

# CIWA Youth Forum



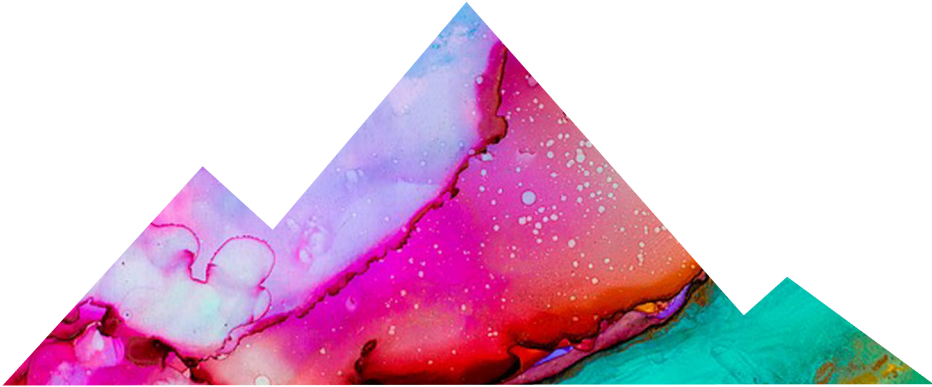
DAUGHTERS TODAY, LEADERS TOMORROW

# Youth Forum

The logo on the front page is about embracing diversity and traits of women in our society. It comprises of phrases that are positive, inspiring and empowering. The words together form the maple leaf to show that Canada is made up of young women who embody these values and traits. Girls participating in various CIWA youth programs wrote the words in their unique styles and created the collage that makes up the maple leaf to demonstrate their common bond and teamwork. They are coming together from various backgrounds and from different corners of the world which defines Canada.

# Table of Contents

Welcome to CIWA Youth Forum 2018	Page 1
Introduction by Chief Executive Officer	Page 2
About CIWA	Page 3
The Calgary Bridge Foundation For Youth	Page 4
CIWA's Youth Mentorship Program (YMP)	Page 5
Youth Mentorship Program Statistics	Page 6
Words from a Mentor	Page 7
Poem by a Mentee	Page 8
Keynote Speaker	Page 9
Words from a Mentor & Mentee	Page 10
Words from a Mentee	Page 11
Words from a Mentor	Page 12
Participant Quotes	Page 13
Daughters Day Awards	Page 15
Daughters Day Awards Jury	Page 16
Presenters, Partners and Funders	Page 17



# **Welcome to Youth Forum 2018**

## **Events and Stations**

•Henna •Hair and Make-up •Origami •Nail Painting •PhotoBooth •Zumba •Games and Activities •Raffle Draw •Massage

## **Performers**

•African Steppers •Zhaoli Dance School •YMP Youth

# CHIEF EXECUTIVE OFFICER

## **Introduction by Chief Executive Officer, Beba Svigir**

CIWA Youth Forum is celebrating its sixth year. The forum, funded solely by Immigration, Refugees and Citizenship Canada (IRCC), highlights the individual experiences of mentees and mentors, their journey to Canada and involvement in the Youth Mentorship Program at CIWA. The theme of this year's event is 'Daughters Today, Leaders Tomorrow.' The event, publication and all related work has been coordinated by Youth Mentorship Program staff and participants.

This year, we had the pleasure of partnering up with our friends from the Calgary Bridge Foundation for Youth (CBFY) to bring you the event that is celebrating collaboration, diversity and inclusion. Many of the youth and families attending the event today access services at CIWA and CBFY and take advantage of excellent unique and complimentary supports available for them in both agencies. We want to support integration of immigrant youth and at the same time offer opportunities for mainstream youth to engage in the learning process that enriches their understanding of the world, multiculturalism and appreciation for newcomers living in the city.

The Youth Forum publication will guide you through the different experiences young immigrants face integrating into Canada, as well as the benefits mainstream youth experience by virtue of engaging in the process.

This year's Youth Forum includes CIWA's fourth annual Daughters Day Awards, the event widely advertised through CIWA and CBFY. We secured generous sponsorship for four young women who will be recognized for their significant contributions to their communities, and presented with awards today.

I would like to thank staff from CIWA and CBFY for their efforts and collaboration, program participants and their family members, community supporters and all of you attending the Youth Forum today, for supporting this initiative and joining us today. I can assure you that, in line with the theme of the event, all Youth Forum 2018 participants are carving their way to become successful community leaders of the future.



## About Calgary Immigrant Women's Association

Since 1982, Calgary Immigrant Women's Association has provided exciting opportunities for immigrant girls and women from all backgrounds to come together and develop skills to succeed in Canadian culture.

Through innovative programming including settlement, language training, employment skills and family services, CIWA supports immigrant women and empowers them through capacity building and networking opportunities. This allows them, as well as their families, to integrate into our diverse and great city.

- CIWA provides programs and services in 100 community locations
- CIWA serves thousands of clients through individual and group service every year
- Over 1,000 volunteers support CIWA programming
- Staff and volunteers speak a combined total of 56 different languages



The Calgary Bridge Foundation for Youth is a non-profit organization serving immigrant and refugee youth and their families as they build a life in Canada. Since 1990, programs within CBFY have strived to provide newcomer youth and their families with appropriate information, knowledge, and opportunities, holding fast to the vision of developing resilient youth who thrive in vibrant and inclusive communities.

Core values at CBFY include creating a sense of belonging, being ethical and respectful in our pursuit of excellence, strengthening our relevance through collaborative partnerships and positive synergies, championing diversity as our core ethos, nurturing growth and innovative practices and inspiring a culture of excellence.

The Mentorship Program, under the umbrella of CBFY, has been working in collaboration with CIWA to support the settlement and integration of newcomer immigrant and refugee youth entering grades 10-12 throughout the city. Both programs work within high schools to support and facilitate positive transitions for youth into Canadian schools and communities. Not only are referrals made to clients to attend each other's programs, often times staff members facilitate trainings or presentations for one another. In addition, city-wide events play a major role in the collaboration of CIWA and the Mentorship Program. Whether CBFY's Youth Conference or CIWA's Youth Forum, both organizations are sure to attend and refer clients



## **CIWA's Youth Mentorship Program**

Youth Mentorship Program promotes intercultural understanding by providing opportunities to develop support networks and friendships. It also provides leadership development through community presentations and interactive opportunities.

Since its inception in 2011, CIWA's Youth Mentorship Program has effectively graduated girls into the society as leaders in both academic pursuits and extra-curricular feats. The program is available to immigrant girls between the ages of 14 and 24 years. Mentors and mentees plan and engage in activities that support social, personal and academic growth. The ensuing guidance and friendship create a healthy environment for the mentee to successfully integrate in Canada.

Youth Forum is an annual capstone event that highlights the accomplishments of mentors and mentees. It seeks to showcase the beauty in diversity and cross cultural learnings. Youth Forum is also an "all hands on deck" project that also offers youth first-hand leadership experience through stage by stage implementation of vibrant ideas, design and talent display.





## Youth Mentorship Program Statistics

Number of countries represented: 13

Top five countries: Philippines, Syria, India, Saudi Arabia, Nigeria

Top five languages: Tagalog, Arabic, Hindi, Tibetan, Oromo

Number of participants: 91

Number of volunteering hours: 1300+ hours

Participants took part in 8 experiential field trips to venues such as: Heritage Park, Telus Spark, Calgary Zoo, the Calgary Drop-in Centre, Lloyd's RollerBlade, Stanley Park, Winsport, and the Scotiabank Saddledome.

Participants engaged in 9 educational sessions and activities including Color Me Mine ceramic painting workshop, IHeart Radio Westfest Concert, Learning Clicks post-secondary information session, safety tips on attending public events, photography, intergenerational painting activity and Youth Forum planning.

Program mentees delivered 11 presentations at their schools and in the community providing a platform for the youth to engage in public presentations and civic participation.

Participants contributed over 1300 volunteer hours including individual and group support to mentees, administrative assistance, planning and execution of a successful Youth Forum.



## Words from a Mentor

I have really enjoyed being a mentor. CIWA Youth Mentorship Program is amazing! It has given me the opportunity to make a difference in a youth's life. It has brought so much joy to me that I can make a difference and really help someone who needs it and deserves every opportunity in Calgary to succeed. Being a newcomer can be really hard. I was a newcomer to Calgary once, and I still remember everyone that had taken the time to help me succeed. CIWA has given me the chance to learn how to become a great role model to society and that even the smallest of tasks can help someone out and make a difference. Thank you to my mentee as well, for always being supportive to me and allowing me to be myself but also grow.

-Rosemary



## We Were Girls

At first we were sacred  
We weren't sure what to do  
We were girls in a new land  
Without any clue

We kept our mouths shut  
And we followed the norm  
Not sure where it'd take us  
Just trying to fit in

It was hard being different  
But we knew if we tried  
We could be much more  
If we looked with fresh eyes

We feel much more confident  
Than we had at first  
Our ideas are valuable  
Because they are not suppressed

So now we are here  
And we'll let everyone know  
We might be girls today  
But we'll be leaders tomorrow

-Osose

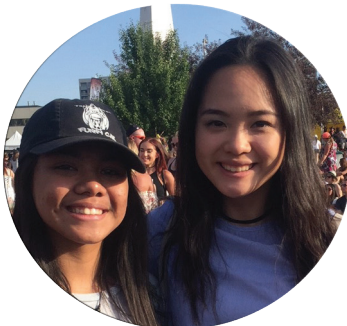


## Keynote Speaker: Hena Qureshi

Key “action” words: Empower, Motivate, Educate, Advocate, Inspire

The importance of education was always reinforced throughout Hena’s upbringing. Hena has currently completed a Master of Science in Health Economics, in addition to her Bachelor’s Degree in Biological Sciences and Economics. She is also a certified CPR & First Aid Instructor for Heart and Stroke Canada and the Canadian Red Cross.

Hena’s studies have created opportunities for her to further explore international cooperation and community development. She founded the non-profit organization Green Sparrow Care. Her work there has included implementing a CPR and First Aid program, providing education and basic necessities for orphaned girls. She also recently started a new initiative teaching entrepreneurship to elementary students to inspire creativity and innovation. Hena believes that supporting people to take agency over their own situation leads to a sense of empowerment that helps transform their lives and their communities.



## Kathy and Coline

Kathy, the mentor, and Coline, the mentee, have been paired together since summer. They will be speaking at the Youth Forum.

Kathy has shown Coline the beauty of Calgary. The two of them have been to different places, restaurants, and concerts and have shared beautiful experiences together in Canada.

Kathy has learned a lot from Coline over the course of the year in regards to creating deep and meaningful relationships with people, how to support others, and most of all, how to empathize with those in need. CIWA has given Kathy a unique, valuable insight into the experiences of immigrant women and she is consistently in awe of their warmth and resilience. Kathy is grateful for being able to be a part of a community and continuing to build up women in Calgary.



## Words from Mentees

My experience as a mentee has been amazing. I have learned so many new things, went to new places, met lots of new people and got to know two amazing mentors of mine. I am very thankful to CIWA for giving me mentors who have helped in every way possible. I got a chance to host last year's Youth Forum with a mentor named Omnia. I always feared public speaking but I took it as a challenge, which I was able to overcome. I am lot more confident and outgoing now. I am grateful and thankful to CIWA for making me the person that I am today."

— Karma

When I started at CIWA, I was scared, because I was not used to how people did their daily tasks. This haunted me because I was new. Thanks to CIWA I was paired up with Shirin, who helped me to slowly engage in the city. Moreover, she introduced me to new ways which opened up opportunities. Thanks to my new circumstances I am now able to adjust to the community I live in and able to give back to society. I am truly grateful to be part of CIWA because without their help I would not be as successful as I am today.

-Kenbarrie



## Words from a Mentor

I have been volunteering at the Calgary Immigrant Women's Association for five years, ever since I moved to Calgary. I decided to join CIWA as I firmly believe in their goals which are to empower immigrant women and enrich Canadian society. One of the most rewarding programs that CIWA offers is the Youth Mentorship Program. As a mentor, I cannot describe how amazing it feels when you can help a young female adjust to Canadian culture. There are many barriers that we, the mentee and the mentor, have to overcome. In the end, it is worth the time and investment. Not only has this program allowed many mentees to get involved in their communities but, it has also impacted me. It has allowed me to make a difference even though I am only a student. Thanks to CIWA, I have not only developed my leadership skills but also my confidence, I have become more socially aware as I see first-hand global issues such as racism, low self-confidence, and identity crisis. My years at CIWA have been invaluable and have had a significant impact on who I am today. I can only hope this program will have a similar effect on my mentee. This program is a gift in itself as participants and volunteers alike will leave an improved version of their former selves, which is why I want to continue being a contributing part of the CIWA name.

- Shirin

## Participant Quotes



I love meeting new girls and learning new things. I am thankful for everything that YMP has done and I am glad I am part of this family. YMP has helped me a lot.

-Tenzin



YMP empowers youth by helping them embrace their individuality and creating acceptance in society.

-Maha





YMP is a great way to meet new people.  
-Denise



YMP boasted my strength and confidence  
by meeting lots of different people.  
-Ugyen



YMP provided lots of opportunities to  
volunteer and help others. I was also able  
to network with other people that helped  
me improved myself.  
-Chokey





## Daughters Day Awards

Daughters Day Awards celebrate the lives, contributions, and achievements of daughters based on an appreciation of gender equity in our society.

The annual event was created in Edmonton and raises awareness about gender discrimination as well as recognizes exceptional daughters who are making a significant contribution to their communities.

CIWA's Daughters Day Awards recipients will be presented as part of Youth Forum 2018. Applicants were nominated in December 2017, and a jury has selected four award recipients for this year.

*Daughters Day Awards are generously supported by Gerda R. Bloemraad, former CIWA Board Chair and Shirley Turnbull, CIWA Board Director.*



## Daughters Day Awards Jury

**Alice Lam - Chair** Alice has over ten years of experience volunteering with various Calgary and Edmonton based organizations that strive to help the immigrant community reach their full potential. She hopes to encourage like-minded young professionals to give back through community service. She is currently on the marketing committee of the Calgary Chinese Community Service Association (CCCSA) and volunteers as an interpreter and facility coordinator for Calgary's Chinese senior immigrant community.

**Jade Duong** immigrated to Canada from Vietnam with her parents as a young child. Jade was raised in Calgary and holds a Juris Doctorate from the University of Calgary. Jade has worked in both the private and public legal sector, and is an active member of the Alberta Law Society, the Alberta Justice Civil Lawyers Association. She is also the Risk Management Coordinator for Alpha Gamma Delta.

**Zabeda Yaqoob** Zabeda began work as a family law lawyer at Foster LLP where she continues to enjoy helping families resolve their parenting and matrimonial issues. Zabeda has a vast amount of experience dealing with culturally sensitive issues. She has delivered training and mentoring in areas such as forced marriages, domestic violence, female genital mutilation and human and child trafficking.

**Ranju Shergill** is an executive of a recruitment firm. Ranju focuses on executive recruitment in legal and corporate professions across various industries, and has developed an outstanding reputation as a recruiter with her clients. Candidate and client care are fundamental components of her approach in search, and delivering a high level of service is what her clients receive.

## Presented By:



## In Partnership With:



## Funded By:



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

Publication Team:	Amanda Hadiqa Coline Jasmin Jade Karma Kaila Kelly Roshelle Katherine Montalvo-Paz
-------------------	---

Staff:	Michelle Sari
--------	---------------

CIWA Passport Design	Eleah Reimer
----------------------	--------------

Editors:	Beba Svirig Eva Szasz-Redmond Rekha Gadhia Leanne Casuncad Michelle Sari
----------	--

Photography:	CIWA
--------------	------

Printed by:	DATA Group
-------------	------------

**DAUGHTERS TODAY, LEADERS TOMORROW**