

CIWA Youth Forum

2016



Table of Contents

Introduction by Chief Executive Officer	Page 1
About CIWA	Page 2
About Youth Mentorship	Page 3
A Peek into a Mentorship Relationship	Page 4
Youth Mentorship Statistics	Page 5
Proud Moments	Page 7
Youth Forum 2014-2015	Page 8
Welcome to Youth Forum 2016	Page 9
Mother and Daughter Poem	Page 11
Daughters' Day Awards	Page 13
Daughters' Day Award Jury	Page 14
Presenters, Partners and Funders	Page 15

**"A community is like
a ship; everyone ought
to be prepared to take
the helm."
- Henrik Ibsen**

Introduction by Chief Executive Officer, Beba Svirig

Welcome to CIWA's fourth annual Youth Forum. The forum aims to highlight the individual experiences of mentees and mentors, their journey to Canada and involvement in the Youth Mentorship program at CIWA. This year's Youth Forum includes CIWA's second annual Daughters' Day Awards. This award originated in Edmonton and Calgary will be recognizing exceptional daughters who have made life better in their communities, demonstrated exemplary leadership skills and accomplished outstanding successes. This year, three daughters will be recognized for their significant contribution to their communities.

The theme of this year's event is 'Recognizing Daughters, Celebrating Diversity.' The event, publication and all related work has been coordinated by Youth Mentorship program staff and participants.

Through this program, 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 this city.

This 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.

I would like to thank CIWA staff, program participants, community supporters and all of you reading this publication for supporting this initiative and attending this event. I can assure you some of the participants in the event are carving their way to become successful community leaders of the future.

About CIWA

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 since 1982.

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.

"The most impressive thing about Youth Mentorship program are the facilitators and the aim of the program. The program helps us newcomers to find friends and sisters. We also get to experience things outside our comfort zone. The facilitators are two of the most brilliant people I know that I'm comfortable sharing my life stories with. They guide us in every step of the way and they make sure that we have fun." - Mentee



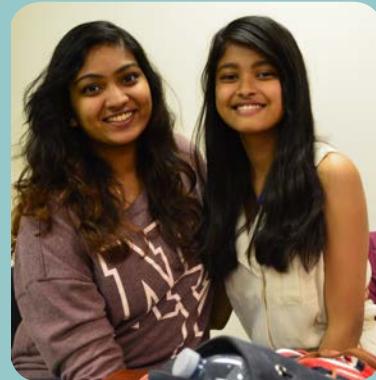
CIWA Statistics:

- CIWA provides service in 134 community locations
- CIWA served 17,910 clients in the last fiscal year
- Over 1000 volunteers support CIWA programming
- Staff speak a combined total of 38 different languages.

Youth Mentorship

Youth Mentorship program promotes intercultural understanding by providing opportunities to develop support networks and friendships. It also provides leadership development through one on one mentorship and group activities.

The program is available for immigrant girls between the ages of 12 and 29 years. Mentors and mentees engage in activities that focus on goals set in the areas of social, personal and academic development of the mentee. The guidance and friendship the mentor provides assists the mentee to successfully integrate in Canada.



“I enjoy the exposure to different cultures and being able to meet with individuals with vastly different perspectives and backgrounds. I enjoyed the overall atmosphere! There were great activities and it was a lot of fun.” - Mentor

A Peek into a Mentorship Relationship

Quote from the mentee:

“As a mentee in the Youth Mentorship program, I have learnt many things. I learnt about educational programs, volunteering and its benefits. I found new information about lifestyle, customs and traditions in Canada. I gained self-esteem and confidence with my involvement at CIWA and support from my mentor. I am now capable of finding workshops and programs on my own, which will benefit me in the future. I enjoy my time spent at CIWA both as a mentee and as a volunteer.” - Seema



Quote from her mentor:

“My mentee is fairly new in Canada. Helping her integrate in Canada gave me immense pride and satisfaction. During my association with her, she became an integral part of my life and I started considering her as my dear friend and a sister. Seemingly, I have supported her in her integration journey but also, her courage has inspired me to grow in my own personal life.” - Bahesht



Youth Mentorship program Statistics

Number of participants: 117

Number of countries represented: 23

Number of volunteer hours contributed: Over 1400 hours

Number of field trips: 7

Number of community presentations by program mentees: 10



“The program itself is just impressive; especially for me as I have come from a country that did not have anything like this. You get to know people and they help you as well to know Canada as a whole. And you get to have a mentor who will become a friend/sister to you.” - Mentee

Proud Moments



Youth Mentorship program mentor selected as a finalist for Youth of Distinction Awards by Youth Central.



Youth Mentorship program participant became the proud recipient of Calgary's Inaugural Daughter's Day Award 2015.

"I learnt from the program that no matter where you come from, what color you are, what religion you believe in, everyone is equal and important. Believe in yourself, because anything is possible." - Mentee

Youth Forum 2014 - 2015



"I really like that we came up with the event's planning all together and that we all got to contribute."

"I find it really great that the community is working hard in promoting and empowering women and youth."



Welcome to Youth Forum 2016

Events:

Henna Artists
Nail Painting
Bracelet Making
Photo Booth
Games & Activities
Kids Origami
Raffle Draw

Performers:

NLU Hype Team
Kugekai Lion Dance Team
Tundra Swan Art School
Philippine Cultural Center
Foundation Youth Dancers

Keynote Speaker:

Lourdes Juan
Director of LMJ Consultants
Founder of Leftovers Calgary
Owner of Soma Spa Calgary

“Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

- Margaret Mead



Recognizing Daughters - Celebrating Diversity

Explore a medley of different cultures at Calgary Immigrant Women's Association's Youth Forum Culture Fest 2016: 'Recognizing Daughters- Celebrating Diversity'. The event entails fun, interactive activities, games, prizes, community partner booths and special performances by community artists and much more!

Youth Forum is an opportunity to showcase the confidence and leadership participants of the program have gained through their association with CIWA. It is a platform for newcomer youth to share their settlement and integration stories with their new community. The event also highlights the skills that the participants have gained through the process of planning Youth Forum 2016.



Mother and Daughter Poem

Dearest Mother,
You're the friend I most adore,
You taught me everything I know and more.
You never abandoned me when times got tough.
You held my trembling hands when the waters were rough.
Mother, you've always been by my side.
Holding me up when I wanted to hide.
Because of you, I now walk with pride.

~ Anonymous



“My mentor: my teacher, friend and my support. She is always been there for me and helped me. I make so many memories when I am with her and the fun times we have are endless. She inspires me to become a better person and motivates me. She is like a friend and an older sister.”
- Mentee

Daughters' Day Awards

Daughters' Day Awards celebrates 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 Award recipients will be presented as part of Youth Forum. Applicants were nominated in December, 2015, and a jury has selected three award recipients for this year.

Daughters' Day Awards Jury

Alice Lam - Chair

Alice Lam is a project manager who is currently working in the seniors industry. She graduated from the University of Alberta with a degree in Economics and more recently obtained a Master of Science degree in Management from IESEG School of Management in France. She is a member of CIWA's Board of Directors and also volunteers with low-income Chinese speaking seniors.

Dr. David Swann

Dr. David Swann is a Member of the Legislative Assembly for Calgary Mountain View and has been elected to the position since 2004. Dr. Swann practiced as a family physician from 1975 to 1984 and then as a public health consultant from 1988 to 2004. David has been involved in a number of anti-sanctions and anti-war movements from 1995 to 2004, which included three trips to Iraq.

Laura Manickaraj

Laura Manickaraj has dedicated much of her life to living with people with developmental disabilities in L'Arche communities, since 1987 in Calgary. For a number of years Laura has been living with cancer, which limits what she can do but her commitment to the lives of others often supersedes her own illness. Laura was a Daughters' Day Award recipient in 2014 in Edmonton.

Pam Krause

Pam Krause is the President and CEO of the Calgary Sexual Health Centre (CSHC). An advocate and activist on issues related to women's equality and social justice, Pam has worked and volunteered in the Calgary non-profit community for the past 20 years. Pam's leadership has been recognized by being named a Global Television Woman of Vision.

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Credits:

Publication Team:

Azmeena Nurddin
Bahesht Daniyal
Chelsie Klassen
Kristelle Anday
Linna Li
Milica Simic
Nathalie Ena Basan
Tasha Bobrovitz

Staff:

Azmeena Nurddin
Narisa Bhanji

Design and Layout:

Aneesha D'Cruz
Azmeena Nurddin
Jenna Shummoogum

Editors:

Amarjit Parmar
Beba Svigir
Eva Szasz-Redmond
Leanne Casuncad

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RECOGNIZING DAUGHTERS - CELEBRATING DIVERSITY