does and we were most appreciative of his willingness to lead us in thought provoking sessions about the what it means to do community engagement. We are also excited by the fact that through the CEF program we are also beginning to expand our networks as more people hear not only about the important work of CMCCF but also about our CEF program.

- **Brief Mentions:**

- As one can see from the many activities described above, this has been a very busy year for the Coalition despite the challenges of Covid. In addition to these activities, the Advisory Council on Community Driven Wellbeing Initiatives continued to provide guidance, support, and expertise relevant to the various initiatives undertaken by the Coalition. This Advisory Council comprises both members from a diverse range of cultural communities who bring their wisdom, lived experience, and knowledge of their communities as well as members from

the academic realm (researchers/scientists from the University of Manitoba as well as the private sector) who bring their relevant expertise and skill sets to these initiatives. The Coalition also continued to expand its network of partnerships and connections. For example, a connect was made with a group in Europe that was also interested in youth mental health and activities were jointly planned and we all learned from each other. During these past few months, CMCCF has also begun an important dialogue with MANSO (the Manitoba Association of Newcomer Serving Organizations). This dialogue has resulted in both organizations recognizing that they share much in common and that there is much to be gained in furthering this partnership in support of new Canadians and our many cultural communities.

## **Financial Report**



### **Coalition of Manitoba Cultural Communities for Families Inc.**

### **Financial Statements (compilation)**

**Year Ended March 31, 2021**

**Coalition of Manitoba Cultural Communities for Families Inc.**  
**Statement of Financial Position**  
**March 31, 2021**

	2021	2020
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 21,473	\$ 41,665
Accounts Receivable	4,500	4,097
Other Receivable	480	413
	<u>\$26,454</u>	<u>\$46,175</u>
<b>TOTAL ASSETS</b>	<u><b>\$ 26,454</b></u>	<u><b>\$ 46,175</b></u>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Accrued Liabilities	\$ 1,613	0
Deferred Contributions (note 2)	24,361	\$ 45,762
Other	480	413
<b>TOTAL LIABILITIES</b>	<u><b>\$ 26,454</b></u>	<u><b>\$ 46,175</b></u>
<b>NET ASSETS</b>	<u><b>0</b></u>	<u><b>0</b></u>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<u><u><b>\$ 26,454</b></u></u>	<u><u><b>\$ 46,175</b></u></u>

**Coalition of Manitoba Cultural Communities for Families Inc.**  
**Statement of Revenues & Expenditures**  
**Year Ended March 31, 2021**

	2021	2020
<b>REVENUES</b>		
Contributions	\$ 25,901	\$ 25,525
<b>TOTAL REVENUES</b>	<b>\$ 25,901</b>	<b>\$ 25,525</b>
<b>EXPENSES</b>		
Communication & Marketing	2,194	1,603
Education & Awareness	-	12,221
Community Engagement	2,475	
Equipment & Supplies	549	3,445
Facilitator	19,988	7,763
Administration	696	
Meetings	-	492
<b>TOTAL EXPENSES</b>	<b>\$ 25,901</b>	<b>\$ 25,525</b>
<b>EXCESS OF REVENUES OVER EXPENSES</b>	<b>\$ 0</b>	<b>\$ 0</b>



**Coalition of Manitoba Cultural Communities for Families Inc.**  
**Statement of Changes in Net Assets**  
**Year Ended March 31, 2021**

	2021	2020
<b>NET ASSETS - BEGINNING OF YEAR</b>	<b>\$ 0</b>	-
EXCESS OF REVENUES OVER EXPENSES	-	0
<b>NET ASSEST - END OF YEAR</b>	<b>\$ 0</b>	<b>\$ 0</b>

**Coalition of Manitoba Cultural Communities for Families Inc.**  
**Statement of Cash Flow**  
**Year Ended March 31, 2021**

	2021	2020
<b>OPERATING ACTIVITIES</b>		
Excess of revenues over expenses	0	0
Changes in non-cash working capital:	(20,192)	28,418
	(20,192)	28,418
<b>INCREASE (DECREASE) IN CASH</b>	<b>(20,192)</b>	<b>28,418</b>
Cash - beginning of year	41,665	13,248
<b>CASH - END OF YEAR</b>	<b>\$ 21,473</b>	<b>41,666</b>

# Coalition of Manitoba Cultural Communities for Families Inc.

Notes to Financial Statements

Year Ended March 31, 2021

## Summary of significant accounting policies

### Revenue recognition

- 1 The organization follows the deferral method of accounting for contributions. Externally restricted contributions are deferred and recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue when received or receivable

### 2 Deferred Contributions

	<u>2021</u>	<u>2020</u>
Beginning balance	\$ 45,762	21,190
<i>Add contributions received or receivable for the year:</i>		
Winnipeg Child & Family Services		0
Winnipeg Foundation	0	38,500
Winnipeg Regional Health Authority	4,500	7,500
Canadian Mental Health Association Inc.	0	4,097
<b>Subtotal</b>	<b>\$ 50,262</b>	<b>\$ 71,287</b>
Less: amounts recognized as revenue during the year	<b>25,901</b>	25,525
Ending balance	<b>\$ 24,361</b>	<b>\$ 45,762</b>

### **Board of Directors:**

- Eriqueson Tayo-Jones;
- Inna Ganda;
- Berhanu Balcha;
- Mengistu Assefa;
- Florence Okwudili; (Chair)
- Kedeen Cummings; (Co-chair)
- Simret Daniel;(Co-Chair with Rashid Ahmed, Research Advisory Council) and
- Kathleen Vyrauen (Secretary-Treasurer)

### **Organization Animators:**

- CEO, Martin Itzkow, FRSA
- Community Engagement and Allies Facilitator, Steven Feldgaier Ph.D.
- Coordinator, Research and Community Planning, Maryam Rahimi BSW
- Coordinator, Community Engagement Facilitation – Mihiret Kumbi

### **Organizational Structure (Members):**

#### A - Community Engagement Facilitator's Program:

- Maryam Rahimi
- Mihiret Kumbi
- Rhona Graham
- Steven Feldgaier
- Alka Kumar
- Emile Namwira

**B – Research Advisory Council on Community-Driven Wellbeing Initiatives:**

- Stephen Feldgaier
- Carola Vergara
- David Jamieson
- Dr. Jon Gerrard
- Humaira Jaleel
- Imran Rahman
- Maryam Rahimi
- Simret Daniel
- Tim Feduniw
- Alka Kumar
- Mengistu Assefa
- Judy Morfitt

**C - Wisdom of Hardship Initiative:**

- Alka Kumar (Canada)
- Catus Lee (Taiwan)
- Callum Greenwood (U.K.)
- Ines Medeiros (Brazil)
- Martin Itzkow (Canada) Facilitator and Convener
- Fritz Plank and Nora Plank (Austria)
- Gerlinde Mayr-Meissner (Austria)
- Stephen Feldgaier (Canada)
- Josh Ransom (U.K.)
- Christopher Carr (U.K.)
- Romina Farrell (Canada)

**D - Youth Mental Health Working Group (Giving Voice to Values Initiative):**

- Maryam Rahimi
- Kathleen Amelia
- Lubna Hussain
- Rooj Ali
- Saron Seyoum
- Stephen Feldgaier

E - Cultural Community Child Wellbeing Working Group:

- Deborah Martin-Koop
- Humaira Jaleel
- Maysoun Darweesh
- Mwumvaneza Azarias Butariho
- Maryam Rahimi

F - Cultural Community Child Wellbeing Roundtable:

- Amna Iqbal
- Humaira Jaleel
- Maysoun Darweesh
- Tina Kehler
- Mwumvaneza Azarias Butariho
- Beatrice Nanduhura
- Celine Tuyisenge
- Christine Oriaku
- Deborah Martin-Koop
- Nadine Krahn
- Sophia Ali
- Sumera Aurangzeb
- Maryam Rahimi

G - Cultural Community Family Violence Working Group:

- Francis A. Amara.
- Christine Ens
- Humaira Jaleel
- Maryam Rahimi
- Stephen Feldgaier

**Nominations – 2021-2022**

- Christine Oriaku
- Gian Singh Lally
- Saron Seyoum
- Arun Kumar Chauhan

# **Panel Presentation**

This is the first of six more interactive mutual learning sessions (December 2021- June 2022) where we will be exploring the life cycle of a person and how they expect support in terms of these themes: health, education, preparing for employment, ageing, and intergenerational dimensions of life.

Questions to consider:

1. To whom do we need to take care of?
2. Will cultural communities continue to have a role in this mutual obligation to its families and individuals?
3. To whom do we feel a mutual obligation?
4. How has the pandemic changed our culture of 'owing each other,' and other previous expectations?

These questions have a direct influence on how our family life and community life is organized and is required to answer the following question: Can we meet our life aspirations of education, child care, health care and employment which impact the life we want?

## **Our Learning Event: "What We Owe Each Other"**

### **Are we, WE?**

### **Our Panel:**

**Moderator: Nadia Kidwai**

#### **Biography:**

Nadia is currently seconded as the Executive Producer for Diversity and Inclusion at CBC Manitoba.

Prior to her secondment, she hosted the Weekend Morning Show at CBC Manitoba. Nadia is originally from Cardiff, Wales. She came to Canada in 2004 after graduating from Oxford University with a B.A. in Politics and History.

Before joining CBC Manitoba, Nadia spent over a decade working on issues related to diversity, inclusion, community development, and capacity building. Her experience ranges from working with newcomers in non-profit organisations and community groups; advisory and advocacy work for marginalised populations on provincial councils; research and consulting for the Government of Manitoba; and more recently in designing, developing, and coordinating two different leadership programs: the Canadian Muslim Leadership Institute which she co-founded and Next Up Winnipeg which is part of a national progressive leadership program. She has been with CBC Manitoba since 2016.

## **Panel Members:**

### **Marwa Fadol**

#### **Biography:**

Marwa Fadol is a Registered Psychologist in Alberta and holds a Master's degree in Counselling Psychology. She is a Mental Health Therapist with Alberta Health Services, providing triage and assessment to people struggling with addiction and mental health concerns. Marwa has over a decade of experience in school-based and community mental health. She has a private practice where she works with individuals and families around various issues including anxiety, depression, trauma, grief, and attachment and family relationships.

Marwa is also a Training and Development Specialist with the Crisis and Trauma Resource Institute (CTRI) where she authors, edits, and facilitates trainings on a variety of topics related to mental health, trauma, and crisis response. Additionally, Marwa consults with community and faith-based organizations on topics related to mental health. As a clinician she believes that people are the experts in their own lives and have within them the strength and capacity to enact change. Marwa approaches her work through an attachment and developmental lens and sees that her role as a therapist is to help empower people to write their own life stories, explore their own values and beliefs about how the world works, and develop authentic, fulfilling relationships.



## **Dr. Berhanu Balcha**

### **Biography:**

He was born and raised in Central Ethiopia, now called, Oromia. He completed primary school and secondary school in Ethiopia. He was admitted to the Haile Selassie I university, now called, Addis Ababa, University. Berhanu completed freshman, then enrolled to pre-med stream. Due to the political situation he had to leave Ethiopia and went to Hungary. There he completed his medical education; graduated in 1981. He had taken further training in Winnipeg, completed rotating internship, and wrote a few qualifying examinations. Due to the military, oppressive and dictatorial regime in Ethiopia, Berhanu opted to stay abroad. He became a refugee in Italy from where he immigrated to Canada. He have been in Canada for over 35 years now and has made Winnipeg his home. He works as a general practitioner/ Family physician at St. James Primacy Clinic and Deer Lodge Centre. He is one of the founders and board members of CMCCF. He volunteered in many community organizations. He speaks, reads, and writes well in Afaan Oromo, Amharic, English and Hungarian. He is married and have four children. Berhanu is currently a member of the Board of Directors for the Coalition of Manitoba Cultural Communities for Families Inc.

### **Chat Moderator**

**Alka Kumar, PhD, Peace and Conflict Studies (University of Manitoba) and Research Fellow, CERC in Migration and Integration, at Ryerson University.**

Over the past 10 months, Alka along with other members of cultural communities have been discussing and testing ideas to establish a CMCCF Community Engagement Facilitator's Program. This program will explore and develop capacities to convene and engage with others to ensure that Cultural Community voices are heard, respected and understood as it relates to public policy development in our communities.

## **Background**

'What we owe each other' is based on the expectation's society has placed on each of us and this is known as a social contract. Usually these are negotiated in times of great upheaval and significant change. In essence, a social contract are the expectations we construct and are reflective of our values; and how we want to live them within ourselves, our families, and our communities. There are many assumptions that give direction to the development of social contracts, for example the following areas of our life cycle 1) raising and educating children; 2) dealing with poverty and inequities in human services; 3) helping people adjust to new and emerging economic realities; 4) how we care for the elderly; and 5) how we balance the interests of different generations.

Here are examples of previous assumptions certain societies have assumed are true: families are led by a sole male who is the bread winner; women should be responsible to take care of children and the old; people would stay married until they died; and there will be steady employment for all.

Also, traditionally there are three guiding principles which inform the development of any social contract. They are: 1) 'Security for All', where everyone should be guaranteed a minimum required to live a decent life; 2) 'Maximum Investment in Capabilities', where everyone should be expected to contribute as much as they can and then other aspects of our society must take over; and 3) 'Sharing of Risks', where everyone should be protected from risks of sickness, unemployment and old age.

We will have a number of questions which the panel and our audience may consider, including:

1- What has changed before and during this pandemic which demonstrates that the current social contract and what we owe each other has changed?

2 - How different are our expectations now between the individual and their cultural community?

3 - What can we expect from our governmental institutions?

4- How fair and reasonable is it for cultural communities to remain as recipients of social services rather than becoming leaders, co-creators,

mentors, and teachers of cultural context and developers of relevant community services in partnership with diverse service providers and policymakers?

Please note that we were inspired by the book written by Minouche Shafik, 'We Owe Each Other: A New Social Contract for A Better Society.'

# Virtual AGM Slide Presentation



## **Our AGM Agenda**

1. Call to Order – Chair of meeting Kedeem Cummings, Vice-Chair
2. Approval of AGM Agenda
3. Approval of the past minutes of the 2020 AGM
4. Annual Report:
  1. Florence Okwudili, Chair and Martin Itzkow, CEO – Executive Report
  2. Steve Feldgaier, Engagement and Allies Facilitator & Maryam Rahimi, Research & Planning Coordinator - Program
  3. Zulaika Rahim & Kathleen Vyrauen – Financial Report
  4. Kathleen Vyrauen – Nominations
5. Meeting Adjournment – Kedeem Cummings
6. Introduction and context – Our Panel Presentation, Eriqueson Tayo-Jones
7. Appreciation and Closure– Saron Seyoum

## **Reports**

**Florence Okwudili & Martin Itzkow- Executive**

**Steve Feldgaier & Maryam Rahimi - Program**

**Zulaika Rahim & Kathleen Vyrauen - Financial  
Report**

**Kathleen Vyrauen – Nominations**

# Financial Report



**Coalition of Manitoba Cultural Communities for Families Inc.**  
**Financial Statements (compilation)**  
**Year Ended March 31, 2021**

**Coalition of Manitoba Cultural Communities for Families Inc.**  
**Statement of Financial Position**  
**March 31, 2021**

	2021	2020
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 21,473	\$ 41,665
Accounts Receivable	4,500	4,097
Other Receivable	480	413
	<u>\$26,454</u>	<u>\$46,175</u>
<b>TOTAL ASSETS</b>	<b>\$ 26,454</b>	<b>\$ 46,175</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Accrued Liabilities	\$ 1,613	0
Deferred Contributions (note 2)	24,361	\$ 45,762
Other	480	413
	<u>\$ 26,454</u>	<u>\$ 46,175</u>
<b>TOTAL LIABILITIES</b>	<b>\$ 26,454</b>	<b>\$ 46,175</b>
<b>NET ASSETS</b>	<b>0</b>	<b>0</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$ 26,454</b>	<b>\$ 46,175</b>

**Coalition of Manitoba Cultural Communities for Families Inc.  
Statement of Revenues & Expenditures  
Year Ended March 31, 2021**

	2021	2020
<b>REVENUES</b>		
Contributions	\$ 25,901	\$ 25,525
<b>TOTAL REVENUES</b>	<b>\$ 25,901</b>	<b>\$ 25,525</b>
<b>EXPENSES</b>		
Communication & Marketing	2,194	1,603
Education & Awareness	-	12,221
Community Engagement	2,475	
Equipment & Supplies	549	3,445
Facilitator	19,988	7,763
Administration	696	
Meetings	-	492
<b>TOTAL EXPENSES</b>	<b>\$ 25,901</b>	<b>\$ 25,525</b>
<b>EXCESS OF REVENUES OVER EXPENSES</b>	<b>\$0</b>	<b>\$ 0</b>

**Coalition of Manitoba Cultural Communities for Families Inc.  
Statement of Changes in Net Assets  
Year Ended March 31, 2021**

	2021	2020
NET ASSETS - BEGINNING OF YEAR	\$ 0	-
EXCESS OF REVENUES OVER EXPENSES	-	0
<b>NET ASSETS - END OF YEAR</b>	<b>\$ 0</b>	<b>\$ 0</b>

**Coalition of Manitoba Cultural Communities for Families Inc.  
Statement of Cash Flow  
Year Ended March 31, 2021**

	2021	2020
<b>OPERATING ACTIVITIES</b>		
Excess of revenues over expenses	\$ 0	0
Changes in non-cash working capital	(25,182)	25,418
	<u>(25,182)</u>	<u>25,418</u>
<b>INCREASE (DECREASE) IN CASH</b>	<b>(25,182)</b>	<b>25,418</b>
Cash - beginning of year	45,668	13,248
<b>CASH - END OF YEAR</b>	<b>\$ 21,473</b>	<b>\$ 41,998</b>

**Coalition of Manitoba Cultural Communities for Families Inc.**  
 Notes to Financial Statements  
 Year Ended March 31, 2021

**Summary of significant accounting policies**

**Revenue recognition**

- The organization follows the deferral method of accounting for contributions. Externally restricted contributions are deferred and recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue when received or receivable

**2 Deferred Contributions**

	2021	2020
Beginning balance	\$ 45,762	21,190
Add contributions received or receivable for the year:		
Winnipeg Child & Family Services		0
Winnipeg Foundation	0	38,500
Winnipeg Regional Health Authority	4,500	7,500
Canadian Mental Health Association Inc.	0	4,097
<b>Subtotal</b>	<b>\$ 50,262</b>	<b>\$ 71,287</b>
Less: amounts recognized as revenue during the year	25,901	25,525
Ending balance	\$ 24,361	\$ 45,762

## Nominations

**CHRISTINE ORIAKU  
 ARUN KUMAR CHAUHAN  
 SARON SEYOUM  
 GIAN SINGH LALLY**





**Panel Presentation:**  
**"What We Owe Each  
Other"**

**Moderator:**  
**Nadia Kidwai**

**Panel:**  
**Marwa Fadol**  
**Dr. Berhanu Balcha**

**Chat Moderator:**  
**Alka Kumar**

**Appreciation:**  
**Saron Seyoum**

**CMCCF**

**[www.cmccfamilies.ca](http://www.cmccfamilies.ca)**