



The Muslim Resource Centre for Social Support and Integration is a not-for-profit, charitable, social support agency that has been promoting family safety and wellbeing within London's diverse Muslim communities since 2009.



## What does MRC do?

### Social Support and Counselling.

Hundreds of people come through our doors seeking services that are safe and responsive. We provide culturally meaningful and impactful support and counselling services to individuals and families who struggle with stressors and challenges that impact their well-being and safety.

### Keeping Families Safe and Strong.

We provide services and programs that strengthen families and help to make sure that the family is a safe place for everyone. A core focus of our work is to address the risk of violence and ensure the safety of women and children.

### Education and Capacity Building.

We work with numerous mainstream services to provide a culturally informed perspective. We also raise awareness within our community about different social problems including family violence.

### Youth Empowerment.

We support young people to become champions in the community by building their self-esteem and sense of belonging and giving them the necessary tools and resources to succeed.



مركز المسلم للدعم الاجتماعي والاندماج

## Our Services

### Social support services

- Immediate response to referrals.
- Safety planning.
- Individual, couple and family counselling and support.
- Service coordination with mainstream services to improve collaboration and cultural understanding.

### Family-based intervention programs

- Evidence-informed programs for at-risk families (Strengthening Families Program).
- Family-based intervention program for fathers (Caring Dads).



### Community-based engagement

- Youth-focused community programming
- Community education on gender-based and family violence.
- Capacity building for mainstream service providers and Muslim community leaders.

### Research and Knowledge Mobilization

- Identify gaps in services for families coming from collectivist cultures.
- Develop culturally meaningful programs and services to meet the needs of underserved populations.
- Share our experience and collaborative working model with other communities.



## Our Approach

All services at MRCSSI are grounded in our Culturally Integrative Model. This approach works to address the unique role played by one's context of migration, integration, culture and value/belief systems. Through integrating best practices and embedding them within collectivist cultural norms, MRCSSI develops evidence-based curriculum to meet the needs of families and individuals from collectivist cultures, those struggling with integration and those migrating from conflict zones. Services and responses are shaped through a family-focused, strengths-based, collaborative approach.



*"There were days and nights that I felt alone, depressed and the world was against me. Financially, emotionally and physically I was broken. I went through the worst time in my life and what was worse was I had two lives depending on me. MRC was always there for me."*

- MRCSSI Client

## Our Impact

Each year, we provide direct counselling and social support services to just under 150 families and touch the lives of around 500 individuals, who are struggling with stressors and challenges that impact their wellbeing and safety.

- Ensure safety for women and children.
- Interrupt and de-escalate family violence.
- Support and engage all members of the family including extended family.
- Provide critical support for families involved with child protection services and the family violence sector.

In addition, our culturally-adapted intervention-based programs such as the highly successful Strengthening Families and Caring Dads programs, along with our various public education workshops, cater to almost 400 unique clients and participants each year.

Public education on gender-based violence (GBV) and abuse, and anti-racism and anti-oppression initiatives are a big part of what we do at MRCSSI. With over 650 posts in 2020 on Instagram and Twitter alone, and over 1500 followers, MRCSSI is also using social media to make an impact.



The MRCSSI is the result of the collective efforts of the London community and was officially inaugurated in February 2009 with a grant from the Ministry of Attorney General of Ontario.

Today, MRCSSI is recognized provincially, nationally, and internationally as a highly responsive and innovative leader in developing programs that ensure successful outcomes.

### What do we need to continue our work?

As the community grows, the demand for our services increases, and continued funding through government grants, financial support from local organizations, and donations from community members like you ensures that we can continue our work and keep the organization strong.

## Help us keep families safe and strong.

Support MRCSSI today.

<https://mrcssi.kindful.com/>

Our work is Zakat-eligible for direct services for clients who are otherwise unable to pay.

Muslim Resource Centre  
for Social Support and Integration  
111 Waterloo Street, Suite 101  
London, Ontario N6B 2M4  
☎ 519-672-6000 📠 519-672-6200

[www.mrcssi.com](http://www.mrcssi.com)

Facebook: [mrcsilondon](https://www.facebook.com/mrcsilondon) Twitter: [@mrcssi](https://twitter.com/mrcssi)  
Instagram: [@mrcsilondon](https://www.instagram.com/mrcsilondon)

**MUSLIM RESOURCE CENTRE**  
for Social Support and Integration