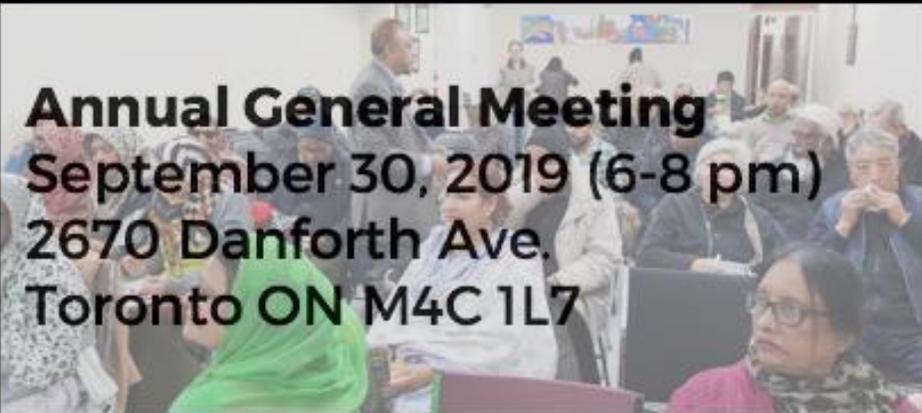
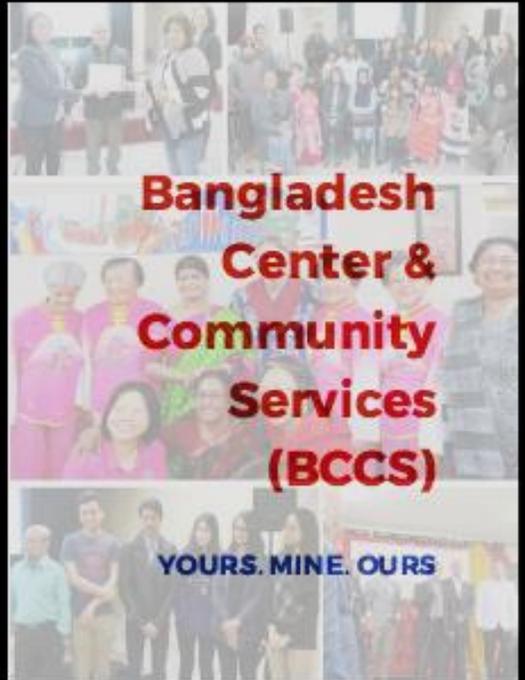


# ANNUAL REPORT 2018-19

Bangladesh  
Multi-Culturalism  
Seniors  
Youth  
BCCS  
Family  
Services  
Community  
Equity  
Canadian



# **Annual General Meeting, Monday, September 30, 2019 at 6:00PM**

## **AGENDA**

- **Welcome and Introduction of Board members**
- **Approval of Agenda**
- **Approval of Minutes – September 30, 2018**
- **Report on Programs and Services**
- **Audited Financial Statements 2018 (April 2018 to March 2019)**
- **Appointment of Auditor 2019-2020**
- **Reports from Nomination Committee**
- **Election of Board of Directors**
- **Remarks from Special Guests**
- **Other Business**
- **Door Prizes**
- **Closing Remarks and Adjournment**

## MESSAGE FROM THE CHAIR

### **2018-19 has been an inspiring year and eventful....**

It is truly an honor to be able to bring the greetings from our Board of Directors.

As we are in our 9<sup>th</sup> year of operation, and as I reflect on our past years struggle and efforts in keeping our program going, I realized that the important message I would say that “Be a Volunteer”.

Like in the past, we continued to deliver programs and services based on mandate. Our focus was to recognize the needs of the community based on landscape of the diversity in the area. Our vision is continuing to grow and we aim to explore new initiatives and expand partnerships to meet those needs.

Like other not for profit organizations, we also have to had to face numerous challenges to continue and to grow. Changes to the funding landscape have forced us to be creative in our fundraising approaches, especially in the face of access to limited and shrinking resources. We are proud to say that we are fortunate to receive amazing support from all of our stakeholders to help us implement our services.

Strategic planning has been one of our focus, and to this end, with the help Management Advisory Services, we have started the process and received feedback from our key stakeholders. We plan to complete it soon based on the feedback that we received. We are very pleased to announce that we have been able to continue in playing a pioneer role in taking the leadership role in raising the Bangladeshi flag in front of the Ontario Legislature building.

Another very exciting news to share.... At BCCS, we are walking, standing, sitting on a newly renovated place. You all know, it was much needed. The newly renovated kitchen is truly an addition to help us run new programs. Thanks to our donor and supporter “Albion Builders”

On behalf of the Board of Directors, I wish to recognize the efforts of our staff, volunteers, committee members, clients, members, donors, funders and the community members for their support in reaching our goals and strengthening our community. Our accomplishments have provided us a firm foundation for the further growth.

Finally, sincere thanks to our Board of Directors for their governance, time, hard work and passion.

Respectfully,

**Hasina Quader**

Chair, Board of Directors

# ABOUT BCCS

Established in March 2010, the Bangladesh Centre and Community Services (BCCS) has emerged as a trusted organization for settlement services among the members of the South Asian communities living in Greater Toronto Area. BCCS programs assist newcomers and immigrants in enhancing knowledge and developing skills to integrate into broader Canadian society.

BCCS provides dynamic leadership in enhancing our members and the greater community while advancing South Asian culture and understanding. We played a key role in working with our elected officials to have the Bangladesh flag raised at Queens Park by the Ontario Legislature for the third year in a row. BCCS has undertaken a wide array of services and programs including; settlement services, English conversation circles, senior's meet & greet groups, computer & mobile technology classes, financial literacy workshops, sewing lessons, elder abuse awareness program, yoga/meditation sessions, health and wellness workshops, intergenerational activities, and board governance training among many others.

In addition to these programs, BCCS organizes events and activities observing days of significance to our community such as, Bengali new year, Bangladesh independence day, victory day, international mother language day, Canada day, and heritage month celebrations through "Pitha Utshob".

BCCS believes in building communities through partnerships and collaboration. We strive to develop sustainable services and programs for the growing needs of our members and those that we can impact in the community. Alongside our current programming, our goals for the coming year include developing initiatives centered around seniors, youth, women, and immigrants.

## **OUR VISION**

Bangladesh Centre and Community Services (BCCS) aims to empower South Asian communities living in Greater Toronto Area in their transition to social and economic integration in the Canadian Society.

## **MISSION STATEMENT**

Bangladesh Centre and Community Services (BCCS) aims to assist newcomers and immigrants and connect them with Canadian culture through enhancement of their knowledge and skills.

## **SHARED VALUES**

- Responsive and sensitive to the needs of our clients, members, volunteers and other stakeholders.
- Promote independence and dignity of people within the communities.
- Active participant in the communities.
- An organization that operates in an effective and transparent manner through a participatory process.

## **OUR BOARD OF DIRECTORS**

**Hasina Quader - President**

**Dr. Mahbub Reza - Vice President**

**Nahid Sultana Sharif – Secretary**

**Syed Shawkat Mahmood –Treasurer**

**Andrew Flint**

**Dr. Shafiq Chowdhury**

**Hasina Begum**

**Hon. Maria Minna**

**Kafiluddin Parvez**

**Mak Azad**

**Mohammed Alamgir Hakim**

**Sayeeda Rahman**

**Shahabuddin Mahmud Chowdhury**

**Shebu Chowdhury**

**Syed Abdul Goffar**

**Serajul Islam Kazi – Executive Director**

# GOVERNANCE

Our Board is made up of dedicated, hardworking and passionate volunteers who are committed to the work we are mandated to help the community. Our Board is comprised of 16 members representing the not-profit, financial, public service sectors and the neighbourhoods we serve.

The Board is responsible for making policies and procedures, ensuring transparency, setting strategic directions based on our mission, goals and objectives of the organization.

New members on the Board can be elected at our Annual General Meeting and all of our eligible members of the organization can participate to run. The Nomination Committee makes recommendation for new recruitment of the Board members based on requirements.

Board meetings are held at least 11 times of the year. The minutes of the meetings are being filed once is it approved by the Board. The minutes books are kept in the Organization's office and are accessible to the members.

# PROGRAMS AND SERVICES

## Prevention of Type 2 Diabetes

**144 participants attended our 48 sessions!**

In order to enhance awareness of the community members on the prevention of type 2 diabetes, BCCS received a peer leadership grant from Toronto Public Health (TPH) for a two years period (2017-2018). A total of six BCCS Peer Leaders were trained by Toronto Public Health (TPH), who afterwards, developed advocacy materials in Bengali, prepared presentations and conducted workshops at BCCS. Topics covered in the workshops are diabetes prevention, food and nutrients, physical activities, and diabetes screening.



The participants were given an updated version of Canada Food Guide, they gathered knowledge about Canada menu planning, shopping and information about low –price mark, gained knowledge about the benefit of reading food labels, how to compare

between the products, and knowledge about preparation of healthy food etc. They also gained knowledge about mental health and how to cope with stress through exercise, yoga and walking program. The participants were advised to continue exercise at home and were taught to cook healthy meals at home. The participants were told to share the information to their friends and family. The participants were aware of diabetes and learned how to take preventive measures. A total of six workshops were conducted, each one consists of seven classes.

## Moving Seniors to Digital Era Through Intergenerational Link

Forty seniors received the computer training by our 15 Youth team. The impact was over 75 seniors and over 100 non-seniors.



BCCS received funding support for a project titled 'Moving Seniors to Digital Era through Intergenerational Link' from the Employment and Social Development Canada (ESDC) initiative New Horizons for Seniors Program. The main objective was to teach seniors new skills with the

assistance of youth. The program had three components:

**Learning:** The activities provided opportunities for seniors to learn basic computer skills, using understand smart phone and social media, and using various apps. They remained connected to their groups throughout the year and helped other seniors overcoming challenges through skill development.



**Experiencing:** The Second part involved taking the participants on 4 four educational tours to provide them knowledge about Canadian history and culture as well as a “real world” opportunity to apply their newly acquired skills.

**Empowering:** The participants became empowered by gaining new skills, the knowledge of Canadian culture, government structure/political system, history and nature so that they can integrate to the mainstream Canadian society and able to contribute to the development of their new country.



Youth group were involved in most of these activities. This involvement has helped in two ways, the interaction between seniors and youths has helped to minimize the gap



between them and contributed in developing youth leadership. The activities included, workshops, field trips (ROM, Ontario Science Centre, CNE), outdoor picnic at centre Island, participation in Canada day parade etc. The youth had an opportunity not only to share in the seniors' experience and knowledge, but it helped them to

develop leadership skill. They had the opportunities to communicate better, be more patient, responsible and organized. Above all, the project assisted them to get an inter-generational experience, reducing the cultural gap between senior and youth and thereby benefitting both the generations.



### **Multicultural Community Capacity Grant (MCI) Project**

BCCS worked with newcomer families and addressed challenges regarding parenting that newcomer parents face during post-immigration phase. The project was implemented in Danforth Village, Crescent town, Main Square area including Southwest Scarborough from September to December 2018. The project utilized Strengthening Families Program (SFP) model, which is an internationally recognized, evidence-based parenting and family strengthening program for families of all risk levels. We chose SFP approach based on anticipated risk and protective factors



of identified families to reduce likelihood of stress related to parenting and improve parent-child relationship.

The program participants found a hub through this project. They appreciated and



utilized the opportunity to full length to open up and share their parenting experiences, ask for tips from other parents and provide suggestions to the parents who were struggling with issues. They are also connected through WhatsApp group so that the valuable discussions and sharing

continues. We asked parents to share their experience and two testimonies are below:

*“Since my husband was not participating in rearing our only kid, it was very difficult for me to deal when I received complaints against my kid from school or parents of her friends. Because of this program, my husband became interested in sharing the responsibility of rearing and be patient” – Sajeda*

*“This program encouraged my kids to participate in household chores. I realized that it was not merely my son’s participation but it also improved our bond and sense of a team” – Jerin.*

Participants highlighted that their family bonding improved and kids were more open



with parents. In South Asia – parenting coaching is not a service/intervention that is widely implemented. Parents believe that having kids is the natural phenomenon to become a successful parent. SFP program helped them to identify issues and resolve them in an effective way and they embraced this idea enthusiastically. We foresee that the parents of support group will continue hold each others' hands, build confidence and improve self-esteem. They will also get to know from each other about existing resources and services in the community and avail them. The major long-term impact that these families will have is social connectedness.

## **Canada Summer Jobs**

BCCS received federal government funding from the Department of Employment and Social Development Canada (ESDC) for the third consecutive year to recruit students during summer holidays. Two students were recruited in 2018 for eight weeks to help with different project activities. The students were assigned with the tasks of updating BCCS website, databases, office works, fund-raising and community outreach.

## **Settlement Services**

Newcomers and immigrants walked-in to BCCS were provided settlement information and referral services to different programs and services of all levels of the Governments. Services were provided in Bengali and English, allowing newcomers for an increased sense of comfort and pleasure. The immigrants visited our office as BCCS had a joint program in recent past with Rexdale Women Centre (RWC) that provided settlement services to the newcomers, at BCCS office every Wednesday, for



the past four years. We provided over 100 referrals to different organizations for the services we were unable to provide.

## Celebration of International Mother Language Day (IMLD)

BCCS organizes a program every year for celebrating IMLD inviting community members and dignitaries. The activities included Children Art competition, cultural performances and discussions on the background of the IMLD. In the early hours of Feb 21<sup>st</sup>, the BCCS team showed respect to the language martyrs of Bangladesh by laying flower wreaths at the base of the temporary (Shahid Minar) monument at Danforth.

## Pitha Utshob (Traditional Cake Festival)



**500 attendees,  
25 volunteers  
and raised  
over \$4,000**

One of our significant popular fundraising events, Pitha-Utshab was organized on May in order to

celebrate South Asian Heritage Month. More than 500 community members attended with family and friends in the events. The delicious cakes (pitha) were prepared by our volunteer women members and well-wishers at their home and donated to BCCS. To accommodate diabetic patients or people with sugar restrictions, a few spicy items were also available for sale. We rose over \$4,000 from this event and it worked as a platform of Community Engagement.

## **Soup with Music**

This is also another yearly event to raise funds where community members donate soup and snacks. The volunteers work as salespersons and the sale proceeds are donated to BCCS. We are very much thankful to our community members and volunteers.

## **Women's leadership training in partnership with North York Women's Centre**

**25 Women participated in Nine (weeks) training Program.**



The training included the following topics

- How to handle difficult emotions
- Personal Strengths
- Coping Strategies
- Self-esteem
- Self-confident and
- Self-Empowerment

**At the end of the session, all of them were recognized with a certificate**

# BCCS IN THE PRINT AND SOCIAL MEDIA



**Bangladesh Centre and Community Services - BCCS**

· March 23, 2018 ·

Like past years, Provincial Government of Ontario will celebrate the Independence Day of Bangladesh (26th of March) by raising Bangladeshi National Flag in front of the Legislative Building located at Queens Park (Courtsey Flagpole) on Wednesday, March 28, 2018 at 12:00 noon. H.E. High Commissioner of Bangladesh will be present in the ceremony. All community members are cordially invited and are requested to be present by 11:45am. For information please contact: 647 708 2723.

10

1 Comment 4 Shares

**You are invited to**  
**Project Launching Ceremony**  
**“Moving Seniors to Digital Era Through Intergenerational Link”**  
**6pm, April 27, 2018**  
 2670 Danforth Av., Tel: 416 901 2121

Funded by Employment and Social Development, Canada  
**Bangladesh Centre and Community Services (BCCS)**



**Bangladesh Centre and Community Services - BCCS**

· April 17, 2018 ·

BCCS is going to Launch another new project titled "Moving Seniors Towards Digital Era Through Intergenerational Link" on 27th April at 6pm. This project will target seniors for teaching them computers so that they can use FB, You Tube, Skype, email etc. We are inviting seniors (as students) and also youths (for mentoring the computer classes). Please contact BCCS @416-901-2121. This project was funded by Employment and Social Development, Canada, under a program called "New Horizons for Seniors". We value your support.

You and 11 others

4 Comments 3 Shares



## Raising Our Kids in Canada

Cross-Cultural Parenting Circle



**Bangladesh Centre and Community Services - BCCS**

· October 27, 2018 ·

BCCS is running a program called "Parenting Skill Development Program". Which will help parents how to Raise their Kids in Canada. This program includes Weekend Family Sessions, Quality Family Times and Tools to Practice at Homes. Moreover, we aim to empower parents through series o workshops, establishing support group and enhance social connections. For more details, please contact Syeda Marzia Afroze @647, 385 5570 or Kazi Seraj @647 708 2723 — with Syeda Marzia Afroze, Shubhra Saha, Mohona meeftahul, Fahmida Rahman Mitu, Hasina Quader and Serajul Kazi.

6

4 Shares

# **OUR FUNDERS**

**Department of Canadian Heritage**

**Ministry of Citizenship and Immigration (MCI)**

**Ministry of Employment and Social Development**

**Ontario Senior Secretariat**

**City of Toronto**

**Toronto Public Health**

## OUR PARTNERS (PAST AND PRESENT)

Bangladesh Association of Toronto (BAUT)  
Bangladeshi Canadian Community Services (BCS)  
Bengali Information & Emplument Services (BIES)  
Canadian Bangladeshi Organization Network (CBON)  
Costi Immigrant Services  
Council of Agencies Serving South Asians (CASSA)  
Danforth Village BIA  
East End Community Health Centre  
Greater Dhaka Association (GDA)  
North York Women's Centre  
South Asian Women's Rights Organization (SAWRO)  
South Riverdale Health Centre  
Warden Woods Community Services  
Asha Bengali Girls Society  
East End Arts  
Labour Education Centre  
Mennonite New Life Centre  
Mural Routes  
Quantum Meditation Society Toronto  
Rehma Community Services  
Rexdale Women Centre  
WoodGreen Community Services



## **OUR SPECIAL DONORS**

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## OUR YOUNG MEMBERS

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Aniruddha Barua Kabbya  
Antoma Ahmed  
Ashes Anahata Abiel  
Aysha Tabassum  
Jarín Tasnim Niha  
Jawad Zaman  
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Rameesa Fareeha  
Rebecca Flint  
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Tafheem Khan  
Talha  
Tasnima Anila  
Zubier abdullah

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**Thank You all for your support**