

A program of



7th Annual Women's Conference

GREAT EXPECTATIONS

PROGRAM BOOKLET



GREAT EXPECTATIONS

With every heartfelt prayer and every command followed, Our Lord is the Only One who can fulfill our dreams, heal our hearts, and guide us towards a path of ultimate fulfillment. To place our love and trust in Allah is to never be disappointed.

Love means entrusting yourself with, investing in, and having high expectations of the beloved. Our love of Allah is no different. Yet along the way, we misplace that trust in the wrong places -- in imperfect hands, in empty materialism, in egotistic self-reliance -- with inevitably disheartening results.

Allah's expectations of us are high and humbling. When the angels questioned the value of humankind given our weaknesses, our Lord left no room for doubt; He responded: "I know that which you do not." Because He is closer to you than your jugular vein, He knows your heart, He knows what you are capable of achieving, and He chose you to be His slave. It is only through meeting Allah's expectations of ourselves will we find our greatest hopes and achievements fulfilled.

This year's theme explores the sacred relationship between ourselves and our Creator, between the Mender of Hearts and the broken, the Most Generous and the seekers of new opportunities, the Most Merciful and those in desperate need of His Mercy. Invest in the most important relationship of your lifetime.

CONFERENCE FEATURES

	<p>PLAY & PRAY CHILDREN'S PROGRAM</p> <p>Rm 802B & 803, pg 17</p> <p>A jam packed day of innovative and exciting activities designed to encourage your child's creativity and love of deen!</p>		<p>MOTIVATIONAL LECTURES</p> <p>Hall G, schedule pg 8-12</p> <p>Knowledge based in-depth analysis, shared journeys, panel sessions and Q&A to leave all of our attendees ready to fly.</p>
	<p>EXPERTS STUDIO</p> <p>Rm 810, schedule pg 14</p> <p>Benefits of Hijama, cooking lessons, parenting circles, open mic, and more!</p>		<p>ENGAGING WORKSHOP</p> <p>Rm 801, schedule pg 13, 15</p> <p>Drawing inspiration from dynamic professionals, leaving attendees with the tools they need to shift into action.</p>
	<p>TUTORIALS</p> <p>Prayer Hall (F), schedule pg 14</p> <p>Fitness lessons, relationship discussions, makeup lessons, Turkish Marbling Art, Cake Decorating, Self-Defense Class.</p>		<p>TALENT SHOW</p> <p>Hall G</p> <p>Top finalists of the Talent Show Competition will showcase their artistic skills.</p>
	<p>MARKETPLACE</p> <p>Hall F</p> <p>Our Marketplace offers you a glimpse of the newest and the trendiest. There will definitely be something for everyone.</p>		<p>MOTHER'S ROOM</p> <p>Rm 802A</p> <p>Enjoy live streaming, toys and activities for kids. There are even diapers for the babies! Will feel like you are in the comfort of your own living room.</p>
	<p>THE GREAT SCAVENGER HUNT</p> <p>Marketplace (Hall F)</p> <p>Join us on a quest that will take you to a world of wonders and knowledge.</p>		<p>RISING MUSLIMAH AWARD</p> <p>Hall G</p> <p>Highlighting the outstanding achievements of inspirational women who rose to the occasion.</p>
	<p>ENTREPRENEUR PANEL</p> <p>Rm 801A, pg 13</p> <p>A new segment, Entrepreneur Panel is for womenpreneurs to share their success stories and encourage Muslimah's to start their own businesses/initiatives.</p>		<p>ARTISTS GALLERY</p> <p>Hall F</p> <p>Step into our Artists Gallery and explore the beautiful collection of artwork being presented by creative muslimahs.</p>
	<p>YOUTH ZONE</p> <p>Take a selfie at the being me photobooth! Check out the open mic session (rm 800), talent show (main hall), scavenger hunt (hall F), artists gallery (hall F).</p>		<p>TAJWEED CHECK</p> <p>Rm 830, pg 14</p> <p>Get your Tajweed checked by TareequlJannah Institute.</p>

LETTER FROM THE CONFERENCE HOST

As Salaamu Alaikum Wa Rahmatullahi wa Barakatahu!

Welcome to the 7th Annual Being ME (Muslimah Empowered) Conference - the largest conference empowering Muslim women in Canada! Being ME continues to focus on the ascent towards greatness that each one of us can achieve. With our theme of 'Great Expectations', we declare that Our Lord is the Only One who can fulfill our dreams, heal our hearts, and guide us towards a path of ultimate fulfillment.

The Being ME movement is ready to remind us that we need to invest in the most important relationship of our lives, while we continue to serve on the frontlines representing Islam. This year we bring you an eclectic mix of presenters delivering keynotes focusing on Allah's expectations of ourselves, as well as innovative workshops on intimacy, mental well-being, parenting, our partnership with the indigenous community and much more.

We hope that every moment of this experience will inspire your heart, mind and soul.

Jazakum Allahu Khairan,
Being ME Team 2018



LETTER FROM THE PRIME MINISTER



PRIME MINISTER · PREMIER MINISTRE

March 31, 2018

Dear Friends:

I am pleased to extend my warmest greetings to everyone attending the 7th *Being Muslimah Empowered* (Being ME) conference.

This annual gathering offers Muslim women a chance to share their experiences and celebrate their accomplishments. I am certain that today's presentations will be informative and enlightening, and that everyone will benefit from the opportunity to discuss important issues with their peers.

I would like to commend Mercy Mission for putting together a stimulating program that promotes dialogue, benevolence and a greater appreciation for the sisterhood that unites you.

On behalf of the Government of Canada, I offer my best wishes for a productive meeting in Toronto.

Sincerely,

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.
Prime Minister of Canada



ABOUT BEING ME



Being ME, “ME” stands for Muslimah Empowered, is a conference organized by women for women, addressing the different challenges faced by women from all walks of life. From navigating the professional world, to running a successful household, and all the facets of life in between - we share the knowledge of well-regarded experts in various fields.

In this, we celebrate successes and encourage every Muslim woman to seek their best self, focusing on self-development and sisterhood.

Through sharing experiences and working towards common goals, we embark upon this mission to give Muslim women an outlet to express the reality of their lifestyles, share accomplishments that benefit humanity, and to inspire one another to do the same.

WHAT WE DO

Being ME is organised by Mercy Mission, an organization that seeks to build exemplary Islamic communities that benefits humanity. To date our portfolio of incubated projects include NISA Helpline, National Zakat Foundation, AlKauthar Institute, Nisa Homes and now, FosterLink.

This year Being ME also embarks on a journey to transform itself from a Conference to a women's Organization dedicated to launching community projects serving the Muslimah identity and cause.

WHY WE DO IT

This conference embarks upon the mission to give all Muslim women a voice or an outlet to express the reality of their lifestyles, share accomplishments that benefit humanity and inspire others to do the same. We also provide the opportunity for all Muslim women to connect with each other so that we become pillars that support each other and the Deen.

THE SAD THING IS,
NOBODY EVER REALLY
KNOWS **HOW MUCH**
ANYONE ELSE IS
HURTING.

WE COULD BE STANDING NEXT TO SOMEONE
COMPLETELY BROKEN
AND WE WOULDN'T EVEN KNOW IT.



ACT LOCAL

PAY ZAKAT

TRUST NZF

Our mission is to provide the Muslim community with an end-to-end Zakat service encompassing:
Education, Calculation,
Collection & Distribution.



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MAIN HALL SCHEDULE

START TIME	SESSION	SPEAKERS
9:30 AM	Opening of Program	
9:40 AM	I am as my servant thinks of Me: Expecting Good of Allah	Taimiyyah Zubair
10:35 AM	Allah intends for you ease: Striving Towards a Balanced Life	Fuseina Mohamad
11:25 AM	Whoever alleviates a need, Allah will alleviate their need: Cultivating Bonds of Sisterhood	Rania Lawendy
12:20 PM - 1:45 PM DUHR SALAH (1:15 PM) & LUNCH BREAK		
1:55 PM	Verily, Allah will not change a condition of a people: Practicing Patience and Perseverance to Attain Success	Heba El Sawah
2:45 PM	Even if your sins were to reach up to the clouds in the sky: Call Upon the All-Forgiving	Taimiyyah Zubair
3:35 PM	When any limb aches the whole body aches: From Sujood to Service	Rania Lawendy
4:25 PM	How wonderful is the affair of the believer: Rising Above Failed Expectations	Fuseina Mohamad
5:15 PM - 6:40 PM ASR SALAH & DINNER BREAK		
6:45 PM	Let not your love be infatuation nor your hatred be destruction: Expectations in Relationships	Nuriddeen Knight
8:00 PM	Enjoining good and forbidding evil: Leaving a Legacy of Righteousness	All Speaker Panel
9:00 PM	Closing Remarks	

SPEAKERS CORNER

HALL F

A prime opportunity to connect with the speakers one on one!

SPEAKER	TIMINGS
Taimiyyah Zubair	10:40-11:10 AM
Fuseina Mohammed	11:30-12:00 PM
Heba ElSawa	2:45-3:15 PM
Rania Lawendy	4:30-5:00 PM
Nuriddeen Knight	1:55-2:25 PM

— MAIN SESSION TOPICS —

I am as My servant thinks of Me:

EXPECTING GOOD OF ALLAH

The believer always expects the best from her Lord. She carries unwavering faith that Allah wants good for her in every circumstance. Having this faith increases a believer's gratitude during times of ease and provides a cooling shade during times of hardship, fostering unshakeable confidence and engulfing her soul with peace and tranquility. True submission to our Lord is the natural and sweet outcome of truly knowing Him (swt). Together, let us unravel the secrets of the journey in fostering the most important relationship of our existence!

Allah intends for you ease:

STRIVING TOWARDS A BALANCED LIFE

Our Lord, Al-Adl (the embodiment of Justice), says: Thus, We have made you a justly balanced community that you will be witnesses over the people and the Messenger will be a witness over you," (2:143). Our status as an ummah was elevated on basis of us treading the middle path. This balance is achieved when we truly submit our bodies, minds and souls to Allah. The Prophet Muhammad (pbuh) said: "Do good deeds properly, sincerely and moderately. . . Always adopt a middle, moderate, regular course, whereby you will reach your target (of paradise)." Allah wants us to enjoy the dunya while striving for the hereafter. How do we strike this balance and feel inspired and exhilarated as muslimahs when there is so much influence around us? How do I maintain a consistent and meaningful connection with Allah?

Whoever alleviates a need, Allah will alleviate their need:

CULTIVATING BONDS OF SISTERHOOD

Nothing destroys sisterhood like jealousy, envy, backbiting and other diseases of the heart by which we no longer see each other in ourselves. The Prophet (pbuh) told us that our friends are a reflection of ourselves. We must learn to support one another in navigating the unique challenges each of us face. The Prophet (pbuh) told us, "No one truly believes until we love for our brother what we love for ourselves." We must seek to cultivate bonds of sisterhood through truly loving the best for each other and safeguarding one another from hardships.

Verily, Allah will not change the condition of a people:

PRACTICING PATIENCE AND PERSEVERANCE TO ATTAIN SUCCESS

O believers! Be mindful of Allah and seek what brings you closer to Him and struggle in His Way, so you may be successful," (5: 35). In order to achieve success we must first expect the best from ourselves and know that victory comes with patience and perseverance. What may appear to be a hardship can in turn be a greater blessing only recognized through exercising patience. Allah says: "Verily, Allah will not change the condition of a people as long as they do not change their state themselves," (13:11). And know that victory comes with patience," (pbuh). Patience teaches discipline, and perseverance yields resilience. If we are successful, we can affect positive change in our communities as well. It starts with our own selves.

Even if your sins were to reach up to the clouds in the sky:

CALL UPON THE ALL-FORGIVING

Who is Al-Ghaffar and Al-Ghafoor? The Messenger of Allah (pbuh) said, "By Him in whose hand is my soul, if you did not sin Allah would replace you with people who

— MAIN SESSION TOPICS —

would sin and they would seek the forgiveness of Allah and He would forgive them.” Allah’s infinite mercy surpasses our sins and transgressions, even if they were to pile as high as the mountains. In Allah’s forgiveness is our salvation and in forgiving others lies our healing.

When any limb aches, the whole body aches:

FROM SUJOOD TO SERVICE

To strengthen our communities, we must utilize our strengths and resources for the betterment of the Muslim community. “The parable of the believers in their affection, mercy, and compassion for each other is that of a body. When any limb aches, the whole body reacts with sleeplessness and fever,” (pbuh). These are not only physical pains but also emotional, psychological and spiritual pains. When our limbs perform acts of worship, our hearts extract the fruits of these actions so we may transcend to living a life of Ihsan (excellence). How do we grow our communities and what are our individual responsibilities? If we cannot give back, how do we become facilitators to those who are providing needed services to the community?

How wonderful is the affair of the believer:

RISING ABOVE FAILED EXPECTATIONS

When the world pushes you to your knees, you are in the best position to pray. Hardship that brings you closer to Allah is better than a blessing that takes you away from Allah. Al-Hasan al-Basri said: “Do not resent the calamities that come and the disasters that occur, for perhaps in something that you dislike will be your salvation, and perhaps in something that you prefer will be your doom.” Knowing this, a Muslimah chooses to persevere with patience in the face of her trials. From this process of gratitude, she rises from her hardship as Allah promises: if you are grateful, I will increase you.

Let not your love be infatuation nor your hatred be destruction:

EXPECTATIONS IN RELATIONSHIPS

What is the most important relationship we have after our relationship with Allah (swt)? Is it ourselves, our parents, our spouse, our children, our friends? Umar (raa) said, “Let not your love be infatuation and let not your hatred be destruction.” Fulfilling the rights of Allah through submission and obedience is the foundation upon which other relationships are built meaningfully. Fulfilling the rights of Allah’s creations (swt) on us and knowing who takes precedence over who is equally important. Fulfilling the rights of our elders, parents, siblings and our loved ones solely for His sake. Fulfilled relationships are a source of contentment in our lives.

By time, verily man is in loss:

LEAVING A LEGACY OF RIGHTEOUSNESS

“By the Time. Verily Man is in loss. Except such as have Faith, and do righteous deeds, and (join together) in the mutual enjoining of Truth, and of Patience and Constancy,” (103). Our blueprint is the Qur’an and the sunnah of the prophet (pbuh). The Messenger of Allah (pbuh) said: “When Allah wills good for His slave, He uses him.” They said, “How does He use him?” He said, “He guides him to do good deeds before he dies.” Being an ambassador of Islam through our manners, character, relationships and support of community services are vital to establishing a righteous legacy “... indeed, Allah has chosen for you this faith; so do not die except in ‘a state of full’ submission,” (2:132).



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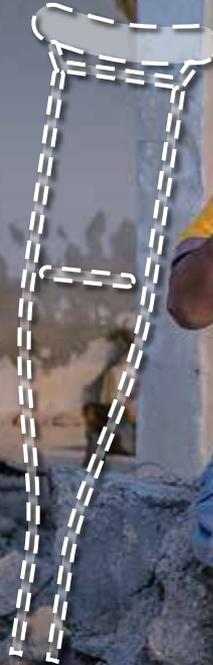
EDUCATION



HEALTHCARE



SUPPORT



islamicrelief.ca/orphans



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1-855-377-HOPE (4673)



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SPEAKER BIOGRAPHIES



Fuseina Mohamad

Ustadah, Teacher of Classical Arabic

Sr. Fuseina developed and taught the world renowned Access Online Arabic Programs at Bayyinah. She continues her hifdh review and tajweed studies under the Critical Loyalty Institute. She is also currently completing the 4-year Qalam Aalimiyah Program in Arlington, TX.



Heba El Sawah

Family/Self-Actualization Life Coach

Researcher, writer and family relations and self-actualization life coach, Heba El Sawah is well-known for her “Living on Purpose” training course and “Soulmates” marital workshop.



Nuriddeen Knight

Ustadah, MA in Psychology

She studied traditional Islamic knowledge including fiqh, theology, spirituality and prophetic biography with local scholars in Jordan. In 2015 she created Nooralshadhili.com, a holistic initiative focused on human development through education, research, and counseling. She compiled a collection of 40 sayings from the prophet's life through the narration of Aisha(ra) and is currently working on its second edition.



Rania Lawendy

Founder MAC/Maple Grove School

Rania Lawendy has a Masters in Educational Leadership. She is one of the founders of the Kitchener Masjid, Islamic Centre of Waterloo, Masjid Aisha and Al Huda Weekend School. Currently serving as the principal of MAC Maple Grove School as well as Chaplain at University of Waterloo.



Taimiyyah Zubair

Al-Huda Institute Instructor

Ustadha Taimiyyah Zubair is an established teacher of Quran with a focus on Tafsir and Word Analysis, teaching both globally and in her community for more than a decade.

WORKSHOP SCHEDULE



ROOM 801A

START TIME	SESSION	SPEAKER
10:35 AM	Finding Your Match	Abier Elbarbary, Namarig Ahmed
11:25 AM	Love, Sex and Marriage: Experiencing Healthy and Halal Intimacy (English)	Abier Elbarbary
12:20 PM DUHR SALAH & LUNCH BREAK		
1:50 PM	Love, Sex and Marriage: Experiencing Healthy and Halal Intimacy (Arabic)	Abier Elbarbary
2:40 PM	#MuslimahBoss : Survival Guide	Noor Javed, Samiya Ahmed Abdi
4:00 PM	ENTREPRENEUR PANEL	Salma Hindy, Reem Ahmed, Hafsa Taher, Farrah Khan
5:15 PM ASR SALAH & DINNER		
6:45 PM	 Five before Five: Maximize your Potential	Kashmala Qasim

ROOM 801B

START TIME	SESSION	SPEAKERS
10:35 AM	 #TimesUp: Saying No to Harassment	Natasha Persaud
11:25 AM	Divided we Fall: Welcoming Diversity in our Communities	Imani Hennie, Zainab Zafar
12:20 PM DUHR SALAH & LUNCH BREAK		
1:50 PM	 The Toolkit: Communicating with Today's Youth	Rania Lawendy
2:40 PM	 Healing through Mindfulness	Farah Islam
4:20 PM	There's a Vlog for that! Maintaining Gratitude in a Social-Media Obsessed World	Nuriddeen Knight
5:15 PM ASR SALAH & DINNER		
6:45 PM	Telling My Story: Finding the Author in You	Sajidah Kutty, Fartumo Kusow

EXPERTS STUDIO SCHEDULE

Room 810

TIMINGS	SESSION	PRESENTER
10:25 AM	Hijamah The Forgotten Sunnah	Haseebah B
11:10 AM	Get Cooking!	Reem Ahmed
11:45 AM	Parenting Circle: Sharing Ideas and Offering Support (Arabic)	Heba Elsayah
1:50 PM	Parenting Circle: Sharing Ideas and Offering Support (Urdu)	Nasreen Nazar
2:30 PM	Open Mic - No matter what your age, youth or young at heart, Open Mics are a great way to generate creativity and bring communities together. Come share your thoughts, art, poetry, spoken word or readings.	
4:20 PM	Living on Turtle Island: Partnering with Indigenous Community - Join us to develop an understanding of how we can partner with the indigenous community.	Joanna Vautour

TUTORIALS SCHEDULE

Prayer Hall (Hall F)

TIMINGS	SESSION	PRESENTER
11:00 AM	Effective Fitness for Muslimahs	Carley McEaney
12:00 PM	Attractive Qualities & Ideal Partners	Yasmeena Menon
2:00 PM	Makeup 101: Creating that Perfect Look - Learn the tricks and techniques with Makeup	Soma Ahmaddy
2:50 PM	EBRU -Traditional Turkish Water Marbling Art - Ebru is one of the most beautiful form of Turkish Art	Hacer Ozcan
4:30 PM	The Art of Cake Decorating	Sefath Irasha
6:50 PM	A Strong Body, A Confident Mind: Self-Defense Class - Join this upbeat interactive boxing session	Ryhana Dawood

TAJWEED CHECKS

**Room 830 with
TareequlJannah Institute**

TIMINGS	
11:00 AM - 12:00 PM	4:00 - 5:00 PM
2:00 - 3:00 PM	6:45 - 7:45 PM

WORKSHOP TOPICS

HALF YOUR DEEN: FINDING YOUR MATCH

With increased divorce rates among most demographic groups in the world, considerations relating to "what to look for in a spouse" are important in order to facilitate relationships that last. As well, for relationships that do not and should not continue, we need to look at what are some exit strategies that can be used.

#TIMESUP: SAYING NO TO HARASSMENT

Allah (swt) expects us to maintain our honour and dignity. Protecting our dignity means saying #TimesUp to all those who wish to do us harm. Whether we face inappropriate sexual advances or Islamophobic comments, how do we stop harassment in its tracks?

LOVE, SEX AND MARRIAGE: EXPERIENCING HEALTHY AND HALAL INTIMACY (ARABIC AND ENGLISH)

Intimacy is a topic that is rarely discussed in mainstream muslim conferences which results in issues that often go unaddressed. Intimacy and pleasure is not haram. Physical, emotional and sexual intimacy between a husband and a wife is a private but also a beautiful and important part of the relationship.

DIVIDED WE FALL: WELCOMING DIVERSITY IN OUR COMMUNITIES

How do we embrace one another, regardless of our racial and cultural differences, to build our communities into accepting, wholesome places for everyone?

THE TOOLKIT: COMMUNICATING WITH TODAY'S YOUTH

A session to help us build our own personal toolkit towards becoming a more understanding and compassionate parent to teens & tweens. After all, our children are a trust given to us by Allah (swt), and He expects us to help them be the best versions of themselves, too!

FIVE BEFORE FIVE: MAXIMIZE YOUR POTENTIAL

Starting from the minute you are up in the morning, discover how to efficiently manage your day-to-day tasks while serving Allah (swt), your family, and your community.

HEALING THROUGH MINDFULNESS

"Allah intends ease for you, and does not intend hardship." (2:185)

A guide to healing and reflection led by Dr. Farah Islam, discovering how to achieve inner tranquility.

#MUSLIMAHBOSS: SURVIVAL GUIDE

Khadijah (ra) faith, patience, compassion, and leadership set her apart. She was a highly respected and successful business leader in a male-dominated society. Let's discuss how to get ahead in our career without compromising Allah's (swt) expectations of us.

THERE'S A VLOG FOR THAT! MAINTAINING GRATITUDE IN A SOCIAL-MEDIA OBSESSED WORLD

Social media is constantly inundating us with beautifully curated images, hilarious videos, and limitless memes. We often spend hours every day, peering into others people's lives. Join us for practical tips on how to manage social media consumption and continuously practice gratitude so we don't lose focus on all our own #blessings!

TELLING MY STORY: FINDING THE AUTHOR IN YOU

Prophet Muhammad (saw) told us, "Convey from me, even if it's just one verse" (Bukhari). People often say, if we don't tell our stories, someone else will tell them for us. Discovering the power of your own narrative.

ENTREPRENEUR PANEL

A new segment this year, Entrepreneur Panel is talk-show style feature for selected womenpreneurs to share their success story and encourage Muslimah's to start their own businesses/initiatives.

WORKSHOP & TUTORIAL SPEAKERS

Abier Elbarbary

*Registered Psychotherapist &
Pastoral Counselor*

Fartumo Kusow

*Author, Tale of Boon's Wife &
Teacher, GECD*

S.K. Ali

*Author, Saints & Misfits (Part
of Simon & Schuster's Muslim
Voices imprint)*

Kashmala Qasim

*PhD Candidate Psychology,
YorkU & Teacher, AlHuda
Institute*

Namarig Ahmed

*Nurse and Founder, Sage
Muslim Socials*

Natasha Persaud

*Partner, Formative LLP &
Member, Canadian
Association of Muslim
Women in Law*

Ryhana Dawood

*MD & Founder, Martial
Smarts*

Samiya Abdi

*Health Promotion Consultant,
PHO & Community Activist*

Farah Islam

*PhD Epidemiology & Mental
Health Advocate*

Haseebah B

Certified Hijamah Therapist

Reem Ahmed

*MasterChef Canada
Contestant & Biomedical
Engineer*

Nasreen Nazar

*Founder, Darulimaan
Institute*

Yasmeena Menon

*Consultant, Falcon Travel &
CEO, Muslim Matrimonial
Canada*

Carley McEaney

*Personal Trainer & Registered
Nutritionist, In-Home
Holistic*

Zainab Zafar

MEd OISE & Teacher, TDSB

Imani Hennie

*MSW/RSW, Clinical Social
Worker, TDSB*

Soma Ahmaddy

Sephora Makeup Artist

Hacer Ozcan

Artist, EBRU

Joanna Vautour

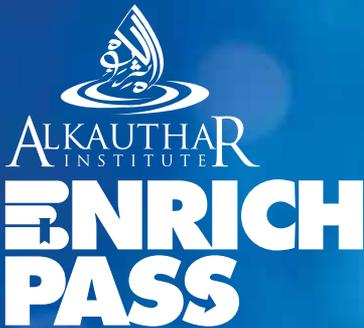
*Lead, First Nations Inuit and
Métis Engagement, OPCN*

Sefath Irasha

*Cake Artist "Sweet
Illustrations"*

Noor Javed

Journalist, Toronto Star



Islamic knowledge.
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PLAY & PRAY CHILDRENS PROGRAM SCHEDULE

Rooms 802B, 803A, 803B

A jam-packed day of innovative and exciting activities designed so your child will be inspired to rise to their greatest potential!
Limited space available! Additional fee of \$20.

START TIME	GROUP A (AGES 4 - 6)	GROUP B (GIRLS 7-10)	GROUP C (BOYS 7-10)
9:00 - 9:30 AM Registration			
9:45 AM	Community Circle		
10:00 AM	Back to Back, Feet Ball	Craft: Bookmarks, DIY Tasbih	Human Knot, Back to Back Trust & Guidance
10:45 AM	Obstacle Course	Word Search, Trust & Guidance, Back-to-Back, Human Knot	Obstacle Course, Pump
11:30 AM	Prophet Stories	Mini Games/Carnival	Building Bridges
12:15 PM DUHR SALAH & LUNCH BREAK - DROP OFF AT 1:35 PM			
1:45 PM	SPECIAL PRESENTATION Leaders in Training, Science Experiment	SPECIAL PRESENTATION Sr. Zaineb Niazi	Mini Games/ Carnival
2:45 PM	Puzzles	Building Bridges, Prophets: Smores & Stories	Craft: Paper Planes, DIY Tasbih
3:30 PM	SNACK TIME		
4:00 PM	Craft: Praise be to Allah	Craft: Sun Catchers	Word Search, Feet Ball
4:30 PM	Mini Games/Carnival	SPECIAL PRESENTATION Leaders in Training, Science Experiment	Prophets: Sunnah & Stories
5:15 PM ASR SALAH & DINNER - DROP OFF AT 6:30 PM			
6:40 PM	SPECIAL PRESENTATION UMMA MARTIAL ARTS		
8:10 PM	Exercise/Yoga	Obstacle Course	Soccer Game
8:40 PM Prizes, Goodies & Closing Duas			
9:00 PM PICK-UP			



BECAUSE OF YOU, MEERA IS SAFE.

“ “

My name is Meera. Last year, my children and I were kicked out of our home by my husband. We had no money, no food, and no clothes. On the street with no place to go, all the shelters in the area were full. When I finally found Nisa Homes, we immediately felt at home, I thought our life was over but Nisa Homes helped us rebuild our family and helped me find a job. My kids didn't want to leave and still consider it their home even though we now have a place of our own.



\$50

Provides a food for a week



\$100

Provides household necessities



\$250

Provides a food and household necessities for a month



\$550

Provides space for one woman for a month



\$1,250

Provides space for a family for a month

Our mission is to empower women to live independently and self-sufficiently, in a safe and healthy environment. We operate three transitional homes for women across the country.



NISAHOMES.COM
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A program of  **Mercy Mission**

Saturday, March 31st, 2018
9am to 9pm

Metro Toronto Convention Centre (South Bldg)
222 Bremner Blvd

CONTACT US

www.being-me.org/Toronto

1-855-623-4624 ext 501

toronto@being-me.org

   /BeingMeToronto

