



Uncomfortable Truths Unstoppable Voices

WHIWH CHC Annual Report 2025



Alliance for Healthier Communities
Alliance pour des communautés en santé



DOWNTOWN
EAST TORONTO
ONTARIO HEALTH TEAM

WHIWH-CHC is a proud member of The Alliance for Healthier Communities and The Downtown East Toronto Ontario Health Team



WOMEN'S HEALTH
IN WOMEN'S HANDS
COMMUNITY HEALTH CENTRE
STRENGTHEN • SHARPEN • BUILD



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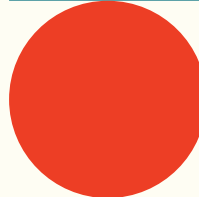


WOMEN'S HEALTH
IN WOMEN'S HANDS

STRATEGIC PLAN
2022-2027

READY FOR MORE

Becoming a Centre for Excellence
in holistic healthcare for racialized
women, trans and non-binary people



OUR NEW FOUNDATIONAL STATEMENTS

Mission

WHIWH CHC provides racialized women, trans and non-binary clients from the African, Black, Caribbean, Latin American and South Asian communities in Toronto and surrounding municipalities with culturally safe, relevant, and responsive primary healthcare. We are changemakers engaged in knowledge transfer and exchange, research, capacity building and advocacy within and across multiple systems.

Vision

We envision optimal health, safety and wellbeing for all racialized women, trans and non-binary people across their lifespan.

Our Commitment

As the only centre of its kind in North America, WHIWH CHC aims to empower racialized women, trans and non-binary people, and improve their health outcomes. Working together as a multidisciplinary team to provide quality holistic health care, we are committed to working from a trauma-informed, intersectional feminist, pro-choice, anti-racist, anti-oppressive, sex-positive, harm reduction, and multilingual participatory framework in addressing the issue of access to healthcare for our mandated priority populations.

OUR STRATEGIC PRIORITIES

STRENGTHEN

We will strengthen our core and invest in our capacity for growth and sustainability

Objectives

- Assess our current operational, administrative, program and service structure to ensure we have the right complement of human resources.
- Review employee compensation, wellness and benefits packages to ensure we provide competitive offerings that motivate and retain staff and reflect our intersectional feminist values.
- Invest in continuous staff development and training to ensure that staff are empowered and capacitated to carry out their work in full alignment with our mission and values.
- Determine the needs, invest in the development of much needed operational systems, tools and planning processes including IT systems (hardware, software and expertise) process automation and digital health capacity.
- Develop a values-driven resource mobilization strategy to diversify and grow revenue streams and ensure growth and sustainability.

SHARPEN

We will sharpen our focus and deepen our response

Objectives

- Increase our ability to support clients to navigate service systems, provide more comprehensive services, innovate and where appropriate, expand programs within a hybrid model which balances the convenience of virtual programming and telemedicine with in-person offerings.
- Create opportunities for greater collaboration and reciprocal, equitable partnerships within the Alliance for Healthier Communities, community and governmental partners, strengthening the capacity of others.
- Become a Research Centre of Excellence for the health of racialized women, trans and non-binary people that is recognized and respected as a subject matter expert in the sector.
- Develop a communication and branding strategy that modernizes the WHIWH CHC brand and highlights its offerings, successes and attracts new supporters. Overhaul the website to increase functionality and reflect our new strategic priorities.

BUILD

We will build and create a physical site for our Centre for Excellence

Objectives

- Build/create an accessible, safe, culturally-relevant, community-embedded space to house our Centre of Excellence and anchor our work.
- Design and execute a major gifts and donations capital campaign for the construction/renovation of a new building, the acquisition of land and the purchase of large-scale equipment.

- Establish multiple satellite and mobile locations across the GTA through strategic partnerships to extend our ability to deliver programs and services.

[Click to visit readyformore.ca](https://readyformore.ca)

MESSAGE FROM THE EXECUTIVE DIRECTOR AND THE BOARD CHAIR



As we approach our 40th anniversary, it is a moment to pause and take pride in what we have accomplished. For nearly four decades, Women's Health in Women's Hands CHC has stood at the forefront of health equity, innovation, and community-centred care. Our mission has always been rooted in ensuring that women, transgender and non-binary people particularly those from African, Caribbean, Black, Latin American, and South Asian communities, receive the specialized

care and advocacy that they deserve. And in doing so, we have not only changed lives; we have changed systems.

One of the hallmarks of our work has been our commitment to rigorous, high-quality research, even in the face of financial and resource constraints. In times where resources have been stretched thin, our staff and researchers have demonstrated creativity, resourcefulness, and unwavering resolve. They have asked the bold questions, elevated marginalized voices, and produced knowledge that has shaped practice, informed policy, and advanced health equity. This commitment to research excellence has been more than an academic pursuit, it has been a lifeline for the vulnerable populations we serve, ensuring that care is not just compassionate, but also evidence-based, affirming and effective.

And while research has been a lifeline, it is only part of our story. The full measure of our impact is documented in the lives we touch every day. In our clinics, our workshops, and our community programs, from culturally responsive clinical services to health promotion, education, and advocacy, our work has and continues to touch families, strengthen neighbourhoods and uplift communities.

By addressing the social determinants of health, and by standing with those whose voices are often ignored, we have built trust and fostered resilience in populations too often left behind. These are not small achievements; they are transformative acts that offer evidence that justice in health care is possible.

As we reflect on our past, and chart our path forward, we are guided by the principle of Sankofa—the wisdom of looking back in order to move forward. It reminds us that our history is not a burden but a foundation; and that the lessons of our struggles and triumphs must inform the strategies of our future. By honouring the past and the knowledge of those who came before us, on whose shoulders we still stand, we strengthen our ability to face the challenges ahead with courage and with grace.

Looking toward our 40th anniversary and beyond, our vision is clear: to remain a leader in community-based health research and care, to protect the legacy of equity and excellence we have built, and to continue transforming lives through our unwavering commitment to women's health.

On behalf of the Board of Directors, I extend my profound gratitude to Lori-Ann, her outstanding leadership team, our dedicated staff, volunteers, funders, and community partners. Your commitment fuels our mission and inspires our future.

Lori-Ann Green-Walker
Executive Director

Suzanne Charles Watson
Board Chair

Women's Health In Women's Hands Community Health Centre Board Of Directors



Suzanne Charles Watson
Chair



Natalie Madramootoo
Vice Chair



Sadaf Farookhi
Secretary



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Sevda E. Mansour
Member at Large



Emily Verghis
Member at Large



Samiha Sharif
Member at Large

Team-Based Primary Healthcare Matters

2150
Clients
receive
ongoing
primary care
at WHIWH



82%
of Clients with Type
2 Diabetes received
care from 2 or more
members of the
inter-professional
care team



79% of
Eligible
Clients
Received
Their Cervical
Cancer
Screening



78%
of Eligible
Clients Received
Their Colorectal
Cancer
Screening



79% of
Eligible Clients
Received Their
Breast Cancer
Screening



Equity Matters

Why We Capture Socio-Demographic Data at WHIWH CHC

At Women's Health in Women's Hands Community Health Centre, collecting socio-demographic data is a vital part of our commitment to equity, accountability, and responsive care. This data allows us to better understand the lived realities of our clients, primarily racialized women and gender-diverse people, and to identify patterns, gaps, and barriers in healthcare access and outcomes.

By gathering information such as race, ethnicity, language, income, immigration status, and housing, we gain critical insights into the social determinants of health that shape our clients' experiences. This enables us to:

- Identify unmet needs and tailor services to reflect the unique challenges faced by our communities.
- Improve and expand programs that are culturally safe, linguistically accessible, and trauma-informed.
- Boost service delivery by ensuring resources are allocated where they are most needed.
- Advocate for systemic change by using evidence to influence policy and funding decisions that impact marginalized populations.

Ultimately, socio-demographic data helps us move beyond assumptions and deliver care that is not only inclusive but transformative, ensuring that every client receives the support they need to thrive.

Top 5 Languages

1. English
2. Spanish
3. French
4. Amharic
5. Portuguese

Top 10 Countries of Origin

- | | |
|---|----------------------------------|
|  | Canada |
|  | Mexico |
|  | Jamaica |
|  | Saint Vincent and the Grenadines |
|  | Uganda |
|  | Nigeria |
|  | Grenada |
|  | Saint Lucia |
|  | Kenya |
|  | Colombia |



Racial or Ethnic Group:

0.7% East Asian (e.g. Chinese, Korean, Japanese, Taiwanese, etc.)

1% Southeast Asian (e.g. Filipino, Vietnamese, Cambodian, Thai, Indonesian, etc.)

1% White (e.g. European descent)

1% Middle Eastern, Arab or West Asian (e.g. Afghan, Egyptian, Iranian, Lebanese, Persian, Turkish, Kurdish, etc.)

3% Multiple Response (2 racial groups or more)

6% South Asian (e.g. Bangladeshi, Indian, Indo-Caribbean, Pakistani, Sri Lankan, etc.)

21% Latin American (Hispanic or Latin American descent)

65% (e.g. African, Afro-Canadian, Afro-Caribbean, Afro-Egyptian, etc.)



Top 10 Reasons for Visit

1. Request for Results of Test(s)

2. Request for Administrative Procedure / Form

3. Visit for Pap smear

4. Type II diabetes

5. Visit for Prescription Renewal

6. Food Insecurity

7. Hypertension

8. Visit/ screening preventative immunizations /medications

9. Visit for new client intake

10. HIV care

Quality of Care Matters

Highlights from the 2024/25. Here is what they had to say

“Everything is so well organized”

“Very happy that I found WHIWH when I did. Very helpful to me, thank you very much.”

“WHIWH has been a helpful resource for me. A big shout out to my doctor, who has worked with me throughout the years with my medical needs and health care. She is the best doctor ever that understand all the challenges I have been through. A big thank you to the establishment.”

I am very satisfied with all the services. I feel very lucky to be a part of this centre.”

84%

felt that WHIWH services helped improve their health and wellbeing,

85%

strongly agreed that WHIWH has a positive impact on their community

95%

indicated that they receive services in language of choice.

82%

felt their health care provider always explains things in a way that is easy to understand

97%

felt the current hours of operation were accessible to their needs

85%

indicated that staff informed them about treatment options available and involved them in decision making about the best option.

81%

felt that health centre staff spend enough time with them during an appointment

78%

of the clients were satisfied with the extent WHIWH staff listen to them.

93%

of the clients felt comfortable and welcome at WHIWH

PRIMARY HEALTH CARE

Toronto Black Maternal Health Week



Women's Health in Women's Hands CHC partnered with the Black Maternal Health Collective Canada Toronto to commemorate the inaugural Black Maternal Health Week (TBMHW) in April 2025. This powerful week-long initiative was dedicated to raising awareness, driving dialogue, and promoting equity in maternal healthcare for Black women, birthing people, and families.

This year's theme, "Amplifying Our Voices," called on all of us to listen, learn, and lead with intention as we confront the systemic barriers that continue to impact Black maternal health outcomes in our communities. Culturally safe and relevant care matters. Black Maternal Health Care should be delivered in a way that invites the whole person and all their intersecting identities.

Throughout the week we heard directly from changemakers, healthcare professionals, community advocates, and researchers who are all deeply committed to advancing maternal health equity in Canada. Both timely and relevant, TBMHW fostered a feeling of hope. Hope that the events of this week will kick off the conversations that we need to have in all health care and other community spaces to actualize real change and better health outcomes that we all want to see. We look forward to continuing our support of this critical event for many more years to come!

Client Committee Launch – AGM Annual Report Summary

We are excited to introduce the newly formed Client Committee at Women's Health in Women's Hands CHC—an inspiring initiative that centers client voices in shaping our healthcare services. Chaired by the Director of Primary Healthcare Services. The committee includes eight dedicated client members who bring diverse lived experiences and a shared commitment to health equity and two staff roles of Individual Program Member and Co-Chair.

This initiative is a key milestone in our Strategic Plan, focused on enhancing system navigation, increasing client engagement, and advocating for culturally safe, accessible, and inclusive care. Our first meeting was held October 6th, with quarterly meetings planned moving forward.

Through this committee, we aim to amplify the voices of our clients, ensuring their perspectives are heard and valued in decision-making processes. The committee fosters meaningful connections between clients and

staff, creating a collaborative environment that informs and enhances programming.

By bridging lived experience with service delivery, we aim to strengthen and sustain a more responsive, equitable, and inclusive community health centre, one that continues

to evolve with and for our clients, keeping momentum in advancing culturally safe and client-driven care.

We look forward to sharing the committee's progress with the organization.

POPULATION HEALTH TEAM

About The Population Health Team

The population health team collaborate in an interprofessional capacity to deliver client-centred, integrated, preventative and holistic care. The population health team consists of the: General Psychotherapy Team, Ontario Structured Psychotherapy (OSP) Program, Social Work and System Navigation, African Caribbean Black Family Group Conferencing Project (ACB-FGC), Diabetes Education Program, Diabetes Prevention Program and the Food Security program. The team works together to deliver mental health services, social work and system navigation, diabetes and chronic illness, and health promotion programs. They provide information and education so clients can make informed decisions, address social determinants of health and client barriers, strengthen community partnerships and connections, and advocate for our clients and community in diverse ways.

General Psychotherapy Team Collaboration with CAMH for Module Development

Our General Psychotherapy Team which includes Registered Psychotherapists, Wangari Kamande and Amrutha George, collaborated with the Centre for Addictions and Mental Health (CAMH) in developing a training module for Culturally Adapted Cognitive Behavioural Therapy (CA-CBT). Wangari and Amrutha were

engaged in this initiative from the development of the script to the filming of the videos. Both therapists, use a variety of therapeutic modalities including CA-CBT to provide client-centred, trauma-informed and culturally sensitive care. They lent their voices and experiences for this initiative to demonstrate how they provide cultural safety in practice, while using the CA-CBT modality with our Black clients. This includes acknowledging the unique experiences of our Black communities and meeting their respective needs.



Mindfulness Meditation Support Group Sessions

Mihret Haile, the Intake Counsellor from the General Psychotherapy Team, coordinated the Mindfulness Meditation Support Group, led by Michelle Nichols, Mindfulness Meditation Facilitator. The group ran for 4 weeks during the summer and was designed to share practical mindfulness techniques with participants including: breathwork, body scans, guided meditations and walking meditations. Michelle created a welcoming and calming environment for participants to engage, reflect and build new coping tools. This program ended up with an enrollment of about 20 attendees. It was highly successful with requests for the program to be extended. Throughout the sessions, participants shared that they felt more connected with comments like “I’ve been needing more of this in my life,” and “I actually used some of the coping tools at home.” These sessions supported our clients with integrating mindfulness practices into their daily lives to improve their overall well-being.

Chai Circle Workshop Series

Tara Kidwai, Registered Social Worker, and Amrutha George, Registered Psychotherapist, co-created and developed a Chai Circle workshop series for clients who identified as being of South Asian descent. The Chai Circle was a client-led group to foster an environment where clients gained knowledge, felt acceptance, cultivated authentic relationships, and celebrated shared stories. This provided an opportunity for our Centre to amplify South Asian voices and empower clients to build their social capital, decrease social isolation and support individual and community mental wellness. The content for the sessions were developed in collaboration with clients, while discussing their strengths,

needs, and challenges. For instance, one of the sessions was a Values Card Exercise to discuss participants’ core values and conflicts as South Asian women. The final session consisted of the participants viewing a documentary with a potluck lunch, while exchanging stories about the South Asian community and experiences in Toronto.



The workshops included diverse collaborative activities with other team members including (but not limited to):

- Healthy, cultural food demonstrations with Fariha Kibria, our Registered Dietician. Fariha prepared Jhalmuri, a healthy Bangladeshi snack made with puffed rice, lentils, potatoes and chickpeas with low sodium and oil. The session included a discussion on the dish’s nutritional value and its potential as a light meal.

- Amina Chaudhary led a session where she provided a safe and inclusive space for South Asian women to share their immigration journeys, reflect on cultural identity, discuss challenges and resilience and celebrate role models.
- One of our volunteers, Sherene Pavan, delivered a presentation on facts about South Asian communities including: history and immigration, employment, geographical locations, traditional attire and more.

The Chai Circle workshop was an immense success! Through storytelling, dialogue, and activities focused on self-care, future visioning, and cultural affirmation, participants strengthened their sense of belonging, built confidence in navigating dual identities, exchanged strategies to overcome stereotypes, and drew inspiration from community role models. This program fostered empowerment, connection and pride in heritage while supporting personal and professional growth.



Ontario Structured Psychotherapy Program (OSP):

The Ontario Structured Psychotherapy Program (OSP) at WHIWH-CHC, in partnership with the Centre for Addictions and Mental Health (CAMH), includes Yenis Machado Patel (Intake Counsellor), Yohanna Beraki (Mental Health Therapist), and Teresa Salazar (Mental Health Therapist). The OSP team offers a culturally adapted program designed to align with clients' cultural values and lived experiences.

Culturally-Adapted Cognitive Behavioural Therapy (CA-CBT) is utilized with clients to explore the connections between their thoughts, emotions, and behaviors. Through in-session exercises and personal projects between sessions, clients are empowered to draw on their strengths and resources, developing new coping strategies that enhance their daily functioning and quality of life.

From 2024 to 2025, the OSP team achieved significant progress in delivering culturally adapted mental health care. Key accomplishments include:

- **Tailored Care:** Personalized treatment for individuals experiencing symptoms of Depression, Generalized Anxiety, Social Anxiety and Panic Disorder, and ensuring that care is specifically designed to meet individual needs.
- **Bilingual Support:** We offer services in both English and Spanish, to increase accessibility and inclusivity of diverse clients.
- **Professional Development:** The team successfully completed all five required OSP trainings and attended Indigenous cultural awareness and safety trainings. The team also proactively seek additional training aligned with the program to enhance client care including Anti-Oppressive Education and Somatic

Therapy approaches such as Polyvagal Theory.

- **OSP Program Clinical Training Requirements:** The therapists have successfully completed mandatory components including: formal training and clinical practice experience with the clinical model and protocol. They are actively working to fulfill the remaining training requirements: on-going regular clinical consultations and formal assessment of CBT practice for assessment and treatment competencies.
- **Collaboration with CAMH:** The team continues to strengthen relationships with the CAMH team through regular participation in both individual and group consultations, including CA-CBT group discussions. This helps with leveraging collective expertise, exchanging available resources and optimizing our services.
- **Streamlined Processes:** We are developing a comprehensive referral process in collaboration with CAMH, alongside a detailed intake pathway, assessment and treatment procedures, and documentation.
- **Continuous Improvement:** Our team commits to monitoring and documenting client participation and progress, and refining processes to meet client needs, emphasizing our commitment to the ongoing enhancement of our care delivery.

These accomplishments highlight the OSP team's dedication to providing high-quality and innovative mental health supports.

African, Caribbean, Black Family Group Conferencing (ACB-FGC) Project

The ACB-FGC project is an adaptation of the Family Group Conferencing model of Alternative Dispute Resolution used in family conflict situations to help streamline court processes and encourage alternatives to

court for families engaged in the child welfare system. Our adaptation builds from this model to meet the distinct needs of African, Caribbean, and Black children, youth and families.

This project is a collaboration between Women's Health in Women's Hands Community Health Centre (WHIWH-CHC) and University of Toronto's Ontario Institute for Studies in Education (OISE). The ACB-FGC Project receives family referrals from both the Children's Aid Society of Toronto and WHIWH-CHC. Family referrals to the program may include instances of domestic violence, challenging behaviours due to childhood trauma, food insecurity, homelessness and more. The ACB-FGC project addresses these issues by strengthening support systems, facilitating reconciliation, assisting with goal setting, and supporting the reunification and post reunification of children and their caregivers. Families who have completed their family group conferences (FGCs) have expressed positive feedback about the process and their Coordinators and would recommend the service to other community members, family members and friends.

Diabetes Education Program (DEP)

As part of the DEP program, Registered Dietitians - Daisy Guerrero, Zahra Goodarzi and Fariha Kibria - provided individual nutrition counseling to support clients in managing and preventing conditions such as type 2 diabetes, prediabetes, dyslipidemia, gastrointestinal issues, obesity, eating disorders, anemia, and prenatal nutrition. To reach a broader audience, our dietitians also facilitated group workshops, both independently and in collaboration with internal and external teams as shared below:

DASH Diet Workshop

In partnership with the TD Better Health

Hypertension Program, the DASH Diet workshop targeted clients living with hypertension. It featured a presentation on the DASH diet, followed by a quiz to assess participants' understanding. The session aimed to encourage clients to reduce salt intake by seasoning their food with herbs and spices. Participants received a recipe for a homemade salt substitute, which was then used in a food demonstration to prepare Mujaddara, a mixed salad of whole grain bulgur, lentils, chickpeas, and fried onions. The dish was prepared using canned ingredients and a water kettle to accommodate clients living in shelters or transitional housing without access to a full kitchen. The session concluded with a discussion on the nutritional value of the meal.

Diabetes Self-Management Series

Our dietitians facilitated a five-part workshop series focused on diabetes management for clients living with Type 2 diabetes. Each session covered a different topic such as understanding the basics of diabetes, blood sugar management and Libre Sensor use, label reading, the glycemic index, and a final review. Workshops 3 to 5 included food demonstrations, featuring recipes that reflected the holiday spirit leading up to the winter holidays in December.



Diabetes Management Presentation in Collaboration with CCVT

We conducted a Diabetes Management Presentation via Zoom for residents living with HIV at the Canadian Centre for Victims of Torture (CCVT) shelter. The presentation focused on managing diabetes, the concept of glycemic index and how incorporating whole grains can positively impact blood glucose levels and the role of sleep, stress and exercise in blood glucose management.

Nutrition Education Presentation for Clients Living with HIV

To share information in an accessible format, one of our dietitians provided a Nutrition Education Presentation via Zoom for clients living with HIV, which focused on healthy eating. The presentation covered essential macro- and micronutrients integral for building a strong immune system, noting that malnutrition can compromise immune function. It also emphasized the importance of adequate hydration and regular physical activity for overall health and well-being.



Basic Shelf Nutrition Program:

This four-session workshop series focused on building clients' skills around healthy eating on a budget. Dietitians provided education on food security, meal planning with affordable ingredients, and strategies for proper food storage. A grocery store tour was included to teach participants how to read nutrition labels and make informed choices while shopping. Each session also featured a food demonstration to enhance participants' confidence and ability to prepare nutritious, budget-friendly meals at home.

Mind Body Movement (MBM) Programs

Hafsa Hassan Kombo - Healthy Living Coordinator

Mind Body Movement (MBM) Programs are coordinated by Hafsa Hassan Kombo, Healthy Living Coordinator at WHIWH-CHC. The MBM program consists of physical activity sessions such as: Zumba, Chair Yoga, Dao Yin Yoga and Qigong. We also provide one-on-one yoga sessions offered both virtually and in person through a referral only program due to limited spacing. These sessions provide an opportunity for clients to learn ways to nurture the mind-body connection and gain effective practices to implement at home. Each practice is designed and taught according to the individual's physical and/or therapeutic needs, strengths, and flexibility. In-person programs continue to be our clients' favorite and also enhance social connections as well as physical wellness. We have had a higher enrolment this past year, with more senior clients embracing a healthy lifestyle through our exercise programs.

Client Feedback for the MBM Program:

"I have enjoyed attending this yoga class very much and look forward to attending many more. I believe this class has helped me both mentally and physically, and would like to see it continue for as long as possible."

"As usual Nada is Amazing. Love her like a sister. She brings realness to her practice as teacher, mentor and positive leader. I respect and appreciate that a lot."

"Because my grandmother passed away, I wasn't able to attend as I usually would but I do look forward to the next sessions."

"I also wanted to let you know that I especially appreciate being able to do the Zoom sessions from home (as opposed to going in person). As a survivor of trauma and abuse, and someone who also has issues with disordered eating and body image, it is really helpful for me to access virtual yoga therapy from the safety of my own home. Before my sessions with Shehla, I never felt comfortable enough to attend yoga classes in person - especially with instructors who were not trauma-informed and not BIPOC. I find Shehla's teaching and thoughtful communication style makes yoga therapy more accessible for me. I really hope Zoom sessions continue to be available as part of the yoga therapy programming."

Diabetes Prevention Program: Community Health Ambassadors (CHAs) Project 2024-2025

Project Title: Healthy Living Now: Building Better Health Outcomes and Resilience (2024-2025)

Yodit Teklehimanot, Community Health Worker, oversees the Community Health Ambassador

(CHA) Project which is a part of the comprehensive Diabetes Prevention Program at WHIWH-CHC. For the CHA program, twenty Community Health Ambassadors were trained to deliver Healthy Living Diabetes Workshops for our priority populations. Each ambassador facilitated two workshops each, reaching a total of twenty participants from diverse communities, with a focus on "Healthy Living." This initiative was designed not only to strengthen community capacity for healthier living but also to foster leadership among women, trans, and nonbinary individuals. By creating peer-led spaces, the program empowered participants to take an active role in their own health and in supporting others within their communities.

The Diabetes Prevention Workshops centered on practical strategies for healthy eating, regular physical activity, and effective stress management to reduce the risk of Type 2 Diabetes. Core topics included Canada's Food Guide, the Canadian Physical Activity Guidelines, and simple stress-management tools/practices. Participants also received healthy cultural recipes and diabetes prevention resources, provided in both print and digital formats. Throughout the workshops, participants engaged in dialogue and action planning to incorporate sustainable lifestyle changes into their daily routines. The program successfully created opportunities for knowledge-sharing and collective support to lay a stronger foundation for improved health outcomes and community resilience.



Testimonial from CHA:

"..... Serving as a Health Ambassador at Women's Health in Women's Hands was a rewarding experience. I facilitated workshops for Spanish-speaking women, creating culturally inclusive learning spaces. Health information was adapted to their lived realities, making prevention strategies relevant. The workshops fostered both knowledge on nutrition and safe spaces for community building. This strengthened my facilitation skills and deepened my commitment to health equity and prevention...."

- Testimony by Romy Rosalin Alza Meza (Community Health Ambassador)

2024 – 2025 Community Health Ambassadors/Peers for Diabetes Prevention Program:

- Chickerenma Umechuruba
- Heena Kauser
- Fernanda Morales Rodriguez
- Shehnila Masud
- Romy Rosalin Alza Meza
- Ambreen Asif
- Riffat Fatima
- Zoobia Safdar
- Sadia Rahman Sahibzada
- Vanita Sabharwal
- Subuhi Jaffrey
- Neena Matta
- Randa Algafaraway
- Reham Teama
- Sherril Grandison
- Dipika Moni Roy
- Gloria Kuffuor
- Elaine Hendricks
- Latanya Pinnock
- Irene Pamela

Upgraded Food Security Program: Transition to the "Poverty Reduction Initiative (PRI)"

WHIWH's Food Security Program has evolved into the Poverty Reduction Initiative (PRI), with a focus on tackling the social determinants of health to address food insecurity and community barriers. Led by Amina Chaudhary, Health Promoter and Food Security Coordinator, this project focused on these key components:

- **Need Assessment and Client Engagement:** We held four focus groups with about 6-10 participants per session. This provided us with the opportunity to better understand client demographics, experiences, barriers, and feedback. Actionable findings were incorporated into a logic model, now serving as a roadmap and the foundation for PRI's long-term success and sustainability.



- **Capacity Building:** We expanded our volunteer base with diverse skill sets and completed comprehensive training and orientation.
- **Creating a Structured Program:** We integrated Volunteer Engagement Sessions to receive feedback directly from our volunteers! Based on this information, we are developing a structured program for our Food Bank Volunteers including Recruitment, Orientation, Training and Supervision.
- **Professional Development:** Volunteers participated in a Food Handling Course pilot study with

Second Harvest. We continue to share training opportunities with our volunteers to enhance their skills.

- **Team Collaboration:** Team members at WHIWH-CHC were engaged to capture information such as client needs, barriers and opportunities for change to better support clients with the food bank program and available resources.



- **External collaboration:** A major milestone was achieved through our participation in the Growing Roots Downtown Toronto East (DTE) Food Resilience Initiative. This collaboration brought together twenty-one diverse organizations working in employment, food security/resource sharing, and other social services to strengthen the PRI approach through collaboration, reach and sustainability.

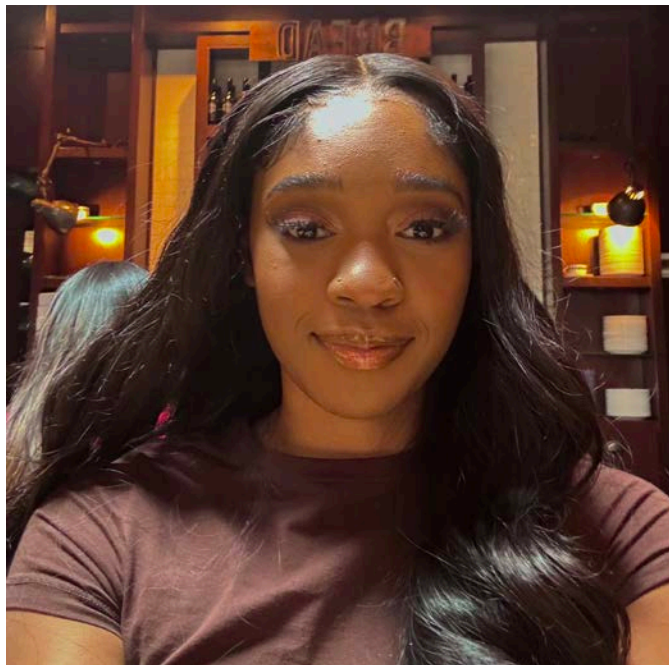
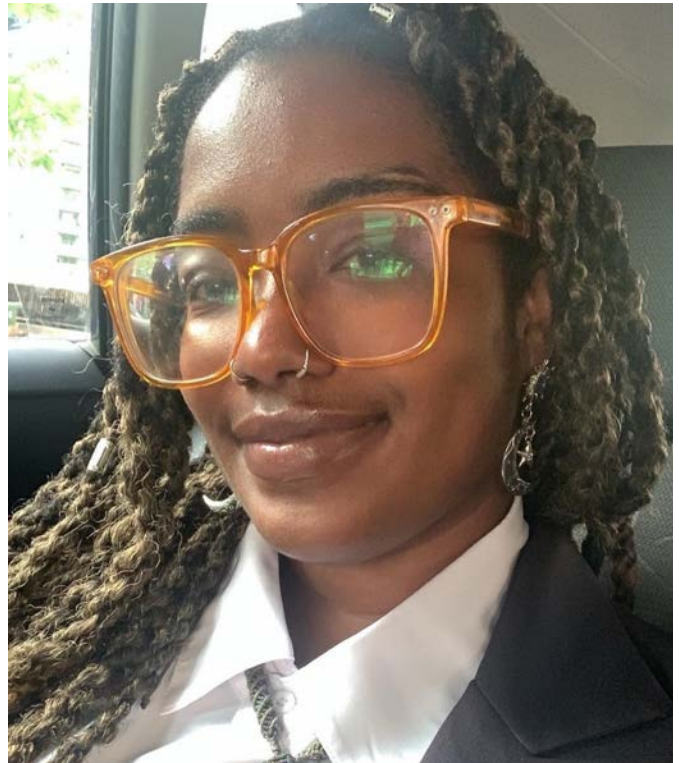


RESEARCH AND PROGRAMS TEAM

● New Team Members

This year, we welcomed two new members to the Research and Programs Team.

Chloe Kirlew-Geddes joined the Research and Programs Team as the Project Coordinator of the Fostering ACB Women's Mental Health Wellness Gathering Project. Chloe brings a wealth of experience as an outreach specialist, programs leader, community educator and equity consultant, and will play a crucial role in leading key project activities and deliverables. With a deep value in using creativity and radical kindness as a means of education and connection, she has coordinated several community-based youth programs and was a peer of the previously run Empowered ACB Women's Mental Health Wellness Gathering Project.



Adrianna Perryman is a recent graduate of a Master's Degree in Public Health focused on Black Health and the new coordinator for the vaginal health project being implemented in collaboration with Dr. Notisha Massaquoi, Black Health Equity Lab, U of T, and Dr. Rupert Kaul's medical sciences lab at U of T. Adrianna brings a wealth of experience in community health and equity, program development, coordination and implementation, and advocacy. She also brings expertise in research, including data collection methods, analysis and interpretation and knowledge sharing.

● Event Participation Spotlight



Global Commitments to Women's Rights - Highlights from CSW69/Beijing+30 (2025)

This year, Women's Health in Women's Hands (WHIWH) sent a team of five representatives to New York to attend this global session as participants and learners. The group was able to be a part of a momentum dialogue that included reflections, solution deliberations and calls for action. Alongside other NGOs and civil society organizations, WHIWH delivered a critical session aimed at raising awareness about gender inequality within the Canadian context. This session served as a call to action for the need for more attention and effective solutions to address the systemic barriers that impact the health and psychosocial well-being of African, Caribbean, Black, and other racialized women – groups that are often left behind in diversity, equity and inclusion initiatives across Canada.

Overall, CSW69 was a call for more action if

we are going to achieve the 2030 Sustainable Development Goals. In the current political climate that is seeing the destruction of gender equality achievements reached so far and many societies still in post-pandemic recovery mode, it is crucial that UN entities, feminists, allies, civil societies and women continue their collective work to ensure every woman and girl has the same rights and opportunities as their male counterparts.





● Community Programs Update

The Fostering African, Caribbean, & Black (ACB) Women's Wellness Gathering Project

The Fostering ACB Women's Wellness Gathering Project expands the capacity and use of a peer-led model that improves the mental health of ACB women through the creation of positive space for connections and collective wellness. With the recruitment of 6 peer leaders across Toronto, Windsor and Ottawa, this one-year initiative will deliver an 8-week virtual wellness series to over 80 women and gender diverse people and provide tools and resources to over 500 community members via social media. Additionally, the development of an e-learning course will support community organizations and their peers and staff to implement the peer-led mental health workshop model. In collaboration with the We Matter Project, the project hosted a Community Forum that offered creative skill-building, community wellness, and holistic health.

For more information, please contact chloe.kg@whiwh.com

A Gender-Based Violence (GBV) Cascade of Prevention, Support and Care for Racialized and Immigrant Women

WHIWH's GBV Cascade Program has rounded up a successful pilot year, which addressed the various risks and socio-cultural factors experienced by racialized women, and the need for culturally appropriate and safe GBV services. With the support of community peers, we were able to reach over 6,000 women and community members through various primary violence prevention activities, including peer-led Kitchen Table Talks, educational webinars, Digital Storytelling videos, podcasts and a social media campaign. Our holistic one-on-one case management service supported over 60 women across Ontario (including reserve areas, Montreal, Niagara Fall refugee hotels, and rural areas) with short-term and long-term supports through safety planning, advocacy letters, and warm referrals to community services and counselling. Additionally, the program partnered with the YWCA, HER Initiative of Uganda in Collaboration with OCASI, WiTT program Women in Trades & Technology Program, and LAMP CHC in collaboration with Toronto Community Housing Corporation to deliver prevention and support workshops.

For more information, please contact the team flourish@whiwh.com or visit our website www.flourishaccess.ca

Positive Actions Initiative -Young Women Stigma Reduction Project

The Positive Actions initiative is a project funded by the Public Health Agency of Canada and led by REACH Nexus (May 2024- April 2025). We are adapting a culturally focused, trauma-informed stigma reduction intervention to target multi-dimensional forms of stigma faced by young ACB women, to alleviate the

psychological distress caused by HIV stigma and provide young African, Caribbean, and Black (ACB) women the opportunity to reclaim their well-being and inner strength. This positive action involves peer-led, group-based educational workshops designed to reduce HIV-related intersectional stigma, prevent secondary HIV transmission, and promote treatment, care, and support for young ACB women aged 16-29.

Check out the links below to learn more about WHIWH's positive action. Positive Actions (www.positiveeffect.org). For more information, please contact maryn@whiwh.com

The Integrated National HIV Prevention Strategy for ACB people in Canada

The Integrated National HIV Prevention Strategy for African, Caribbean, and Black (ACB) people in Canada is a five-year project funded by the Public Health Agency of Canada and is currently in its third year. Through this project, we have been delivering HIV-related educational workshops dedicated to service providers and workshops dedicated to the ACB community members. This project was completed in partnership with Africans in Partnership Against AIDS (APAA), AIDS Committee of Ottawa (ACO), Black Coalition for AIDS Prevention (BlackCAP), HIV Edmonton, Community Alliance for Accessible Treatment (CAAT), and SafeLink Alberta. Through outreach at events like PRIDE, Afro fest, and community BBQs, we have been able to distribute over 10,000 HIV self-test kits since the start of our HIV self-test kit distribution efforts in early 2023. Finally, we have recently created an Instagram account to highlight all the work we are doing and any upcoming workshop events, which can be found on Instagram @1love1stop.

For more information, please contact orit@whiwh.com

The Community Action Fund (CAF) Project: Anti-Black Racism in HIV Services

The Community Action Fund (CAF) Project: Anti-Black Racism in HIV Services is a five-year initiative funded by the Public Health Agency of Canada. This project focuses on combating Anti-Black racism in HIV services by engaging African, Caribbean, and Black (ACB) community members to recruit and train 50 peers across four Canadian regions. These peers will enhance their ability to identify gaps in HIV services, advocate for their needs, and deliver educational activities to service providers to improve service delivery to ACB populations. The review of scorecards by ACB community members, service providers, and staff from AIDS Service Organizations (ASOs) has been completed. The data gathered has highlighted current gaps and issues within HIV services. We have developed an Anti-Black Racism Index and Training guide which is being adapted in identified ASOs Nationally through a two-part training, evaluation, and implementation process. The goal is to better equip community members and staff in improving service delivery.

For more information, please contact nonty@whiwh.com

Empowered by PrEP: Increasing education, awareness, access, and uptake of PrEP for Black and racialized women

This project aims to develop a PrEP promotion and linkage to care program. The program will be designed to reduce barriers to PrEP as an HIV prevention tool through education and awareness building, the development of culturally relevant promotional and educational resources, establishing linkage to care pathways with external organizations, and the implementation of a PREP clinic at our centre!

The clinic will provide ongoing support to

Black and other racialized clients on a PrEP regimen, through testing, intake, and eligibility, prescribing PrEP, navigating financial/insurance coverage of PrEP, and counselling support for issues around retention and adherence. We will also utilize peers to provide ongoing support for our PREP clients.

For more information, please contact natasha@whiwh.com.

Enhancing Continuity of Care for African, Caribbean and Black Women newly Diagnosed with HIV

This program is funded by the Slaight Family Foundation's Women and Girls Initiative to provide coordinated, culturally responsive HIV-related care and support services, addressing systemic barriers and promoting health equity. As well as support the optimization of our HIV prevention and care cascade to improve linkage to care, reduce HIV-related stigma and promote optimal health for newly diagnosed HIV-positive African, Caribbean, and Black (ACB) women through the implementation of a retention in care plan.

The program fosters respectful, inclusive, and trauma informed services and education women need to improve their well-being, advocate themselves, adhere to treatment, and challenge self-stigma and discrimination. In the last year, we successfully connected over 100 women to care and social services (i.e. Dr appointment, interpretation, food security, housing, transport, and emotional support) and conducted outreach to distribute sexual health safety resources and HIV self-testing kits. We will continue to collaborate with healthcare professionals, HIV testing sites, and other stakeholders to address social and health disparities as well as systemic barriers to accessing healthcare services.

For more information, please contact chantalm@whiwh.com

Student & Family Advocate Project (SFA)

The Student and Family Advocate project (SFA) focuses on supporting communities in the Greater Toronto Area to provide one-on-one case management, workshops, and community engagement supports to advocate and empower young black women. The SFA program launched in September 2021 and has since created a book club, scholarships, grants, information directories, and a podcast. SFA is for black women 16-25 years old to create cultural, gender and race-based advocacy for black women in educational spaces to better dismantle systemic biases. The project successfully supports over 200 young women yearly and continues to create easily accessible resources to support their academic journeys. WHIWH-CHC is the only organization that offers a gender-specific SFA initiative in Ontario.

For more information, please contact kashaia@whiwh.com or visit our website www.sfawhiwh.ca

The netWORKING: Young Black Women's Mentorship Project

This project is dedicated to supporting African, Caribbean, and Black (ACB) women 16-25 years old living in the GTA by offering both one-on-one and group career-focused mentorship, aimed at advancing personal, academic, and professional achievements while fostering safer community spaces for Black women. Key objectives include enhancing educational attainment, employability, and overall well-being through embedded communal support. Mentees engage in monthly virtual meetings with their mentors, who guide them in skill development and career planning, reinforcing self-esteem and decision-making abilities. This year, the netWORKING Project has collectively reached 205 young Black women between 17-29 years

old through 1:1 mentorship, workshops, and events.

For more information, please contact rowa@whiwh.com or visit our website <https://thenetworkingtribe.wordpress.com/>

We Matter Project

The We Matter Project is a six-year initiative aimed at improving access to culturally appropriate, gender-responsive health services for African, Caribbean, and Black (ACB) women, non-binary, and trans youth by addressing systemic barriers and anti-Black racism in healthcare. This year, the project hosted a retreat with key community organizations to evaluate key aspects of the project using the theory of change and strategic plan, as well as a knowledge translation and exchange event to engage with stakeholders (both youth and service providers) and share best practices. A service integration framework was developed to build better mechanisms of support and youth-centered access to community health services and community engagement activities.

For more information, please contact mame@whiwh.com

Thrive Together

Thrive Together is a transformative project focused on bridging healthcare access gaps for young ACB women in Toronto and Peel. This initiative responds to systemic discrimination and barriers that ACB communities face in healthcare by offering a culturally responsive, trauma-informed, and empowering model for health services. This project provides peer-led health navigation services; culturally relevant materials to educate and empower youth; conducts training sessions for local healthcare providers to enhance their understanding and

responsiveness to the unique needs of ACB youth; and will launch a campaign to raise awareness about the challenges faced by ACB youth in healthcare settings and advocate for systemic change.

For more information, please contact monicab@whiwh.com

Skills building and Case Management for Women Living with HIV

The Skills Building and Case Management Program, funded by the AIDS and HEP C Program, Ontario Ministry of Health, aims to improve the health and well-being of African, Caribbean, and Black (ACB) women living with HIV. The program is a key component of the HIV Care Cascade, offering critical support through early diagnosis, timely engagement in care, and empowering women through skills development and health promotion. In the last year, the program made significant strides, providing case management to over 250 women and increasing referrals to mental health and social services.

We continue to advance our commitment to community health and empowerment through a comprehensive in-person programming initiative. This includes monthly skills-building sessions, support for treatment adherence, tailored stigma-reduction interventions, and educational workshops. Furthermore, we remain committed to providing tailored support that addresses the unique needs and comorbidities of Black women aged 50 and above, individuals newly diagnosed with HIV, young women living with HIV, and newcomers facing health disparities. We successfully hosted our Annual Knowledge Transfer and Exchange (KTE) Forum in collaboration with several AIDS Service Organizations (ASOs), drawing over 100 participants and fostering meaningful dialogue and shared learning.

Our summer networking event, held in partnership with APAA, BLACK-CAP, and PWA, served as a vibrant platform for community engagement and support. Our team has played a pivotal role in coordinating care, providing crisis counselling, and contributing to research initiatives that inform and improve HIV care models. We continue to lead provincial campaigns focused on prevention, treatment, and care, with a particular emphasis on African, Caribbean, and Black (ACB) communities.

For more information, please contact maryn@whiwh.com

The Health-box Initiative

This is a national HIV and harm reduction initiative which we have partnered on with REACH Nexus. The Health-box is a “smart”, interactive dispensing machine that provides free and low barrier access to self-testing kits for HIV, harm reduction, sexual health supplies, hygiene products and other supplies that we may often take for granted. It is also a machine that provides health information, and a support services directory for our clients and community members to find the health care they need—in their community.

For more information, please contact nonty@whiwh.com

● Research Studies Update

I am Ready HIV Self-testing Program/I AM health Program

This is a national research program led by Dr. Sean Rourke, Unity Health, St. Michael's Hospital and REACH NEXUS. WHIWH-CHC is a member of the team which is implementing, scaling up and evaluating low-barrier options for access to HIV self-testing to reach the undiagnosed and offer choices about how

to connect for needed care, whether one is HIV positive or negative. The goal is to raise awareness, so people take action to get tested for HIV. The National ACB working group supports implementation of the ACB arm of the I am Ready Program.

For more information, please contact wangari@whiwh.com or visit the website <https://www.i-am.health/acb>

Ontario Cohort Study

The Ontario Cohort Study (OCS) is an anonymous, confidential long-term study that collects information on people living with HIV in Ontario as they move through distinct phases of life. This study is part of the Ontario HIV epidemiology and surveillance initiative. The data from the OCS is used to improve services across Ontario (engagement and care, advocacy, and promoting optimal Health) for people living with HIV today and in future. In the past 1 year, from September 09, 2024, to June 23, 2025, we have conducted 41 follow-ups and 36 Baselines. We currently have 258 active participants engaged in OCS.

For more information, please contact majorie@whiwh.com

MyPRO

MyPRO, a Patient Reported Outcomes (PROs) assessment which was funded by the OHTN, focused on improving patient care by using periodic patient questionnaires focused on several aspects of their health and well-being. The MyPRO pilot testing, which measured the tool's potential at improving communication and quality of care during appointments, successfully concluded in December 2024. The pilot testing findings were presented at the 2025 Canadian Association for HIV Research (CAHR) conference.

Evaluation findings indicated that the intervention helped: a) improve client/provider communication; b) raised sensitive issues that would otherwise not have been discussed; c) helped strategize on how to resolve any identified issues; and d) triggered alerts on emergent issues that required immediate attention.

For more information, please contact majorie@whiwh.com

Multiplo TP/HIV Antibody Self-Test Study

This is a clinical trial that is being implemented in partnership with REACH Nexus, St. Michael's Hospital. The aim of the study is to evaluate performance and usability of Multiplo® TP/HIV (syphilis and HIV) point-of-care test by untrained non-healthcare users. WHIWH will be recruiting 500 participants to participate in the study. This innovative technology has the potential to improve access to HIV and Syphilis testing for Canadians.

For more information, please contact nonty@whiwh.com

Vaginal Health Study

The Vaginal Health Study, in being implemented in partnership with the University of Toronto. Its aims include: a) assess priorities and preferences regarding vaginal health for Black women in Ontario. This will be explored through 10 focus groups with approximately 72 diverse women; b) through a survey and vaginal samples, the team will examine the association between the vaginal microbiome with vaginal immunology and the vaginal health of ACB women. Through the study, we will gain insights into concepts of vaginal health among Black women and identify community priorities for future research aiming to improve vaginal health.

For more information, please contact adrianna@whiwh.com

ACB CHIWOS Data and ACB WCHC SUB-HUB:

Chaired by Dr Notisha Massaquoi, Mary Ndungu and Wangari Tharao, the ACB CHIWOS data group has joined forces with the ACB WCHC (Women Centred HIV Care) Sub Hub which is a component of a larger WCHC Hub led by Dr. Mona Loutfy, Women and HIV Research Institute at Women's College Hospital. The aim of the WCHC hub is to develop and carry out a national knowledge mobilization strategy to broaden the reach of the WCHC Model of care which was developed based on the data generated from the CHIWOS cohort study to support optimal care for women living with HIV.

Through the ACB women sub hub, we are mobilizing the ACB women CHIWOS data to share with all relevant stakeholders including clinicians, community-based organizations, ACB women, policymakers, and learners/students across Canada. Our first knowledge mobilization event held on November 1st and 2nd, 2024 brought together more than 126 participants from across Canada (80 in person and 46 online) and our 2nd event was done in partnership with WHIWH and focused on women living with HIV and was held in March 2025. The event brought together more than 100 women living with HIV.

We are continuing to analyse ACB women CHIWOS data to highlight issues relevant to ACB women and develop interventions to optimize women's health outcomes.

Other research studies WHIWH is partnering on include:

- a. Project Title: **The Health of African Women Living with HIV: A Structural Approach** being implemented in partnership with Dr. Ahmed Bayoumi, St.

Michael's Hospital. The study is funded for the period 2025-2028 through the HIV Endgame, Ontario HIV Treatment Network.

- b. Project Title: **Implementation of Peer-Led Women-Centred HIV Care Pocketbook Workshop** being implemented in partnership with Dr. Mona Loutfy, Women's College Research Institute. The project is funded for the period 2025-2028 through the HIV Endgame, Ontario HIV Treatment Network
- c. Project Title: **Understanding and taking action on the risk and protective factors of maternal mental health of Black Mothers in Ontario** in partnership with Dr. Priscilla Boakye, Toronto Metropolitan University. The study is funded by CIHR for the period 2024-2026.
- d. Project Title: **Canadian HIV Cure Enterprise 3.0: Targeting tissue HIV reservoirs** being implemented in Partnership with Dr. Nicolas Chomont, University of Montreal. The funded by CIHR for the period 2024 - 2029

FINANCIAL STATEMENTS (Audited)

Women's Health in Women's Hands CHC -summarized statement of Revenue and Expenses for the year ended March 31st, 2025 (With comparative figures for 2024)

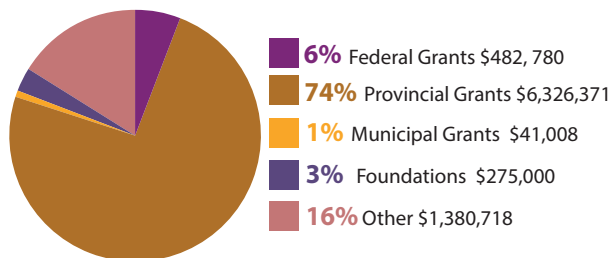
Expenditure	2025	2024
Salaries,Benefits and Relief	\$5,486,548	\$5,067,517
Other staff related cost	\$63,660	\$39,544
Purchased Services and consultancy	\$515,252	\$356,646
Non insured diagnostic & specialist	\$340,000	\$299,999
Occupancy cost	\$598,421	\$670,905
Other overhead cost	\$1,797,469	\$1,725,088
Total Expenditure	\$8,801,350	\$8,159,700
Revenue		
Federal Grants	\$482,780	\$1,090,628
Provincial Grants	\$6,326,371	\$5,835,170
Municipal Grants	\$41,008	\$75,884
Foundations	\$275,000	\$774,985
Other	\$1,380,718	\$1,147,145
Total Revenue	\$8,505,877	\$8,923,811
Net Assets -Beginning of the year	\$3,028,760	\$2,497,719
Adjustments		
Due to Ontario Health	-\$55,812	-\$163,920
Due to Ministry of Health and Long Term Care & other funders	-\$33,640	-\$29,948
Recoveries & Adjustments during the Year	-\$111,777	-\$39,203
	-\$201,229	-\$233,071
Net assets - End of year	\$2,532,058	\$3,028,760

Complete audited financial statements available upon request from the office of the Executive Director

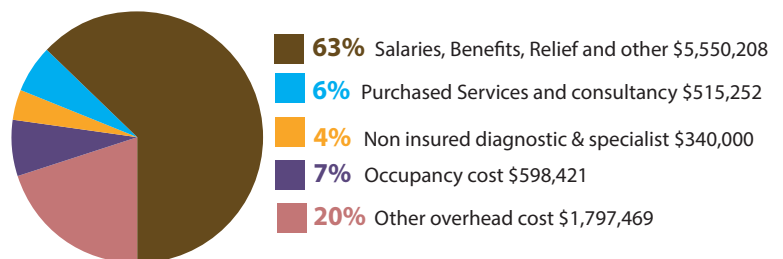
Expenditure	\$	%
Salaries,Benefits,Relief and other	\$5,550,208	63%
Purchased Services and consultancy	\$515,252	6%
Non insured diagnostic & specialist	\$340,000	4%
Occupancy cost	\$598,421	7%
Other overhead cost	\$1,797,469	20%
Total Expenditure	\$8,801,350	

Revenue	\$	%
Federal Grants	\$482,780	6%
Provincial Grants	\$6,326,371	74%
Municipal Grants	\$41,008	1%
Foundations	\$275,000	3%
Other	\$1,380,718	16%
Total Revenue	\$8,505,877	

Revenue



Expenditure



THANK YOU!

It is with deepest gratitude that WHIWH-CHC would like to thank each and every Student Intern, Community Health Ambassador, Peer Leader and Volunteer. Your countless hours of dedication and commitment to the advancement of healthcare for racialized women has been invaluable.

Students:

Caroline O'Neil	Sydney MacDougall	Firdaus Rashid	Dr. Novera Haider
Carmela Opoku	Teagan Soubolsky	Jaclyn Besner	Dr. Humaira Mehboob
Feelin Labor	Yasmine Chertouk	Elizabeth Karvasarski	Dr. Saher Tahseen
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Prerna Sharma	Hannah Serrano	Ram Ragupathy	
Priyanka Gill	Rithvika Ramesh	Lois Boateng	

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Agnes Rwimira	Emebet Mekonnen	Kholeka Ndlovu	Rose Ngoge
Aisha Boubacar	Esther Ajidasile	Laarni Santiago	Rose Njeri
Ajoa Ayeko	Esther Namalwa	Laura Daniela Leon	Romee Gayle
Akosua Peprah	Esther Imbambangulu	Laureen Adjetey	Romy Alza Meza De
Alaa Eissa	Esther Guzha	Louise Tiwaah-	Monge
Alem Tekleab	Fernanda Morales	Acheamfour	Olivia Okpalagu
Alisa Buckley	Florence Sekitte	Mahlet Hailemariam	Sabat Ismail
Amandeep Sekhon	Freshta Mirza	Maria Ruiz	Sadia R.Sahibzada
Amina Chaudhary	Genelle Pollydore	Martha Acosta	Sara Abdelrahman
Amisa Mahamed	Grace Uddy-Akatu	Mary Yehdego	Sarah Buachie
Angela Patricea Ramirez	Hafsa Abdulsamed	Melesech A.Handiso	Sarah Nkouta
Azra Abdul Cader	Harleen Sekhon	Muna Aden	Sauda Keita
Belinda Ageda	Hawi Hailu Fufa	Nadine Foster	Shanice Harris
Bethelehem Birara	Heather Blake	Najjemba Nassim	Shantha Kanagaiyah
Bonani Mathe	Heena Kauser	Nassim Najjemba	Sharifah Nalugo
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Deqa Nur	Juhaina Moustapha	Rashidah Nassolo	Sundas Begum
Dequana Simmond	Justice Anderson	Rebecca Maina	Taiwo Adeniyi

Thebiga Ravendreen
Theresa Sinclair
Tina Ighorewo
Trina Aviela

Tracy Nanyondo
Tumaini Lyaruu
Vanita Sabharwal
Victory Anthony

Wachera Mwangi
Wendolyn Vazquez
Wendy Zimbata
Zahida Khan

Zenitha Temenu

COMMUNITY & ACADEMIC PARTNERS

Black Maternal Health Week Collective
Daily Bread Food Bank
Davenport Perth Community Health Centre
Delta Family Resource Centre
Downtown East Toronto Ontario Health Team (DET-OHT)
Dr. Roz Healing Place
East Don Mills Midwives of Michael Garron Hospital
El Tawhid Juma Circle
Elizabeth Fry Toronto.
Ernestine's Women's Shelter
Fife House
Flemingdon Community Health Centre
For Youth Initiative
Forward in Faith International
Fred Victor Centre
George Brown College
Girl Impact
Hamilton AIDS Network Health
Hassle Free Clinic
HIV & AIDS Legal Clinic Ontario (HALCO)
HIV Edmonton iRISE
Hospital for Sick Children
Humewood House
Institute for Clinical Evaluative Sciences
Interim Committee on HIV in Black Canadian Communities (ICHBCC)
Interim Place
International Community of Women Living with HIV
Jamaican Canadian Association (JCA)
LGBTQ+ Settlement Network Toronto Maple
Leaf Clinic
Maple Leaf Sports and Entertainment
Margaret's
McGill University
McMaster University
Mental Health and You Foundation
Metrac

Michael Garron Hospital Department of Midwifery
Midwives Collective of Ontario
Mount Sinai Hospital
MOYO Health and Community Services
Network for the Advancement of Black Communities
Newcomer Women's Services
NGO Delegation, UNAIDS Programme
North York Women's Shelter
Oak Tree Clinic
Ontario Coalition of Agencies Serving Immigrants
Ontario HIV Treatment Network
Ottawa Children's Hospital
Ottawa University
Parkdale Queen West Community Health Centre
Pathways For Education
People to People Aid Organization (Canada)
Planned Parenthood Toronto
Positive Living Niagara (PLN)
Positive Pregnancy Program
Pride Toronto
REACH Nexus
Rexdale CHC
Rexdale Women's Centre
Rise in Stem
Robert Carr Network Fund
Ryerson University Faculty of Nursing
Ryerson University Faculty of Social Work
SafeLink Alberta
Salvation Army
Sherbourne Health Centre
Sojourn House
Somerset West CHC
South Asian Women's Centre
South Riverdale Community Health Centre
St James Town Community Corner
St. Andrew's Roman Catholic Church - Toronto
St. Joseph's Hospital

St. Michael's Hospital	University of Ottawa
St. Michael's Hospital HI-FI Lab	University of Toronto Bloomberg Faculty of Nursing
Street Haven,	University of Toronto Centre for Community Partnerships
Taibu Community Health Centre	University of Toronto Factor Inwentash School of Social Work
Teresa Group	University of Toronto Faculty of Gender and Women Studies
The 519	University of Toronto, Scarborough Campus
The AIDS Network, Hamilton (The Network)	University of Toronto Faculty of Medicine
The Canadian Clinical Trials Network	University of Toronto, Dalla Lana School of Public Health,
The Redwood	University of Western Ontario
The Redwood	ViiV Pharmaceutical
Thorneloe University	West Scarborough Community Centre
Times Change	Women and HIV/AIDS Initiative
Toronto Community Housing Corporation Toronto	Women and HIV Research Institute, WCH
HIV/AIDS Network	Women's College Hospital
Toronto Metropolitan University, Faculty of Nursing	Women's Employment Service
Toronto Newcomer Strategy: Health Pillar Committee	Women's Society Carleton University
Toronto People with AIDS Foundation	Yorktown Family Services
Toronto Public Health	Youth Unlocked
Unison Health and Community Services	
University Health Network	
University of Calgary	
University of Montreal	

FUNDERS AND SUPPORTERS

Women's Health in Women's Hands CHC expresses gratitude to our funders; first and foremost, Ontario Health. We are also grateful for the funding provided by United Way, AIDS Bureau, Ministry of Health, Ministry of Children, Community and Social Services, City of Toronto Employment and Social Services, City of Toronto Confronting Anti-Black Racism Initiative, Employment and Social Development Canada-Canada Summer Job Program, City of Toronto-Community Investment Program, McMaster University, Ontario HIV Treatment Network, City of Toronto Urban Health Fund, Canadian Institutes of Health Research, The Public Health Agency of Canada, University of Toronto, The Ontario Trillium Foundation, an agency of the Government of Ontario, Centre for Addiction and Mental Health, TD Bank Group, Griggs Family Foundation at Toronto Foundation, Slight Family Foundation, Women and Gender Equality Canada, Unity Health/REACH Nexus, St. Michael's Hospital, The Children's AID Society of Toronto, The Foundation for Black Communities, Canadian Association of Community Health Centres (CACHC), CANFAR, Canadian Association of HIV Research (CAHR)/Canadian Association for Global Health, Mitacs, HIV Edmonton (Health Canada), UNAIDS, Employment and Social Development Canada – Supporting Black Canadian Communities, ViiV Healthcare, Government of Canada's Community Services Recovery Fund, Ministry of Citizenship and Multiculturalism, The Red Cross.

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Claudia Arze-Bravo
Orit Awoke
Monica Bagaya
Yohanna Beraki
Marilene Caetano
Victoria David
Sarah Dias
Sara Farah
Marie Claud Felicien
Zayanna Findlay
Rosa Maria Flores
Amrutha Attokaran George
Zahra Goodarzi
Lori-Ann Green-Walker
Daisy Guerrero **5 years**
Mihret Haile
Kashaia Henderson-Doyle
Shelby Jaeranny
Kristyn Jewell
Ishara Jeyachandran
Tomilola John
Majorie Kabahenda **5 years**
Wangari Kamande
Tara Kidwai
Chloe Kirlew-Geddes
Hafsa Kombo
Natasha Lawrence
Diana Lubega
Corrine McPherson **15 years**

Rowa Mohamed
Anab Mohamud
Chantal Mukandoli
Mary Ndung'u
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Lyndsay O'Brecht
Divine Omeire
Yenis Patel
Adrianna Perryman
Jesleen Rana
Clodagh Rawle-Davis
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Sahar Saberi
Teresa Salazar
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Elnaz Shayesteh
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Tharnya Sivanithy
Yodit Teklehimanot
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Julie Vandahl **15 years**
Junic Wokuri

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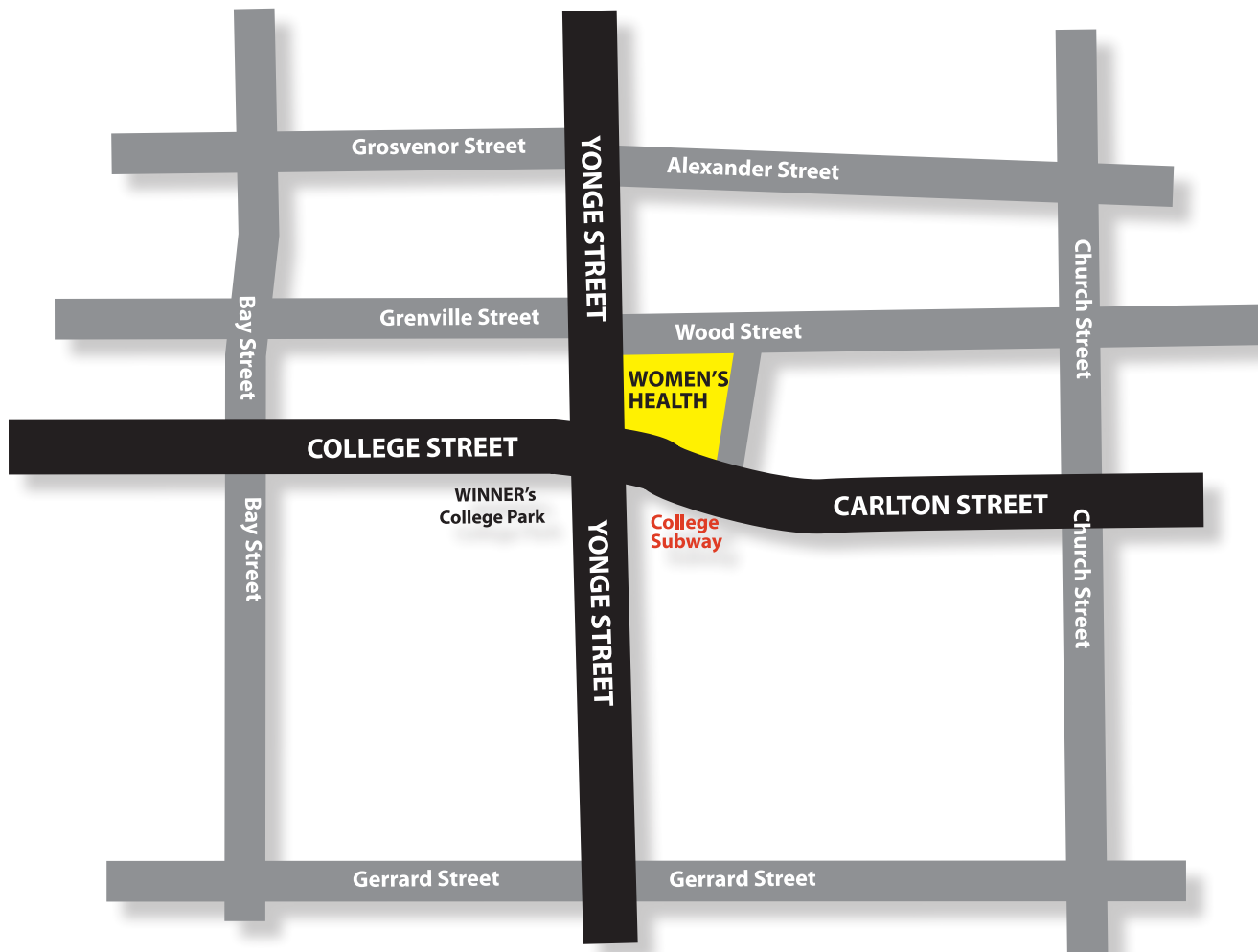
Hours

Monday, Thursday, Friday 9am-5pm;
Tuesday and Wednesday 9am-8pm

General Information

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twitter.com/WHIWHCHC

Location Map







**WOMEN'S HEALTH
IN WOMEN'S HANDS
COMMUNITY HEALTH CENTRE
STRENGTHEN • SHARPEN • BUILD**