



ehcW
Elspeth Heyworth
Centre for Women

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for Accreditation



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Annual Report 2025-2026



**WOMEN,
IMMIGRANTS AND
NEWCOMERS,
SENIORS, YOUTH
AND FAMILIES
ACHIEVING THEIR
FULL POTENTIAL.**

A Year of Impact: Empowering
Women. Supporting Seniors.
Inspiring Youth. Strengthening
Communities.

www.ehcw.ca



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MESSAGE FROM THE BOARD OF DIRECTORS

During the 2025–2026 reporting year, the Board of Directors proudly supported the dedicated staff of the Elspeth Heyworth Centre for Women (ehcw) in delivering high-quality programs and services that made a meaningful difference in the lives of community members. Particular emphasis was placed on assisting newcomers with settlement, supporting women and families in breaking free from violence, and empowering youth through the Connect Young Anti-Human Trafficking Program, which continues to build leadership, resilience, and awareness among young people.

We are also pleased to celebrate the expansion of ehcw's services in Bradford, extending supports for women while continuing to enhance programs for seniors throughout the region. This growth reflects our ongoing commitment to meeting the evolving needs of the communities we serve.

Throughout the year, the Board actively advocated on behalf of women, immigrants, newcomers, seniors, youth, and families through community engagement and fundraising initiatives, including the successful Sip and Support event held in celebration of International Women's Day. We are equally proud of

ehcw's continued embrace of artificial intelligence and digital innovation, enabling staff to work more efficiently, strengthen service delivery, and respond more effectively to the diverse needs of our clients.

Under the visionary leadership of Executive Director Sunder Singh, ehcw continues to provide a safe, welcoming, and nurturing environment where seniors, women, students, newcomers, and families can access compassionate support and opportunities to thrive. The Centre remains steadfast in its mission to reduce isolation, poverty, and exploitation while empowering every individual who walks through its doors with dignity, hope, and the resources to build a brighter future.

On behalf of the Board of Directors, we extend our sincere appreciation to our dedicated staff, volunteers, community partners, funders, and supporters whose unwavering commitment has made these achievements possible. Together, we are creating stronger, more inclusive communities where everyone has the opportunity to succeed.

ABOUT US

OUR VISION

Women, immigrants and newcomers, seniors, youth and families achieving their full potential.

OUR MISSION

Empowering women, immigrants and newcomers, seniors, youth and families through advocacy and services focused on promoting healthy families, community relationships and economic self-sufficiency.



OUR OBJECTIVE

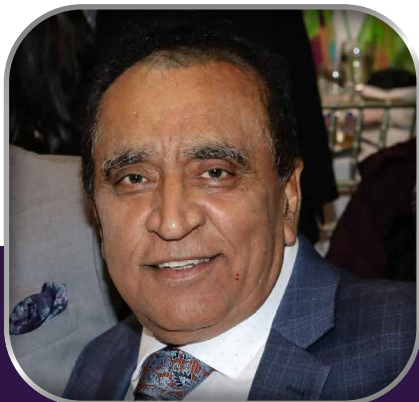
For women, immigrants and newcomers, seniors, youth and families:

- To reduce the incidence of domestic violence;
- To diminish the conditions of isolation and poverty;
- To connect those who experience linguistic or cultural challenges to support programs and services;
- To collaborate with other organizations to address educational, cultural and linguistic issues; and
- To assist in the settlement and integration into Canadian society as respected and contributing members.

STRATEGIC DIRECTION

1. Continue to advocate and provide responsive services for women, immigrants and newcomers, seniors, youth and families in N.W. Toronto and Vaughan areas
2. Strengthen and expand communications and fund-raising to support ehcw services and programs
3. Ensure ehcw has strong technological, space and human resources to support its ability to provide responsive services

CHAIR & EXECUTIVE DIRECTOR'S MESSAGE



Chand Kapoor
Chair

The 2025–2026 reporting year has been one of continued growth, innovation, and meaningful impact for the Elspeth Heyworth Centre for Women (ehcw). Guided by our mission and strengthened by the commitment of our Board, staff, volunteers, partners, funders, and donors, we continued to expand our services and improve the lives of women, families, seniors, newcomers, and vulnerable communities.

A defining achievement this year was ehcw receiving full accreditation for the third consecutive time, reaffirming our commitment to excellence in governance, accountability, service quality, and continuous improvement. This accomplishment provides a strong foundation for the next four years and reflects the dedication of everyone who contributes to our organization.

During the year, ehcw expanded its services in three regions of Ontario, including the County of Simcoe, where we introduced support for women and families experiencing domestic violence. Through new partnerships, including our recent collaboration with the University of Toronto, we also enhanced access to professional psychotherapy services, helping women affected by violence on their journey toward healing and recovery.

We continued to invest in healthy aging by strengthening programs for seniors in Vaughan and Bradford. We thank the Mayor of Vaughan, who helped enhance the seniors programs in Vaughan with the Spirit of Generosity fund. Our social enterprise, RivInt,



Sunder Singh
Executive Director

successfully delivered its third interpreter training cohort, creating employment opportunities and improving access to culturally responsive language services.

Community partnerships remained at the heart of our work. A second Trustee grant from the City of Toronto enabled us to support fourteen grassroots organizations, while our ongoing collaboration with Service Canada and the Canada Revenue Agency provided to our community members with convenient access to essential government services and free tax services.

We are especially proud that our Executive Director was honoured with the Ministry of the Attorney General's Victim Services Award of Distinction, recognizing her outstanding leadership and unwavering commitment to supporting victims of crime and violence. This recognition reflects the collective dedication of our Board, staff, volunteers, and community partners.

As we look to the future, we remain committed to building stronger, safer, and more inclusive communities. We extend our heartfelt gratitude to our staff, volunteers, Board members, partners, funders, donors, and supporters whose continued confidence and collaboration make our work possible.

CLIENT STORY



Choosing Freedom – Journey to Healing

“Sue” fled her home country due to ongoing violence and persecution. While pregnant, she arrived in Canada with her parents to seek asylum, hoping to build a life where she and her child could live safely and without fear.

Some time after arriving in Canada, Sue learned that her partner was also attempting to come to Canada. Influenced by family expectations, cultural pressures, and her desire for her daughter to grow up with both parents, she decided to reconcile with him. She hoped he had changed and believed they could create a stable family together.

Determined to support his fresh start, Sue helped him settle in Canada, including providing financial assistance for driving lessons and a vehicle, helping him access financial support while he searched for employment, assisting him in finding legal representation, and supporting him with important documentation.

Unfortunately, the relationship quickly deteriorated.

He began using substances, frequently returned home intoxicated and under the influence, and his behaviour became increasingly abusive. What began as verbal and emotional abuse escalated into sexual and physical violence. During one frightening incident, he harmed himself in front of Sue, and threatened to kill her, while their daughter and Sue's family were witnessing this in horror. Police were called to the home.

At the time, Sue was unable to work due to language barriers and her caregiving responsibilities for her mother, who was experiencing significant health issues. Although a no-contact order was in place, her partner knew the family's address, leaving Sue in constant fear for her and her child's safety.

With the support of ehcw and collaboration from the child's case worker, government agencies, and community partners, Sue was able to access safety planning, advocacy, and housing support. ehcw submitted a priority application for subsidized housing to help Sue in her settlement.

Her priority housing application was approved, and she is now in the process of selecting a permanent home. In addition, her daughter has been registered for subsidized childcare, and the family is hopeful she will begin attending daycare in two months. This important step will allow Sue to continue rebuilding her independence and pursue future education and employment opportunities.

For the second time in her life, Sue chose freedom over fear. She recognized that remaining in an abusive relationship was not the future she wanted for herself or her daughter. She shared that children cannot truly thrive in a home where there is violence, regardless of whether both parents are present. Instead, she wants her daughter to grow up seeing a strong, resilient mother who chose safety, dignity, and hope.

Today, Sue is rebuilding her life with confidence. With stable housing on the horizon and continued community support, she is creating a future where both she and her daughter can heal, grow, and live free from violence.

KEY SUCCESSES IN 2025-26

- Successfully awarded, for the third time, accreditation by the Canadian Center for Accreditation
- Executive Director, recipient of the Attorney General's Victim Services Award of Distinction, for her exceptional achievements for service to vulnerable people who experienced victimization due to crime in Ontario
- Expanded domestic violence services into Bradford
- Executive Director addressed at The House Of Commons Standing Committee on the Status of Women on the role and capacity of Women's Shelters and Transitional Housing
- Introduction of Super Clinic in collaboration with Service Canada and CRA to provide prompt Federal services from ehcw location, free of cost
- Senior volunteer, Anna Passarelli, received the Ontario Senior Achievement Award
- Celebrated Culture Days with a vibrant Garba and Dandiya Raas event, supported by the City of Vaughan
- Presented ehcw's first Heart Of The Community Award to Elvira Carria
- Extensive 2-days outreach conducted at the South Asian Festival at Gerrard India Bazaar
- Strengthened staff capacity and seniors' knowledge through Artificial Intelligence (AI) training



OUR IMPACT

- Improved access to essential government services through a successful Super Clinic, supported 100 clients with Service Canada services and income tax filing with CRA
- 16,050 annual visits of clients who were given comfort and relief with access to food and emergency assistance
- Helped newcomers navigate settlement challenges, connected them with information, resources and community supports
- Supported women who experienced violence with counselling, safety planning, and rebuilding their lives with confidence and independence
- Empowered youth through education, leadership and prevention which promoted healthy relationships and increased awareness of online safety and human trafficking tactics
- Connected seniors to social, educational, and wellness activities which reduced isolation, promoted healthy aging, and strengthened community connections
- Provided emergency food, clothing, and basic needs assistance to clients who faced financial hardship

SUPPORTING NEWCOMER WOMEN AND FAMILIES

SUPPORTED BY MINISTRY OF LABOUR, IMMIGRATION, TRAINING AND SKILLS DEVELOPMENT AND COMMUNITY SERVICE PARTNERSHIP

ehcw welcomed increased number in the client visits from African countries, many of whom sought assistance after receiving positive decisions on their refugee claims. Clients were supported with applying for permanent residence for themselves and their families, while also helping them transition toward stability through access to employment and housing. Our services remained consistent, providing support with work permit applications, Canada Child Benefit, Ontario Works, counselling, food, clothing, and other settlement supports.

Establishment of Super Clinic, in collaboration with Service Canada and CRA assisted 100 clients in filing free income tax returns, applying for government benefits, and accessing essential government programs.

Services were offered in English, Spanish, Turkish, Punjabi, Hindi, Urdu, Tamil, Singhalese, and Patois.

OUR SUCCESSES

- Unique Clients Served: 1,121
- Number of times services provided: 13,922
- Number of International Students served seeking settlement services: 24
- Application for Housing placement: 107
- Work Permit Applications approved: 436
- Permanent Residence and Visa applications: 320
- PR Renewal new applications: 240
- Renewal Status approved: 41
- Citizenships: 93
- Furniture bank support: 24
- Family reunification application: 77
- Service Canada and CRA Super Clinic support: 100



"I would like to express my sincere gratitude for the excellent service we received at your centre. My husband and I recently visited seeking assistance with the preparation of our taxes, and the experience was truly exceptional. Despite the language barrier, as we do not speak English, all the staff showed remarkable patience, respect, and willingness to help us through every step of the process.

We would especially like to highlight the kindness with which we were treated, the dedication shown to ensure we understood everything, and the prompt attention we received. At no moment did we feel uncomfortable or limited; on the contrary, we felt welcomed and supported.

It is truly valuable to have places like this, where people can receive help free of charge and with such a high level of care and humanity. Your work has a very positive impact on the community, especially for those of us who are adapting to a new country.

Thank you once again for your commitment, professionalism, and above all, your kindness". - Digna Tua Hernández Suarez & Felipe Santiago Ortiz Rosquete



"My name is Luis Alejandro Zevallos Zuniga, and I would like to testify that throughout the entire process of obtaining my permanent residence, I received full support from the Elspeth Heyworth Centre for Women, where they assisted me with all the corresponding services.

At this point, I would especially like to acknowledge the Settlement Coordinator, Blanca Alvarez, who helped me in an unmatched and professional manner. I thank GOD for placing her in the path of people who need these services.

Thank you very much, and may GOD bless you all." - Luis Zevallos

REDUCE ABUSE AND FINANCIAL LITERACY

SUPPORT PROVIDED BY CITY OF TORONTO, ROYAL BANK OF CANADA, TD BANK, AND ELEMENTARY TEACHERS ASSOCIATION

A PLACE WHERE WOMEN FEEL HEARD AND CARED

Women were provided with a safe, welcoming, and supportive space to heal from trauma through wellness, education, safety training, and essential supports, which promoted recovery and empowerment.

Self-defence sessions led by Paul helped strengthen awareness, confidence, and personal safety. Women were taught to trust their instincts, remain alert, and respond to potential risks with greater preparedness.

Psychological support sessions helped women understand how trauma affected the body and introduced practical coping tools, including breathing exercises, to support emotional wellbeing.

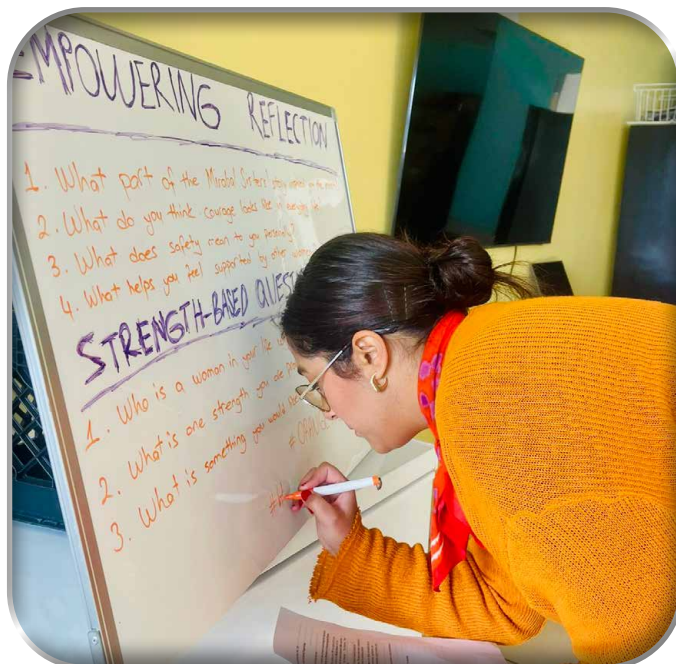
Urgent essentials such as food, clothing, diapers, baby supplies, and welcome packages were distributed to single mothers with young children.

FOCUS REXDALE and FOCUS BLACK CREEK weekly meetings continued to address high risk cases in the community, a significant number of cases were of women facing domestic violence. Full wrap around services were given to women visiting ehcw.

We are grateful to the Executive Director of Jane & Finch Community Legal Clinic, Noland Merrick and his team for their assistance to support women facing domestic violence with legal advice.

OUR SUCCESSES

- Number of new cases of domestic violence: 104
- Number of women receiving domestic violence related services: 1,409
- Number of housing applications submitted: 107



"When I reached out to EHCW in September 2024 through a family friend's referral to Sunder Ma'am, I wasn't just looking for guidance, I was looking for a way to begin again.

I was grieving the loss of my brother to AML while navigating the aftermath of an abusive marriage and divorce. I felt lost, overwhelmed, and uncertain about everything, from changing my legal name and renewing my PR to finding employment and rebuilding my life.

Then I met Nazli.

From our very first conversation, she gave me something I hadn't felt in a long time: hope. She listened without judgment, made the impossible feel manageable, and reminded me that I didn't have to face everything alone.

Nazli guided me through every step, updating my legal documents, renewing my PR, connecting me with organizations for employment and financial support, and ensuring I had access to grief and trauma counselling. But her greatest gift wasn't the practical help; it was the unwavering reassurance that every setback had another path forward.

Looking back, I realize EHCW didn't just provide services, they restored my confidence, dignity, and belief that healing was possible. They stood beside me until I could stand on my own.

There are very few people whose kindness changes the course of your life. Nazli and the entire EHCW team are those people for me.

Some stories are rewritten not by miracles, but by people who refuse to let you give up. Thank you for being those people." - MAITRY

"I have been going through a very difficult time, ehcw has truly helped me every step of the way to rebuild my life. I came to Canada with my husband, when the violence started, I contacted the police to protect myself. Throughout this time, ehcw guided me, supported me, and helped me move forward. Whenever I needed someone to talk to, Nazli was always there for me; she listened, understood, and helped me a lot.

In the beginning, I was very scared and unsure about how to manage everything on my own. I did not know where to start or how I would handle everything, especially because I was applying for a Temporary Resident Permit as a victim of family. Nazli was always with me. She supported me through every step, like taking small steps forward.

She helped me apply for Legal Aid, supported me with my work permit extension application, and, during my divorce process, when I faced legal barriers, she connected me with community lawyers so I could understand my rights and the legal process.

I am very thankful for all the help I received. Their kindness, patience, and guidance made a big difference in my life, and I am truly grateful for everything they have done for me." - ANONYMOUS

YOUTH ANTI-HUMAN TRAFFICKING

FUNDED BY MINISTRY OF CHILDREN, COMMUNITY AND SOCIAL SERVICES

SUPPORTED BY ROYAL BANK OF CANADA AND TD BANK



Connect Young, through preventive education and mentorship, focused on helping youth build knowledge, confidence, and skills they needed to stay safe and make right choices.

Youth spent time alongside staff and gained firsthand insight into community needs and the impact of community work. These experiences deepened their understanding of social issues and inspired them to recognize the important role they could play in creating positive change.

This year, the program continued to focus on prevention, recognizing that early education can have a powerful and lasting impact. Through AI and online safety workshops, youth learned about responsible technology use, digital risks, and how to stay safe online. Sessions also helped youth understand healthy relationships, recognize warning signs of safe and unsafe situations, and learnt how to seek help safely when needed.

Safety presentation delivered at a local school, imparted information regarding online safety and awareness.

Youth volunteered at the Centre, built leadership skills, mentored new participants and strengthened their connection to the community.

KEY COMPONENTS:

- One-on-one and group counselling
- Martial Arts built self-confidence, self defence skills, and physical fitness
- AI safety workshops built awareness of responsible use of technology, online risks, and digital safety
- Online Digital workshops strengthened youth digital literacy, communication skills, and safe online navigation
- Peer-to-peer engagement
- Peer mentorship and community building

OUR SUCCESSES

- Total number of new youth registered: 191
- Total number of youth visits: 7,500
- Number of youth hired by ehcw: 7
- Number of youth attended “safety” workshop sessions: 191



"Working at EHCW this summer was an experience I'll always be grateful for. Over the past two months, I had the chance to grow, build new skills, and step outside my comfort zone. I learned how to adapt quickly, stay organized, and remain calm when facing new challenges. Beyond the work itself, I gained a deeper understanding of the needs in our community and the impact that generosity and support can have. The endearing environment and group cohesion made every single day enjoyable, giving me a sense of inclusion and appreciation. This summer was a memory I will never forget and cherish in the future." - Jessica Joseph

"The Elspeth Heyworth Centre for Women is a truly warm and welcoming place. From the moment I walked in, I felt comfortable and supported. It's clear that they genuinely care about the people they serve, providing a safe space and meaningful programs that make a real difference in the community. I'm grateful to have experienced such a kind and compassionate environment." Ilhan Hussein

"I am a psychology student working at Elspeth Heyworth Centre for Women this summer. My experience being a part of EHCW's team has been extremely rewarding. I have been leading a camp program alongside the team. This opportunity has helped me grow personally and professionally. As a youth myself, I have been able to uplift other youth with the resources and support of this team. From day one, I have felt like a valued addition rather than an outsider joining in. EHCW has increased my confidence, and reinforced my passion for assisting others". - Teah Pacchiarott



EMERGENCY ASSISTANCE - FOOD/CLOTHING DISTRIBUTION

For many clients, access to food and clothing meant more than meeting their immediate need: it provided relief, dignity, and hope during challenging times. These essential supports reduced financial stress, improved well-being, and helped vulnerable individuals and their families meet basic needs and remain healthy.

We are grateful for the generous in-kind food donations received from North York Harvest, Second Harvest, Sai Dham, Vegfresh Inc., Global Medic, and the Vaughan Food Bank. Their support played a vital role in strengthening community resilience and ensuring that no one was left behind during times of need.



OUR SUCCESSES - IN TORONTO AND VAUGHAN:

- 472,575 lbs. of food distributed in Toronto and Vaughan: increase of 24% from last year
- Total number of clients registered to access food: 1,441
- Each week, average clients accessed food: 300
- Number of times clients served in food distribution: 16,050
- 150 Energy Saving Kits distributed
- Number of times clients served in food distribution: 14,501

SENIORS ACTIVE LIVING CENTRE – VAUGHAN HUB

SUPPORTED BY MINISTRY FOR SENIORS AND ACCESSIBILITY



Aging with Purpose, Creativity, and Connection

The Heart Cushion Project brought seniors together to create heart-shaped cushions for patients at Mackenzie Health Hospital. Seniors handcrafted and donated more than 70 cushions to the Hospital, bringing comfort to patients while giving seniors a renewed sense of purpose, accomplishment, and community contribution.

This year, seniors embraced new opportunities to invest in their health, creativity, and confidence. Through Neurography Art Therapy, many seniors discovered hidden talents while strengthening cognitive function and expressing themselves in new ways. Self-retreat sessions and Traditional Chinese Medicine Pain Clinics encouraged seniors to slow down, care for their mental, physical well-being, and prioritize healthy aging. As technology continues to shape everyday life, AI workshops gave seniors the confidence to embrace new tools, stay informed, and remain connected in the everchanging digital world. Together, these experiences reminded seniors that growth, learning, and new possibilities continue at every stage of life.

Seniors enjoyed trips that encouraged social connection, outdoor recreation, and active living.

OUR SUCCESSES

- Lucy Pupulin received Vaughan's 2026 Volunteer Recognition Awards – Congratulations, Lucy!!
- Anna Passarelli received the Ontario Senior Achievement Award – Congratulations, Anna!!
- Number of NEW SENIORS: 92
- Number of seniors 90 years and over: 8
- Number of partnerships developed: 19
- Total number of programs, community events and trips: 42
- Number of seniors and families served with food: 102
- Number of Congregate Dining and cultural events: 21
- Number of times clients visited programs: 12,987
- Number of Volunteers involved in program delivery: 46
- Number of volunteers attended Volunteer Appreciation Day: 40

"The Elspeth Heyworth Centre always makes me feel welcomed. I enjoy the many activities and have made a lot of friends there. I have learned how to exercise, how to relax in yoga and meditation, how to paint and knit and so much more. We are very fortunate to have somewhere to go everyday. It is a place where we can always drop in, chat with someone and feel less isolated. The centre is managed with professionalism, compassion and care. If I am looking for a service in the community they will help me find what I need. The director and volunteer keep things running smooth, and make the place feel like home away from home".

- With Gratitude, Adriana

"I just wanted to thank you for the many workshops that you invite us to attend all year long, at the Centre. I found the AI workshops very helpful since I was a bit intimidated by AI as were other attendees. The facilitator was supportive and knowledgeable in all areas of AI and he willingly answered all of our questions. I felt more confident using AI on my computer. Thank you again"

- Frances Lacombe

"The AI training that I received at the Elspeth Heyworth Centre for Women was exceptional and Arun demonstrated his extensive knowledge of this topic and also provided valuable links for our use after the training sessions were complete".

- Linda Cappucci

"This centre is like my second home. I love every day I'm here, always enjoying the exercises and programs."

- Nahid Khan

"It is refreshing to be in a place where you can communicate with people the same age as you. It is a place to feel comfortable and share ideas with others. Arts and crafts also keep us occupied and social."

- Virginia Douglas

"I love coming here to see my friends and dance. This is an amazing place to volunteer and spend my time."

-Carmella Morelli

"I love coming here and look forward to coming here and meeting everyone."

- Teresa Chan

"It's a pleasure to come here, being involved with the crafts and making friendships with all these women, as well as having a safe place to go."

- Tina Riserbato

"We have a lovely group of ladies. It's great to socialize and share ideas."
- Shirley Ciossich

"I love that this is a multicultural space, everyone gets along, and there's something for everyone."
- Barbara Isaac

"I like coming here to stay active and feel healthy. The people here are also great."
- Kuljit Kaur

"I love everything- I am so happy when I come here!"
- Lucia Marone

"I enjoy coming here to stay active and socialize."
- Elvia Gliosca

"It has been my pleasure to be attending this centre for the past seven years. At the direction of Anu Sharma, the centre is a very busy, positive and fun filled place for women. We are very happy to donate our handmade items to women/ children in need.....and during the year we also donate food items and other things the community is in need of. Thank you Anu for all that you do! "
- Sincerely, Connie Terri!!

I have been participating in programs at the ehcw for women at Vaughan location for the past few months and I absolutely love it!!! The Centre offers all its participants a welcoming, respectful, diverse and supportive environment. From the experienced and friendly staff to the Kind & helpful volunteers. I greatly appreciate their patient demeanour and approachability. I am most thankful for the positive impact the centre has made in my life, especially:

- 1)Improving my overall wellness and lifestyle*
- 2) teaching me new skills*
- 3) giving me the opportunity to make new friends*
- 4) making me feel like a part of a greater community*
- 5) creating an amazing service for seniors, women and people who want to make a difference in their lives.*

I want to thank the amazing staff, volunteers and so many others who work hard and freely give their time and efforts to improving everyone's well-being. - Isabel Seines



SENIORS ACTIVE LIVING CENTRE - BRADFORD

SUPPORTED BY MINISTRY FOR SENIORS AND ACCESSIBILITY

Bradford Seniors Program has grown into a welcoming space where seniors built friendship, stayed active, connected, and engaged in their community.

A highlight of the year was a senior volunteer who generously provided free haircuts and threading services to seniors.

Healthy cooking sessions brought seniors together to share nutritious recipes, cultural traditions, and seniors enjoyed meals together.

Seniors celebrated International Women's Day through music, dancing, and community connection, creating a joyful atmosphere of empowerment and appreciation.

Regular yoga sessions supported physical and mental well-being, which helped seniors improve mobility, reduce stress, and maintain healthy, active lifestyles. Together, these initiatives fostered connection, wellness, and a strong sense of community among seniors in Bradford.

OUR SUCCESSES

- 2nd year of operation in Bradford
- Total number of NEW clients registered: 49
- Number of programs offered: 13



"I have been attending the programs for over 5 months. Through attending the programs I have made great friends and no longer experience loneliness. The exercise programs have helped me increase my stamina, helped with my mobility and decreased my pain levels. I love the programs so much".

- Theresa Warner



"This is a wonderful program for seniors. a great mix of activities like cooking, drawing, and chair yoga. Even though the group is mostly women, everyone is incredibly welcoming and the social interaction is excellent".

- Freddy Diaz



"Thanks to this program, I found a place to have fun with friends".

- Maria Delos

"I enjoy using this opportunity, it's very helpful and the people who work are friendly".

- Soheila Amirihesari



AGING AT HOME PROGRAM

FUNDING PROVIDED BY MINISTRY OF HEALTH

Seniors strengthened their knowledge and confidence through workshops on elder abuse prevention and learning how to read medication labels.

AI workshops helped seniors learn how to identify fake news, use AI to simplify daily tasks, and explore creative tools such as generating personal images.

Community outings to apple orchards, the cherry blossoms, and Niagara Falls offered seniors fun activities to stay active, enjoy nature, and build lasting social connections through new experiences.

Cultural celebrations, karaoke gatherings, and Christmas party brought seniors together through music, laughter, and tradition, strengthening friendships.

Food deliveries provided essential nutrition and support to low-income seniors, which helped them remain healthy and independent at home.

OUR SUCCESSES

- Number of NEW SENIORS in North York: 37
- Total number of seniors registered: 281
- Number of times Seniors served in North York: 4,255

"I'm happy to come here because I'm always happy to be in a group. I enjoy the experience from learning about the culture and people we meet. I'm happy for the Food Bank because it helps all my family and children."
 - Elizabeth Manu





3rd annual SIP & SUPPORT

The Annual International Women's Day was celebrated with our 3rd annual Sip and Support event, on March 3, 2026. This inspiring event brought together community members, leaders, dignitaries, and supporters who showcased their commitment to women's empowerment and the lasting impact on the lives of women facing domestic violence and youth at risk of human trafficking.

The community stood with ehcw in supporting its mission and recognized the resilience of women facing domestic violence and youth at risk of human trafficking.

Thank you to our sponsors, supports and community for creating lasting impact for women and girls who deserve a future filled with dignity, opportunity, and strength.

ehcw is a story of triumph, empowerment, and the promise of a better tomorrow.

Because together—we all thrive.

**Thank you to all our sponsors
and supporters**



SIP & SUPPORT
 THANK YOU TO OUR GENEROUS SPONSORS!

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Thank you for supporting
 Elspeth Heyworth Centre for Women





MEMBER OF BUY SOCIAL CANADA

TRAINING SUPPORT – CITY OF VAUGHAN ECONOMIC DEVELOPMENT

Number of active interpreters/translators: 860

Languages and dialects supported: 112

RivInt Interpretation and Translation Services is a 24-hour service that operates 7 days a week, 365 days a year with trained and language-tested interpreters. Our focus is on reliable, high quality customer service with quick turnaround and response time in assigning interpreters and translators to each request.

This social enterprise provides crucial funding for the Centre which supports administrative and program activities in support of vulnerable communities.

RivInt Interpretation & Translation Services

RivInt's vision is a world where anyone is perfectly understood in any language.

Our mission is to deliver outstanding interpretation and translation services that are accurate, timely, affordable and create a shared understanding among people.

We provide quality interpretation services by ensuring that all interpreters are trained and certified through CILISAT/ILISAT (Community/Interpreter Language and Interpreting Skills Assessment Test). Learn more about RivInt by visiting our website at: <http://rivint.ca>

RivInt provides interpretation services both virtually and in-person. Training to the new interpreters was facilitated by RivInt, which included mock language assessments, to support new interpreters in successfully passing the Interpreter Language and Skills Assessment Tool (ILSAT) and obtaining their language test certification.



LEADERSHIP AND OPERATIONS

BOARD OF DIRECTORS

EXECUTIVE COMMITTEE

- Chand Kapoor, Chair
- Lubaina Fidaali, Vice Chair
- Vinod Sharma, Treasurer

DIRECTORS

- Anu Saigal
- Cristina Di Vittorio
- Lucy Cardile
- Noland Merrick
- Rosemary Naccarato
- Toni Sgotto

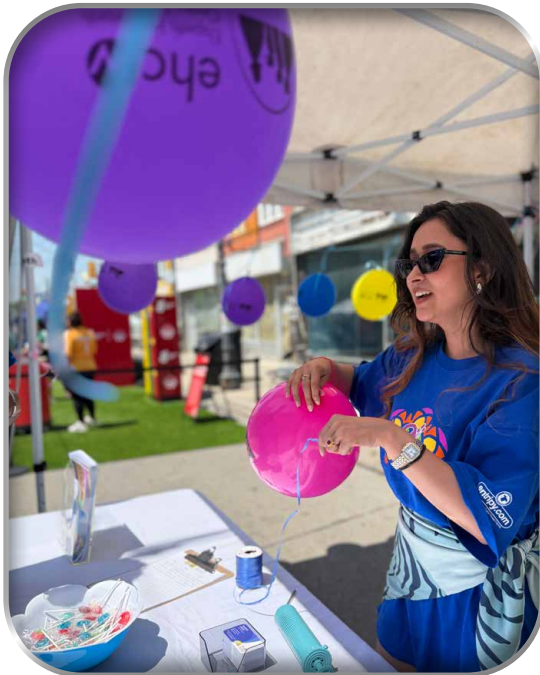


STAFF

- Sunder Singh, Executive Director
- Yougeita Jagdesh, Operations Director
- Dibyashwari Ranabhat, Administrative Coordinator
- Blanca Alvarez, Settlement Coordinator
- Kelia Davis, Community Mental Health & Seniors Program Coordinator
- Vaibhavi Mahajan, Program Coordinator, Social Enterprise, RivInt Interpretation and Translation Services
- Anu Sharma, Seniors Program Coordinator, Vaughan
- Soumya Bardhwaj, RivInt Assistant Coordinator
- Nazlican Kiziltas, Women Program Coordinator
- Bani Uppal, Women Program Coordinator
- Navjot Kahlon, Program Coordinator
- Narges Aminfar, Seniors Program Coordinator, Bradford
- Sabrina Bentley, Women's Program Coordinator, Bradford
- Pradeep Tandon, Accountant

SUMMER STUDENTS

- Jessica Joseph
- Ayse Kadagan
- Maya Arrigo
- Hieu Nghi Nguyen
- Subrina Omari
- Teah Pacchiarotti
- Diamond Levy
- Angel Thomas
- Karanvir Rehal
- Dhananjay Basmall



VOLUNTEERS

Your contributions help ehcw to continue its critical services needed every day. We cannot thank you enough for all your generous support, donations and your time.

We extend a very special thanks to all the volunteers for giving to the community their valuable hours of service. They helped us to plan, develop, organize and participate in our programs and services. The strength of the organization is our volunteers.

ehcw is grateful to Chand Kapoor, CPA who provided free tax services for seniors and women with financial challenges, during the tax season.

COMMUNITY VOLUNTEERS:

- Amina Gazi
- Anastassia Boateng
- Angela Lanna
- Angie Giancola
- Anna Passarelli
- Ansa Irfan
- Barbara Brijcoomar
- Beatrice Conforti
- Bianba Deji
- Bibi Hack
- Brightness Eyoh
- Carmela Morelli
- Carol Sealey
- Catherine Cortese
- Catherine Taniajura
- Celeste Bancheri
- Chris Cristostomo
- Christina Chiavaroli
- Chucka Osoaku
- Cini Joseph
- Cristina Marra
- Cristina Paraschiv
- Crystal Joseph
- Debbie Dyanand
- Derya Gazioglu
- Derya Gazioglu Keskin
- Elizabeth Portmann
- Elsa Lizano
- Elvia Gliosca
- Flavia Bano
- Gita Khoshniyat
- Grace Esposito
- Isabel Sienes
- Jada Elisabetta
- Joe Esposito
- Joseph Bancheri
- Joseph Obiajulu Okafor
- Joy Okoh
- Joy Okoh
- Karimot K. Obadimeji
- Keshubhai Chaudhari
- Kuljit Kaur
- Lucia Marrone
- Lucy Pupulin
- Magdalene Abiodun Popoola
- Maggie Garzon
- Manuel Deocampo
- Marcia Dias
- Maria Melillo
- Mary Gencarelli
- Mary Tucci
- Maryam Ghahavandi
- Maryam Riaz
- Maya Arrigo
- Micheal Asumah
- Mona Bissoondial
- Nahid Khan
- Nasrin Vafaie
- Okafor Joseph Rimon Yousif
- Osayande Bright
- Oseki Danat
- Oseki Danat
- Pat Ramkhelawan
- Paul Le
- Paula Liegghio
- Pia Dal Bello
- RBC Staff
- Rimon Yousif
- Rita (Zumba Instructress)
- Rosa Graziosi
- Shahla Jamalirad
- Shirley Ciossich
- Sodeeq Ademola Amusat
- Tina Riserbeto
- Tonia Bonofiglio
- Vanessa A Jarvis
- Vinet Kirabo
- Vinet Kirabo
- Virginia Douglas

SUPPORTERS 2025-26

The Elspeth Heyworth Centre for Women extends its heartfelt thanks to the funders, supporters and partners for supporting the delivery of pertinent programs and services to the community members. You have made a difference in the lives of many people.

FUNDERS

FEDERAL

- Service Canada
- Canada Revenue Agency (CRA)
- Canada Summer Jobs
- New Horizons for Seniors

PROVINCIAL

- Ministry for Seniors and Accessibility (SALC)
- Ontario Ministry of Children, Community and Social Services
- Ontario Ministry of Health - Aging At Home
- Settlement Services Branch - Ministry of Labour, Training and Skills Development

MUNICIPAL

- City of Toronto
- City of Vaughan
- City of Vaughan, Economic Development
- Town of Bradford West Gwillimbury
- Toronto Employment & Social Service
- Toronto Public Health
- Regional Municipality of York

FOUNDATIONS AND ASSOCIATIONS

- Bhayana Family Foundation
- Black Creek Humber Summit Cluster
- Canadian Italian Business and Professional Association (CIBPA)
- Elementary Teachers Federation
- North York Food Harvest
- Ontario Trillium Foundation
- RBC Foundation
- Sai Dham Food Bank
- Second Harvest Food Bank
- TD Bank
- United Way Greater Toronto
- Vaughan Chamber of Commerce
- Women of CIBPA

MEDIA OUTREACH

- Elvira Caria, Caria's Corner

DONORS AND SPONSORS

- Bell Canada
- Best Way Stone
- Bits2Gigabits
- Brands for Canada
- Caria's Corner
- Castello Ristorante
- Chand Kapoor, CPA
- Choice Homes Realty Inc. Brokerage
- CIBPA
- Cini Joseph
- City of Vaughan
- CLEAResult
- CN Railway
- Councillor Adriano Volpentesta Ward 2
- Donatella Gallo, Toronto Dominion Bank (TD Bank)
- Elementary Teachers' Association
- Elvira Caria
- Elvira Caria Media Comm
- Fazzari + Partners LLP
- Food Not Bought
- GEMS Security System Inc
- Global Medic
- LiUNA Local 183
- Mary Padula
- Municipality of York Region
- North York Harvest Food Bank
- Om Financial
- Purse Project York Region
- RBC
- RBC Foundation
- RBC Wealth Management
- RBC Women in Wealth
- Rina Pilletteri
- Sai Dham Food Bank
- Second Harvest Food Bank
- Shopper's Drug Mart
- Simmons da Silva LLP
- Summer Fresh
- TD Bank
- The Regional Municipality of York

- Toronto Public Library
- Toronto Star Santa Claus Fund
- Town of Bradford West Gwillimbury
- Valeria Mitsubata Photography
- Vaughan Chamber of Commerce
- Vaughan Food Bank
- Vegfresh Inc.
- Women of CIBPA
- York Regional Police

SUPPORTERS

- Member of Parliament, Hon. Judy Sgro
- Member of Parliament, Anna Roberts
- Member of Parliament, Michael Guglielmin
- MPP Michael Tibollo
- MPP Tom Racocevic
- Mayor Steven Del Duca, City of Vaughan and Vaughan Council
- Mayor James Leduc, Town of Bradford West Gwillimbury
- Councilor Anthony Peruzza – Ward 7
- Consulate General of India, Toronto
- Vaughan Chamber of Commerce

Community Partners 2025-26

- 211 Toronto
- Access Alliance
- AILIA – Association de l'Industrie de la Langue
- Assaulted Women's Help Line
- Barbara Schleifer Commemorative Clinic
- Baycrest Academy for Research and Education
- Bhayana Family Foundation
- Bits2Gigabits
- Black Creek Community Farm
- Black Creek Community Health Centre
- Black Creek Humber Summit Cluster
- Bookkeeping Bizz Inc.
- Bradford Food Bank
- Bradford West Gwillimbury Public Library
- Brands for Canada
- Buy Social Canada
- Canada Revenue Agency
- Canadian Hearing Clinic
- Centennial College
- Centre for Addiction and Mental Health
- Chand Kapoor, CPA Professional Corporation
- Children Youth and Families Situation Table - Vaughan
- City of Toronto, Parks, Forestry and Recreation
- City of Vaughan, Recreation and Culture
- CLASP
- Clear Result
- Concerts in Care Ontario
- Consulate General of India
- Crisis & Trauma Resource Institute
- Danube Seniors Leisure Centre
- Daystrom Public School
- Delta Bingo
- Delta Family Resource Centre
- Elvira Caria
- Emery Collegiate Institute
- Ernestine's Women's Shelter
- FCJ Refugee Centre
- FOCUS Black Creek
- FOCUS Rexdale
- Food Not Bought
- Forouz Badiyan
- Furniture Bank Community
- Gem Security System
- George Brown College
- Health Care Providers
- Hospice Vaughan
- Housing Help Line
- Humber College
- Humber River Hospital
- Interval House Shelter
- Jane and Finch Community Legal Clinic
- Jane/Finch Community Centre
- JRCC Furniture Depot
- JVS Employment
- Kensington-Bellwoods Community Legal Services
- Knitting Rochs
- Loft Community Services
- Lumacare
- Mackenzie Health
- McMichael Art Gallery
- Medix College
- Mennonite New Life Centre
- Metropolitan University
- Mixed Company Theatre
- Mohawk College
- New Circles
- Next Steps Employment
- North Kipling Community Centre
- North York General Hospital
- North York Harvest Food Bank
- North York Sikh Temple
- Northwood Neighbourhood Services
- NPower Canada
- OCASI
- OCCI
- OM Financial Inc.
- Ontario Health Team, North Western Toronto
- Oxford College
- Peel Police
- Purse Project, York Region
- Redwood Shelter
- Regional Municipality of York
- Renewed Computer Technology
- Rexdale Legal Clinic
- Rexdale Women's Centre
- Royal Bank of Canada
- Sai Dham Food Bank
- San Romanoway Community Services
- Second Harvest Food Bank
- Seneca College
- Seniors Focus, Vaughan
- Service Canada
- Shoebox Project
- Shopper's Drug Mart
- Sick Kids Hospital
- Skills for Change
- Social Planning Toronto
- Spider Open Dialogue
- St. Joseph's Health Centre Toronto
- Sunlife
- TD Bank
- TDSB Next Steps Employment Centre
- The Clothes Line Bradford
- The Regional Municipality of York (Children Youth & Families Situation Tables)
- Toronto Community Benefits Network
- Toronto Community Housing Corporation
- Toronto Community Seniors Housing
- Toronto District School Board
- Toronto Employment and Social Services
- Toronto Housing Connection
- Toronto Paramedic
- Toronto Police Services Division 23, 31, 32 and 33
- Toronto Public Health
- Toronto Public Libraries - Jane and Sheppard
- Toronto Public Libraries - North York Central
- University Health Network
- University of Guelph Humber
- University of Toronto
- Valeria Mitsubata Photography
- Vaughan Chamber of Commerce
- Vaughan Community Health Centre
- Vaughan Economic & Cultural Development
- Vaughan Fire & Rescue Service
- Vaughan Food Bank
- Vaughan Public Library
- Vegfresh Inc.
- Victim Services Toronto
- Vita Nova Foundation
- VPI Working Solutions
- Western University
- Woman Abuse Council of Toronto
- Women's College Hospital
- Women's Support Network of York Region
- Wow Living
- YES Employment Centre
- York Purse Project
- York Region CYF Situation Table
- York Region Paramedics
- York Region: Injury Prevention, Healthy Aging
- York Regional Police
- York University

YOUR GIFT CAN CHANGE SOMEONE'S LIFE

To make a secure online donation, please visit ehcw.ca

CHARITABLE REGISTRATION NUMBER: 139096135RR0001

Your support is highly valued! Donations of all sizes allow us to continue to support newcomer women and their families in gaining life-enhancing resources, developing their skills, meeting other women and building collective capacity. As ehcw is a registered charity, your generous donation will be eligible for a tax receipt.

The Centre offers donors a number of options to continue to support our important work in the community:

MONTHLY GIVING

Our monthly giving program is a safe, secure, and convenient way to put your money to work, automatically, each month. At the end of the year you will receive a tax receipt for the total value of all your donations.

ANNUAL GIFTS

You can make general gifts to support the work of the Centre at any time throughout the year. Gifts will receive a tax receipt subject to CRA regulations.

HONOURARY OR MEMORIAL GIVING

Celebrate a special person in your life by making a gift in their honour, or in their memory. The Centre can arrange for a card with your personalized message to be sent to anyone who you would like notified of your gift.

CORPORATE SUPPORT & FOUNDATIONS

To learn more about the Centre's work and opportunities for contributing and longer term giving, please contact the Executive Director, Sunder Singh, at 416-500-2748 for more information.

BEQUESTS

These are gifts made through your will and are the most common form of planned gifts. You can give a specific piece of property, a sum of money, or a percentage of your estate. It's important to choose the planned giving option that is best for you. The Centre recommends that you consult an attorney and/or financial planner to help you decide and make the necessary arrangements for you to begin your legacy.

GIFTS OF SECURITIES

Our monthly giving program is a safe, secure, and convenient way to put your money to work, automatically, each month. At the end of the year you will receive a tax receipt for the total value of all your donations.

GIFTS

Our monthly giving program is a safe, secure, and convenient way to put your money to work, automatically, each month. At the end of the year you will receive a tax receipt for the total value of all your donations.

FINANCIAL STATEMENTS

Elspeth Heyworth Centre for Women

Statement of Financial Position

As at March 31

	2026	2025
Assets		
Current		
Cash - unrestricted	\$ 134,555	\$ 174,812
Guaranteed investment certificates	1,182,218	1,161,877
Accounts receivable	103,943	99,215
Prepaid expenses	4,355	2,149
	1,425,071	1,438,053
Capital assets	42,353	12,422
	\$ 1,467,424	\$ 1,450,475
Liabilities		
Current		
Accounts payable and accrued liabilities	\$ 41,041	\$ 43,421
Government remittances payable	5,264	9,962
Deferred revenue	21,364	23,430
	67,669	76,813
Long-term		
Deferred revenue - capital assets	462	659
	68,131	77,472
Fund Balances		
Unrestricted	399,293	373,003
Internally restricted	1,000,000	1,000,000
	1,399,293	1,373,003
	\$ 1,467,424	\$ 1,450,475

FINANCIAL STATEMENTS

Elspeth Heyworth Centre for Women

Statement of Operations

Year Ended March 31

	2026	2025
Revenues		
Fees for services	\$ 418,464	\$ 435,032
Less: Interpreter fees	(245,198)	(243,862)
	173,266	191,170
Grants	618,980	584,093
Donations and fundraising	136,390	283,489
Donations-in-kind	1,720,173	1,335,840
Interest income	49,977	52,164
Deferred revenue - capital grants	198	283
	2,698,984	2,447,039
Expenses		
Program expenses	1,787,493	1,398,160
Salaries and benefits	713,829	662,665
Occupancy costs	67,268	64,203
Administration	42,453	39,146
Insurance	15,489	16,959
Professional fees	15,341	14,811
Fundraising	23,287	12,449
Amortization	7,535	4,259
	2,672,695	2,212,652
Excess of revenues over expenses	\$ 26,289	\$ 234,387

Service
Canada

Ontario

TORONTO

York Region

VAUGHAN

Bradford
West
Gwillimbury



RBC
Foundation™



Vaughan
chamber of commerce



second
harvest



Toronto
Community
Housing



Toronto Seniors
Housing Corporation



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183
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COMMUNITY LEGAL SERVICES



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CK
Chandrakar Kapoor C.P.A C.A.
Chartered Accountant
416.636.8504

GLOBALMEDIC

VAUGHAN
COMMUNITY HEALTH CENTRE

JANE FINCH
CENTRE
Community Matters

CIBPA
TORONTO





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Elspeth Heyworth
Centre for Women



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de l'agrément



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