



ANNUAL REPORT

2024



ACKNOWLEDGEMENT OF COUNTRY: WE ACKNOWLEDGE THAT OUR WORK TAKES PLACE ON THE LANDS OF THE WURUNDJERI PEOPLE OF THE KULIN NATION. WE ACKNOWLEDGE THE TRADITIONAL OWNERS OF COUNTRY THROUGHOUT AUSTRALIA AND RECOGNISE THEIR CONTINUING CONNECTION TO LAND, WATERS AND CULTURE. WE PAY OUR RESPECTS TO THEIR ELDERS, PAST AND PRESENT.

WE ACKNOWLEDGE PEOPLE WITH LIVED EXPERIENCE OF MENTAL ILL-HEALTH AND RECOVERY AND THE EXPERIENCE OF PEOPLE WHO HAVE BEEN CARERS, FAMILIES, OR SUPPORTERS. WE THANK THEM FOR SHARING THEIR KNOWLEDGE AND EXPERTISE, RECOGNISING THEIR VOICES ARE VITAL TO IMPROVING AND STRENGTHENING OUR WORK.

TABLE OF CONTENTS

Welcome from the Centre for Muslim Wellbeing	1-2
About Us - Our purpose, belief and values	6
Our Organisation	8
Our Activities	10-11
-Psychosocial Workshops	
-Mental Health Awareness Workshops	
-Holistic Wellbeing Workshops	
Our response to Palestine	16
Digital Offerings	6-8
-Videos and Animation	
Webinars, Podcasts and Conversations	9
-‘Be Well’ Series	
-‘Stories from the Centre’ Podcast	
Unshakeable Confidence- Muslim Women’s Leadership Program	10
Mindful Connections Muslim Wellbeing Practitioner Event	11
Education and Advocacy	12
Health Navigation	13-14
-CMW Navigator Service	
-Culturally Responsive Practitioners List	
-Digital Information Hub (CMW Website)	
Workshops	15
Impact	16
Financial Overview	17-25
Partners & supporters	26
Feedback	27

A WORD FROM THE CHAIR AND EXECUTIVE OFFICER

Peace and blessings be upon you all.

With immense gratitude and pride, we present the third Annual Report of the Centre for Muslim Wellbeing (CMW). Over the past year, our community has faced profound challenges, including the ongoing genocide in Palestine, which has placed significant strain on the Australian Muslim community. These events have further highlighted the importance of CMW's role in fostering resilience, healing, and wellbeing.

In the face of these challenges, CMW has not only endured but thrived. Through innovative programs, collaborative partnerships, and tireless dedication, we have deepened our impact and expanded our reach.

1. Shifa Project: Strengthening Safe Spaces for Healing

One year on, the Shifa Project has grown significantly. We continue to provide culturally and spiritually tailored healing circles in collaboration with mental health organisations in New South Wales and Victoria. Over the past year, we have strengthened the project by delivering additional healing circles, creating new resources, and hosting impactful events.

These initiatives have reinforced our commitment to offering vital, safe spaces where community members can share, reflect, and heal. The Shifa Project remains a cornerstone of our response to the collective grief and trauma experienced by the Muslim community.

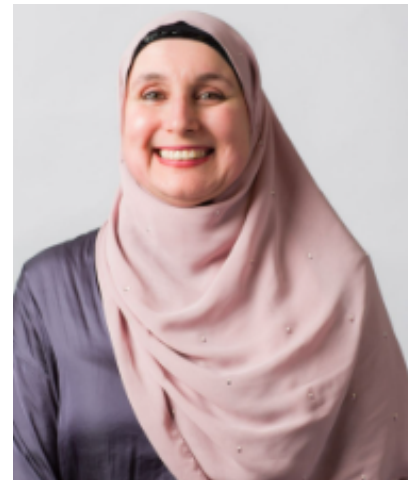
2. Project Nawah: Multicultural Storytime Sessions

Project Nawah has flourished as a unique and vibrant initiative that celebrates diversity and inclusion through storytelling. Over the past year, we have delivered more than 40 multicultural storytime sessions, bringing together children and families from diverse backgrounds to experience stories in different languages.

By highlighting our communities' rich cultural heritage, Project Nawah nurtures a love for learning and diversity, strengthening intergenerational bonds and fostering a deeper appreciation for cultural and linguistic diversity.

3. Mental Health First Aid

CMW has continued its commitment to equipping the community with vital mental health skills by delivering a series of Mental Health First Aid workshops across metropolitan Melbourne and regional Victoria.



Sherene Hassan,
President and Chair



Ayman Islam.
Executive Officer

These sessions, attended by over 500 participants, have focused on managing stress, anxiety, and depression using culturally and spiritually tailored approaches.

4. Cultural Intelligence Training and Grief Training

CMW's Cultural Intelligence Training has continued to create systemic change by equipping over 100 professionals with the skills to better serve Muslim clients with empathy and understanding. These workshops have been instrumental in fostering more inclusive practices within the mental health sector and broader service industries. Additionally, we introduced grief and bereavement training, recognising the importance of supporting professionals in the mental health sector.

These sessions provided insights into Islamic perspectives on death and culturally sensitive approaches to supporting grieving individuals, empowering professionals to offer compassionate and informed care to Muslim clients.

5. Partnerships and Collaboration

Our partnerships with like-minded organisations, including Foundation House and North Western Melbourne Primary Health Network (NWMPHN), have been instrumental in amplifying our vision of inclusivity and wellbeing. Through co-hosted events, collaborative advocacy efforts, and shared initiatives, these relationships have significantly strengthened our collective capacity to address the diverse and evolving needs of the community effectively.

None of these achievements would have been possible without the dedication of our staff, volunteers, and board members. This year, we were thrilled to celebrate the exceptional accomplishments of two of our board members:

- Dr. Senem Eren received the Mental Health and Wellbeing Award at the 2024 Multicultural Awards for Excellence.
- Maryum Chaudhry was inducted into the Multicultural Honour Roll.

To our board members Ian Horne and Faye Spiteri and our diligent project officers Ebru Yagci & Sondus Sammak, thank you for your unwavering commitment and hard work. Together, we have transformed CMW into a more recognised and influential organisation.

We are filled with hope and determination as we look to the future. With God's blessings and your continued support, CMW will strive to reach even greater heights, creating flourishing individuals and communities.

We invite you to join us on this journey. Whether through collaboration, volunteering, or sharing our vision, your contributions will help us build a brighter, more inclusive future.

Thank you for your ongoing trust and support. May peace and blessings be upon you all.

Warm regards,

Sherene Hassan Chair of CMW

Ayman Islam Executive Officer

ABOUT US

The Centre for Muslim Wellbeing ('CMW') has a vision of being a leading provider of services that advance partnerships and build flourishing individuals and vibrant communities in Victoria. It will do this through connecting individuals to their neighbours, their community, their society and ultimately to their full potential and purpose.

We will achieve this by focusing on prevention and early intervention, raising awareness of the issues of mental health and social isolation within the community and ensuring community members have the support they need before they get into crisis.

The unique nature of CMW's offering in the mental health and wellbeing space comes, however, not only from what it offers, but also from the approach it takes to how its services are provided:

- We recognise the critical role that spiritual wellbeing plays for Muslim communities in achieving mental wellness—as a result, CMW will focus on creating more culturally-appropriate services and support to ensure this spiritual wellbeing is front of mind
- It acknowledges the importance of Ummah, or 'community' – this is its driving force and will ensure that its services are appropriate to all Muslim communities regardless of background or origin and moves away from just considering the individual to looking at the community that surrounds them
- It is run by Muslims, for Muslims, and will therefore act as a bridge into communities which would otherwise not be open to providers of mental health and wellbeing services



Vision: (Desired Future)

Advancing Partnerships to build flourishing individuals and vibrant communities.

Values: (How)

We respect, embrace and harness the constructive power of diversity to support individuals to reach their full potential and purpose.

Mission: (Why We Exist)

To advance health and social and public welfare of the Muslim communities and multicultural communities in Australia and worldwide by:

(i) Building creative partnerships and collaborations to deliver mental health and wellbeing services and initiatives;

(ii) Promoting community-wide mental health and wellbeing and providing education to raise awareness of mental health and reduce health disparities, misinformation, discrimination and stigma when accessing mental health and social services;

(iii) Undertaking mental health and wellbeing research and evidence gathering to ensure high quality of services and information sharing; and

(iv) Improving the quality of mental health and wellbeing service delivery to health professionals through a range of initiatives to prevent or relieve distress and disadvantage.



Executive Officer with Hume MP Maria Vamvakinou



Mental Health First Aid Training

OUR ORGANISATION

CMW Board Members



SHERENE HASSAN
CHAIRPERSON



MARYUM CHAUDHRY
VICE-CHAIRPERSON



SENEM EREN
BOARD MEMBER



FAYE SPITERI
BOARD MEMBER



IAN HORNE
TREASURER

CMW Staff



AYMAN ISLAM
EXECUTIVE OFFICER



EBRU YAGCI
PROJECTS OFFICER



CULTURAL INTELLIGENCE IN MENTAL HEALTH TRAINING

OUR ACTIVITIES

Self Care Workshop

with the Nepalese community



PSYCHOSOCIAL WORKSHOPS

Over the past year, the Centre for Muslim Wellbeing (CMW) has delivered more than 20 Mental Health Awareness Workshops, reaching a wide cross-section of the community through both face-to-face and online sessions. To ensure inclusivity and accessibility, these workshops were offered in multiple languages.

Each session provided practical, easy-to-understand information on common mental health conditions, the role of mental health professionals, and the unique barriers Muslim communities often face in recognising symptoms and seeking support. Participants also learned evidence-based strategies to enhance their own mental wellbeing.

Connecting with Today's Teenagers Workshop



The workshops created space for honest conversations around self-care, stress, stigma, Islamophobia, grief, and resilience—bringing in lived experiences from across the community. These sessions continue to play a key role in CMW's mission to strengthen mental health literacy and reduce stigma in a culturally safe and responsive way.



MENTAL HEALTH FIRST AID WORKSHOPS (MHFA)

In 2024, the Centre for Muslim Wellbeing continued to expand the reach and impact of our Mental Health First Aid (MHFA) program, delivering culturally responsive training across Victoria. Through a series of workshops facilitated by accredited instructors, we equipped over [insert number] community members—including youth leaders, educators, parents, and service providers—with the knowledge and skills to recognise and respond to signs of mental health challenges.

Our MHFA workshops were delivered in both English and tailored to meet Muslim and multicultural communities' cultural and faith-based needs. Sessions occurred in various settings, including schools, community centres, mosques, and local councils, ensuring accessibility for diverse participants.

Feedback from attendees highlighted the value of the safe and inclusive learning environment and the practical tools provided to support early intervention and reduce stigma around mental health.

This work remains central to our commitment to fostering mental health literacy, breaking down barriers to help-seeking, and building more resilient and supportive communities.



PROJECT NAWAH: MULTICULTURAL STORYTIME SESSIONS

In 2024, the Centre for Muslim Wellbeing proudly delivered Project Nawah, a series of multicultural storytime sessions aimed at fostering belonging, well-being, and early literacy among children from diverse cultural and linguistic backgrounds.

Held across libraries, community centres, and schools in metropolitan Melbourne, the sessions featured stories in Arabic, Somali, Urdu, and other community languages. The storytelling was complemented by interactive activities, songs, and culturally relevant themes that encouraged emotional expression, identity-building, and connection to culture. Project Nawah also incorporated inclusive practices to ensure accessibility for children with disabilities, making the sessions welcoming and engaging for all families.

Throughout 2024, we delivered over [insert number] sessions, reaching more than [insert number] children and families. The positive feedback from parents, educators, and local councils has reinforced the value of culturally affirming storytelling in supporting children's social and emotional development.

Project Nawah continues to be a vital part of CMW's early intervention and community engagement work, nurturing the next generation through stories that reflect their lived experiences and cultural heritage.



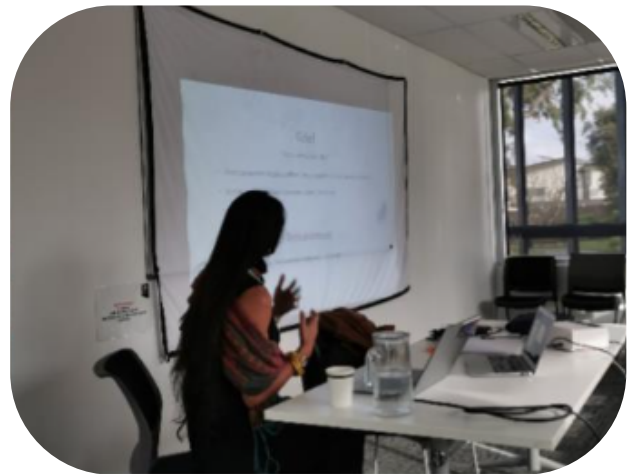
TRAINING AND CAPACITY BUILDING – 2024 SUMMARY

Throughout 2024, the Centre for Muslim Wellbeing delivered a series of high-impact training workshops to build the capacity of professionals, community leaders, and service providers to respond more effectively and compassionately to the needs of diverse communities.

Our Cultural Intelligence (CQ) Training—Levels 1 & 2 provided participants with foundational and advanced tools to engage more meaningfully with Muslim and multicultural communities. These workshops were delivered to local council staff, mental health practitioners, educators, and frontline workers, with a strong emphasis on culturally responsive care, faith literacy, and understanding the intersection of culture, identity, and well-being.

We also piloted our Grief and Collective Trauma Workshops, which focused on how Muslim individuals and communities process grief and loss, particularly in response to global crises and intergenerational trauma. These sessions equipped participants with culturally grounded frameworks for supporting others through complex grief, including the use of spiritual and cultural coping strategies.

Participant feedback across all trainings highlighted the practical relevance, depth of insight, and importance of culturally safe learning environments. Our training programs continue to play a key role in bridging gaps between services and the communities they seek to support.



OUR RESPONSE TO PALESTINE

THE SHIFA PROJECT

CMW stands in solidarity with the Palestinian people in their pursuit of fundamental rights, justice, and a peaceful resolution to the longstanding Israeli-Palestinian conflict. We believe in the importance of upholding the principles of international law, human rights, and the right to self-determination for all peoples.

To address the psycho-spiritual needs of Muslims affected by the news and sentiments surrounding the situation in Palestine and Gaza, we were excited to launch the “Shifa Project”, a sanctuary for healing, coping, connection, and support. Derived from Al-Shifa Hospital, a beacon of resilience and hope in Gaza providing healing and safety, the name “Shifa” embodies both physical healing and the more profound spiritual tranquillity many seek during these challenging times.

By combining the expertise of various organisations, we offered psycho-spiritual support circles, community events, and a wealth of resources, including:

- Trauma-informed resources for the community and practitioners
- Facilitating workshops for the community, including healing circles and critical incident stress debriefing
- Assisting with individual counselling and support

The Shifa project is a collaboration between Muslim Mental Health Organisations and practitioners in NSW and Victoria.

**SUPPORT AND SUMUD
IN-DEPTH ONLINE TRAINING &
SUPERVISION WITH
DR. SAMAH JABR**

Join Dr. Samah Jabr's Online Supervision Training Workshop!

Are you a practitioner or frontline worker dedicated to supporting Palestinian refugees? Don't miss this unique opportunity to learn from the renowned Dr. Samah Jabr and gain in-depth training and support to make a real difference.

16th September, 2024 over 8 weeks
10:00am - 12:00am
\$500
ONLINE

SCAN HERE!

SHIFA project, Muslim Mental Health Professionals, Mindwise Health & Wellbeing, eduCAID, SIX DEGREES, Center for Muslim Wellbeing

SHIFA Project presents...

**Understanding & Treating
Collective trauma
in Palestine**

Presenting for the first time in Australia

A Workshop on
Healing Historical
Wounds
with
Dr. SAMAH JABR

Dr. Samah Jabr is the Head of the Mental Health Unit within the Palestinian Ministry of Health, and a founding member of the Palestine Global Mental Health Network. She is also a practicing psychiatrist in the public and the private sectors within Palestine in East Jerusalem and the West Bank. Her areas of interest include mental health, colonialism and universal human rights.

SCAN ME

FRI 22 December | 5pm - 7:00pm | Online Workshop | Cost: \$10
E-mail: shifaproject1@gmail.com for enquiries or scan QR code to register
OPEN TO ALL AUSTRALIAN PROFESSIONALS, LEADERS AND MENTAL HEALTH WORKERS

Nurturing Resilience

**Supporting Emotional Health
During a Crisis**

Delve into the complexities of emotional health to grasp the fundamentals of well-being during crises. Acquire tools and strategies to navigate and effectively cope with emotional challenges

Dr. Esma Kart, Clinical Psychologist and founder of Mindcare Consulting
Dr. Omar Sharaf is a Neuropsychiatrist and Senior Lecturer
Dr. Dakhyina Madhul is Psychologist & Sensorimotor Art Therapist at Art Therapy

**Panel Discussion
via facebook live and zoom
Sunday 17th of December
5.00pm - 6:15pm AEDT**

REGISTER NOW

SCAN ME

SHIFA project, Muslim Mental Health Professionals, Mindwise Health & Wellbeing, eduCAID, SIX DEGREES, Center for Muslim Wellbeing, AUSTRALIAN ISLAMIC MEDICAL ASSOCIATION

SIX DEGREES, SHIFA project, UMS, Centre for Muslim Wellbeing

**film screening and
panel discussion**

WHERE OLIVE TREES WEEP

a searing window into the struggles and resilience of the Palestinian people under Israeli occupation

ashira darwish + ahed tamimi + dr gabor mate

**Friday, August 23rd 2024
6:30pm - 9:30pm**

David P. Derham theatre (GM15)
Law Building
185 Pelham St, Carlton VIC 3053

WELCOMING NEWLY ARRIVED PALESTINIAN FAMILIES: COMMUNITY INFORMATION SESSIONS

In 2024, the Centre for Muslim Wellbeing (CMW), in collaboration with Foundation House and The Shifa Project, delivered a series of welcoming workshops for newly arrived Palestinian families across Victoria. These sessions were designed to provide clear, culturally sensitive information about available health, mental health, and settlement support services, helping families navigate their new environment with confidence and clarity. The workshops focused on equipping participants with practical tools, resources, and knowledge to support their wellbeing and strengthen their connection to local services and community networks.

Delivered in a safe and inclusive setting, the sessions aimed to reduce barriers to accessing support, address immediate psychosocial needs, and create a sense of belonging for those resettling after displacement.

This initiative forms part of a broader commitment to supporting newly arrived communities with trauma-informed, community-led care. Additional sessions are being planned across Victoria to continue this essential work.

“These sessions are about more than just information—connection, empowerment, and healing for families beginning a new chapter.”



2024 Impact at a Glance

- 7 community-based sessions across Melbourne
- Over 200 newly arrived Palestinian community members engaged
- Safe, welcoming spaces offering:
 - Connection with local services
 - Culturally sensitive mental health support
 - Arabic-speaking interpreters and volunteers
- Support included:
 - Activities for children and families
 - On-site mental health practitioners and settlement workers
- 100% of participants reported feeling more connected and supported



**انضم إلينا في جلسة
ترحيب لخدماتنا**
ندعو الفلسطينيين الوافدين
الجدد من غزة إلى هذه
الجلسة

مجاناً

**المواصلات
(تاكسي)**
انضم إلينا لتناول
العشاء

**Join us for a
welcome session
about our services**
Newly arrived families from
Palestine are invited to
attend

**تعرف على دعم الصحة
النفسية المتاحة من
Foundation House or
Centre for Muslim
Wellbeing**

**شارك ما قد نحتاجه
أنت وعائلتك خلال
هذا الوقت حتى
تتمكن من العمل
مقا**

**Share what you and
your family may
need to support
your mental health
so we can work
together**

**Share a meal
with us**

**Register
here**

When:
6pm - 8pm
Wednesday 6 March
Where:
Foundation House,
Level 4, 61 Riggall Street,
Dallas

Free
Transport available to and
from the session

**Learn about mental
health support
available from
Foundation House
and Centre for Muslim
Wellbeing**

Register here

middleeastresponse@foundationhouse.org.au

عيد مبارك
ندعوكم للاحتفال بالعيد على
الشاطئ

المناسك القادمة حديثاً من فلسطين مدعوة لحضور مهرجان العيد للاحتفال
بدهاية شهر رمضان المبارك.

خلال هذا المهرجان، سنشارك مساحة مناسبة للعائلات مع أنشطة ممتعة
مختلفة مثل بالن والمشي في الطبيعة وتطهير الفانارات الورقية ورسم على
الوجه وغيرها من الأنشطة الترفيهية للآثار والمصارف.

مجاناً
التاكسي المتاحة بعد التسجيل
معلومات الموقع متاحة بعد التسجيل
أين:
Sunshine, Dandenong
and Brimstone
في الساعة 11:00

**We invite you to our Eid
celebration by the beach**

Newly arrived families from Palestine are invited to attend a
belated Eid event to celebrate the end of the holy month of
Ramadan.

During the event we will share a family friendly healing space
with different therapeutic activities such as art, nature walks, kite
flying, face painting and other fun activities for all age groups.

When:
1:00 pm - 4:00 pm, Saturday 4th of May
Where:
Location information available following
registration

Limited spots available
Registration will close at 5pm, Thursday 2nd May

**Group transport available
from central pick up
locations in Sunshine,
Dandenong and
Brimstone
at 11:45am**

Register here

Foundation House
The National Centre for
Muslim Wellbeing

Register here

middleeastresponse@foundationhouse.org.au

PROJECT ZAYTOUNA – 2024 SUMMARY

In 2024, the Centre for Muslim Wellbeing, in partnership with Six Degrees and supported by the North Western Melbourne Primary Health Network (NWMPHN), launched Project Zaytouna—a culturally responsive mental health initiative addressing the needs of Muslim and Arabic-speaking communities impacted by the Middle East crisis.

Designed to be trauma-informed and community-led, Project Zaytouna delivered bilingual mental health workshops, wellbeing-focused group sessions, and culturally appropriate educational materials in Arabic and English. These sessions provided safe, inclusive spaces for individuals and families to process grief, build resilience, and access support in ways that honoured their cultural and spiritual identities.

A key feature of the project has been the Project Zaytouna Roundtable Series, created to foster dialogue and coordination between Muslim community leaders, grassroots organisations, and mainstream mental health services. The first roundtable took place on 4 November 2024, bringing together stakeholders from across Victoria to:

- Explore the unique mental health challenges facing Muslim communities
 - Map out existing services and gaps
- Strengthen trust and collaboration between sectors
- Co-design strategies for improved access and culturally safe care

This was the first in an ongoing series, with three additional roundtables planned in 2025 to continue building shared understanding and systemic change.



BRINGING GLOBAL PERSPECTIVES TO LOCAL PRACTICE

In 2024, the Centre for Muslim Wellbeing (CMW), in partnership with Muslim Mental Health Professionals (MMHP), hosted two impactful events that brought international thought leaders in Islamic psychology to Australia. These events deepened our collective understanding of culturally and spiritually responsive mental health care for Muslim communities.

Islamic Psychotherapy and Grief through a Quranic Lens In partnership with MMHP and the International Students of Islamic Psychology (ISIP)

This unique workshop featured:

- Prof. Suleyman Derin – Faculty Member, Marmara University (Turkey) and Board Member of ISIP
 - Seyed Jamaluddin Miri – Islamic Psychotherapist (Sweden), Co-founder of ISIP and the Al-Balkhi Institute
- Participants explored how Quranic storytelling can be a powerful therapeutic tool for fostering resilience and understanding grief. The session provided Muslim practitioners with faith-integrated strategies to support clients navigating loss, drawing on both psychological frameworks and Islamic spiritual wisdom. The event highlighted the growing relevance of Islamic psychotherapy in clinical and community contexts.

Reclaiming Our Narrative: Exploring the Islamic Mental Health Tradition In partnership with MMHP
Held on March 1, 2024, this practitioner-focused event welcomed two renowned experts from the Khalil Centre (USA):

- Dr. Hooman Keshavarzi – Executive Director, Khalil Centre
- Dr. Fahad Khan – Deputy Director, Khalil Centre

Through an interactive discussion, the speakers examined the influence of colonial ideologies on psychological practice and theory, and encouraged attendees to reclaim Islamic traditions of mental and spiritual health. The event provided a reflective space to challenge dominant narratives and explore how Muslim practitioners can embed cultural authenticity and spiritual relevance into their therapeutic work.

These sessions offered rare opportunities for Australian practitioners to engage with global scholarship and deepen their practice through culturally and spiritually grounded lenses. We sincerely thank our international speakers and partners, MMHP and ISIP, for their collaboration and shared commitment to advancing Muslim mental health.

"These events strengthened the integration of Islamic perspectives into mental health practice and fostered valuable cross-cultural knowledge exchange."



WELLBEING FAIRS AND COMMUNITY EXPOS

In 2024, the Centre for Muslim Wellbeing (CMW) proudly participated in two major community events that promoted holistic wellbeing, creativity, and mental health awareness in culturally meaningful ways.

Boarding Now: A Spiritual Journey to Mental Wellness On Sunday, 3 March, CMW joined the Six Degrees Wellbeing Fair at the University of Melbourne. Under the theme “Boarding Now: A Spiritual Journey to Mental Wellness,” the event brought together community members to explore mental health through interactive workshops, stalls, and artistic activities such as calligraphy, journaling, and martial arts. The fair provided a nurturing and inclusive space for reflection, learning, and community connection. Importantly, all proceeds from the day supported humanitarian relief in Gaza, highlighting the intersection of local mental health advocacy with global compassion and solidarity.

Eid Festival Wellbeing Workshops – In Collaboration with SalamFest On June 29, CMW partnered with SalamFest during the Eid Festival in Footscray to deliver two unique wellbeing workshops:

- **Art Therapy with Noha Aly** – A creative space for emotional expression and healing through visual art, allowing participants to explore the connection between art and mental health in a supportive environment.

- **Archery and Mindfulness** – Hosted by Archery Ascension, this session introduced the community to the mental and physical discipline of archery, encouraging mindfulness, focus, and inner balance.

These events were an opportunity to engage community members in conversations around wellbeing through culturally resonant and accessible experiences. We thank all our collaborators and attendees for their continued support and look forward to delivering more enriching events in the year ahead.

"Through these vibrant fairs and festivals, we brought mental health conversations into the heart of our community—bridging culture, creativity, and connection."



SUPPORTING STUDENT AND FAMILY WELLBEING IN SCHOOLS

In 2024, the Centre for Muslim Wellbeing (CMW) partnered with schools across Victoria to deliver a series of wellbeing-focused programs tailored for students, parents, and school staff. These sessions aimed to promote emotional resilience, healthy habits, and stronger family connections—delivered through a culturally responsive and faith-informed lens.

Our school engagement included:

- Parenting workshops to equip families with practical tools to navigate modern challenges while staying grounded in values
- Student sessions on emotional regulation, resilience, and physical wellbeing, delivered in an engaging and relatable format
- Collaborative planning with school wellbeing teams to ensure content was developmentally appropriate and aligned with each school's needs

Feedback from schools highlighted the strength of our facilitators in building rapport with students and the value of grounding wellbeing messages in the Islamic tradition. Sessions were praised for being insightful, relevant, and adaptable, with schools expressing a strong interest in ongoing collaboration.

These programs form part of our broader commitment to early intervention and whole-of-community wellbeing, supporting young people and families to thrive within safe, nurturing educational environments.

“We truly appreciate the time you took out of your busy schedules to make a real difference in the lives of these young people.” – School Partner Feedback

“The workshop reminded our parents that we are not alone. Through open, honest conversation, we’re learning, growing, and strengthening our families together—one step at a time.” – Parenting Workshop Feedback



2024 IMPACT AT A GLANCE

- 8 SCHOOLS ACROSS MELBOURNE
- OVER 500 PARTICIPANTS (PARENTS AND STUDENTS)
- 15 WORKSHOPS DELIVERED ON:
 - PARENTING AND POSITIVE DISCIPLINE
 - EMOTIONAL RESILIENCE AND MENTAL HEALTH
 - PHYSICAL WELLBEING AND LIFESTYLE HABITS
- 100% OF PARTNER SCHOOLS EXPRESSED INTEREST IN CONTINUED COLLABORATION

SECTOR ENGAGEMENT AND ADVOCACY

In 2024, the Centre for Muslim Wellbeing (CMW) continued to play an active role in shaping conversations around mental health at both national and community levels. Through public events, panel discussions, and advocacy initiatives, CMW worked to ensure that the mental health needs of Muslim and culturally diverse communities remain central to the broader sector agenda.

Mental Health Sector Expo – Parliament House, Canberra On October 9, CMW participated in the Mental Health Sector Expo at Parliament House in Canberra, joining over 45 organisations to showcase our work to Members of Parliament and mental health leaders. The Expo, attended by more than 120 professionals, provided a powerful platform to advocate for culturally responsive services. The Hon. Mark Butler MP, Minister for Health and Aged Care, underscored the importance of community voices in program design, stating:

“The consumer voice, the carer voice, are incredibly important in making sure we get the design and the implementation of mental health programs – perhaps more than any other area of health – right.”
CMW’s participation reflected our commitment to ensuring Muslim voices are included in these vital national conversations.

Launch of Arabic-Language Eating Disorder Resources – Butterfly Foundation On December 4, CMW was honoured to join the Butterfly Foundation in launching “Let’s Talk Eating Disorders: Support and Resources in Arabic.” The initiative aims to break down cultural and language barriers in eating disorder support and raise awareness within Arabic-speaking communities.

CMW contributed to the panel discussion, highlighting the intersections of faith, culture, and mental health, and the need for services that are both accessible and culturally grounded.
“These resources are a critical step in bridging cultural and language gaps in eating disorder support—and ensuring no one is left behind.”
Both events exemplify our continued advocacy for inclusive, community-informed mental health care that reflects the diversity of Australia’s population.



WEBINARS, PODCASTS AND CONVERSATIONS

Be Well

‘Be Well’ is a video series featuring insights, resources and coping skills from leading wellbeing practitioners, users and community influencers that are part of the growing CMW Network to support you and your family through these uncertain times and is hosted by Monique Toohey. The ‘Be Well’ series presented an opportunity to highlight the work of practitioners and a wide array of topics, including Positive Psychology, Suicide and Men’s Health, Family Violence and Islamic psychology, to name a few. The series also allowed the Centre to engage with guests across Australia and overseas.

Stories from the Centre

The podcast series, ‘Stories from the Centre,’ focuses on individuals who have encountered mental health challenges and navigated the recovery journey. Additionally, it explores the perspectives of caregivers, families, and supporters. The emphasis on reflecting real-life experiences aligns with the Centre's commitment to incorporating community-lived experiences in our service design principles. This year, the podcast was able to explore topics such as Sunnah Sports- Resilience and Connection to Nature, Bullying, and Exploring Boundaries in Children.



AWARDS AND HONOURS

Celebrating Excellence: CMW Board Members Honoured at the 2024 Multicultural Awards

The Centre for Muslim Wellbeing proudly congratulates two of our esteemed board members, Dr. Senem Eren and Maryum Chaudhry, who were recognised at the 2024 Multicultural Awards for Excellence, held at Government House, Victoria.

Organised by the Victorian Multicultural Commission, these prestigious annual awards honour individuals and organisations that champion cross-cultural understanding and support the inclusion and empowerment of Victoria's diverse communities.

Dr. Senem Eren – Winner, Mental Health and Wellbeing Award

CMW Co-founder Dr. Senem Eren was awarded the Mental Health and Wellbeing Award for her outstanding contributions to the mental health sector. A psychologist with over two decades of experience, Dr. Eren has been a trailblazer in trauma-informed care, culturally responsive practice, and community-based mental health. As one of the first Australian Muslims to earn a PhD in Psychology, her leadership continues to shape mental health practice across Victoria.



Dr. Senem Eren

Maryum Chaudhry – Inductee, Victorian Multicultural Honour Roll

Maryum Chaudhry was inducted into the Victorian Multicultural Honour Roll for her long-standing service to multicultural communities. Her work has consistently focused on strengthening social cohesion, building inclusive spaces, and empowering individuals from refugee and migrant backgrounds—values deeply aligned with CMW's mission.

We are deeply honoured to have Dr. Eren and Maryum as part of our leadership. Their achievements reflect the heart of CMW's vision: advancing mental health, inclusion, and wellbeing for all. Congratulations once again to both for this well-earned recognition. Your continued dedication inspires our work and uplifts the broader community.



Maryum Chaudhry

Victorian
Multicultural
Awards for
Excellence 2024



HEALTH NAVIGATION


CMW NAVIGATOR SERVICE

CMW Navigator Service facilitates care by offering support and practical assistance to consumers, aiding them in navigating the complexities of the health system. Service navigators work to identify and overcome barriers that might hinder timely access to care. They address key questions and guide community members to suitable accredited service providers.

Earlier this year, a CMW staff member assumed the role of a service navigator, assisting the community with various inquiries, including issues such as family violence, access to rebates, and mental health plans. Although the service is still in its early stages, it is anticipated to expand as CMW's profile grows.

CULTURALLY RESPONSIVE PRACTITIONER LIST

Fostering awareness in our community involves establishing networks that provide individuals access to culturally responsive information and support for managing their well-being. Throughout the year, the practitioner list has expanded significantly, growing from a small sample to over 70 individuals in the network. Many of these practitioners have actively contributed to delivering our Mental Health Awareness (MHA) workshops and creating content for our social media and panel discussions. We are grateful for their valuable services and aim to develop the network further in the coming years, exploring additional networking opportunities for continued growth.




Centre for
Muslim Wellbeing


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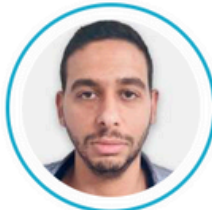
Adil Jan (Jonathan) Parker
Psychologist
Practice Location (Suburb, State):
Blackburn
Phone Number:
0412088543
E-mail Address:
[redacted]



Aisha Fayad
Psychologist
Practice Location (Suburb, State):
Carlton, VIC
Phone Number:
-
E-mail Address:
aishafayad.psychology@gmail.com



Amal Saleh-Zada
Counsellor
Practice Location (Suburb, State):
Box Hill (week days) & Footscray (Saturdays)
Phone Number:
0403259007
E-mail Address:
leapoffaithcounselling@gmail.com



Amr Diab
GP
Practice Location (Suburb, State):
Lakelands, WA
Phone Number:
0861693900
E-mail Address:
DrDiab1701@gmail.com

DIGITAL INFORMATION HUB (CMW WEBSITE)

Our website is expanding and evolving into a pivotal hub for information and resources related to mental health and wellbeing. It caters to community members, organisations, mental health providers, and government entities. This platform serves as a foundational element, empowering CMW to explore innovative approaches in community support, aligning with the anticipated digitisation of mental health services in the future. Furthermore, the hub will provide avenues to enhance the capabilities of mainstream mental health providers by offering training, access to supporting materials, and facilitating connections with community members in need of support.

Centre for Muslim Wellbeing

"Supporting communities to flourish"

About CMW

Latest News

View All >

Facebook Feed By @CentreForMuslimWellbeing

Centre for Muslim Wellbeing 17 hours ago

Live now

Nurturing Resilience: Supporting Emotional Intelligence & Neurobiology

Facebook Watch

View on Facebook · Share

Centre for Muslim Wellbeing 3 days ago

Latest Past Events

OCT 5 2023

October 5 @ 6:00 pm - 9:00 pm

Mindful Connections – Muslim Mental Health Practitioner Networking Event

Islamic Museum of Australia 15A Anderson Rd, 3071, Melbourne

Why Attend Mindful Connections? Expand Your Network: Engage with a diverse assembly of experienced mental health practitioners from various specialities and backgrounds. Community Empowerment: Collaborate with like-minded mental health practitioners to develop strategies that promote holistic wellbeing within the Muslim community. Cultural Competence: Gain a deeper understanding of the unique cultural [...]

\$20

SEP 4 2023

September 4 @ 10:00 am - 12:00 pm

Self Care – Art Therapy Workshop

Onespace by Madina Unit 3/52 Smith Road, Springvale

Come join us for an Art Therapy workshop with psychologist and sensorimotor therapist Dakhylina Madkhul focusing on Self Care. Treat yourself to some self care using the creative and gentle approaches using Art Therapy in a safe and comfortable environment with other women. Brought to you by CMW, Rumah Madania and IMCV

\$15

Parent Tips – Talking about Palestine with children

November 16, 2023

Australian Mental Health Professionals Stand in Solidarity with Palestine

November 6, 2023

Coping with Information Overload and Doomscrolling in Light of the Palestinian Conflict

CMW strongly supports voting yes to enshrining an Aboriginal and Torres Strait Islander Voice to the Australian Constitution

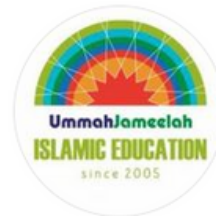
PARTNERS AND SUPPORTERS

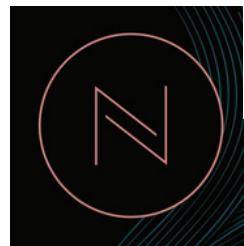


Australian Government

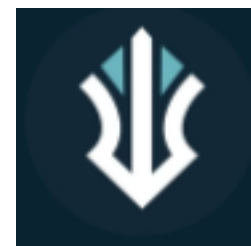


State Government





Mindwise
Health & Wellbeing



WORKSHOPS

Dealing with Trials & Tribulations from an Islamic Psychological Framework

If you're a Muslim mental health professional, join us for an exciting day of learning more about Islamic Psychology from international experts Prof. Sulayman Darin (Istanbul University, Turkey) and Dr. Bayan Al-Jalal (Hawke's Bay, New Zealand). Prof. Darin is a Practitioner & Co-Founder of International Students of Islamic Psychology.

REGISTER BELOW:

\$45

SATURDAY 06.07.2024

10:00 AM - 5:00 PM

VENUE: THE ISLAMIC MUSEUM OF AUSTRALIA

In Partnership with: Muslim Mental Health Professionals, Centre for Muslim Wellbeing

Protective Behaviours *Lifeless only*

Boundaries Setting Workshop

This engaging workshop offers a practical approach to setting and maintaining personal boundaries as a protective behavior, emphasizing the empowerment and well-being of participants. Through guided activities and exercises, attendees will learn to recognize their own boundaries and effectively communicate them in various contexts. Participants will explore why boundaries are essential for fostering safe, respectful interactions, and how setting boundaries can protect one's physical, emotional, and mental well-being.

When: December 7th 6pm-8pm

Where: AMSSA 91-101 Boundary Rd, North Melbourne

Register here to attend

Topics: Boundaries, Self-care, Empowerment, Communication, Resilience

Reclaiming Our Narrative

Exploring Our Rich Islamic Mental Health Tradition

01 MARCH FRIDAY 6PM

VENUE: AL NINA RESTAURANT 1212 SYDNEY RD, MELBOURNE VIC 3005

REGISTRATION: \$80 INCLUDES DINNER

Dr. Hooman Keshavarzi & Dr. Fahad Khan

EMAIL: CENTER

Rediscovering our narrative involves delving into our profound Islamic mental health tradition. Join us for a thought-provoking evening as we come together with Dr. Hooman Keshavarzi to explore and reclaim our rich heritage, unraveling the depths of the Islamic perspective on mental health and wellbeing.

WEBINAR

CULTURAL INTELLIGENCE IN MENTAL HEALTH CARE

THURSDAY 23RD MAY, 2024 | 12:30PM - 1:30PM

MONIQUE TOOHEY

PSYCHOLOGIST & CULTURAL INTELLIGENCE (CQ) FACILITATOR

SCAN QR CODE TO REGISTER

MENTAL HEALTH FIRST AID COURSE

Sunday 8th and Sunday 15th of September 2024

10am-4pm

10 Clivedon Ct, Thomastown VIC 3074

\$60 per person, catering provided

To register email admin@book.org.au with the subject: Mental Health First Aid Training

Places are limited!

Participants will receive MBSA accreditation

Nurturing Resilience

Supporting Emotional Health During a Crisis

Delve into the complexities of emotional health to grasp the fundamentals of well-being during crises. Acquire tools and strategies to navigate and effectively cope with emotional challenges.

Panel Discussion via facebook live and zoom

Sunday 17th of December 5.00pm - 6.15pm AEDT

REGISTER NOW

Panelists: Dr. Hooman Keshavarzi, Dr. Bayan Al-Jalal, Dr. Hooman Keshavarzi & Dr. Bayan Al-Jalal

Mental Health First Aid Course

Sponsored by the Centre for Muslim Wellbeing

ICMG Meadow Heights 15-17 Hudson Cct Meadow Heights VIC 3048

Sunday 10th November 2024

SHIFA Project presents:

Understanding & Treating Collective trauma in Palestine

A Workshop on Healing Historical Wounds

Dr. SAMAH JABR

Dr. Samah Jabr is the Head of Mental Health Unit within the Palestinian Ministry of Health, and a founding member of the Palestinian Global Mental Health Network. She is also a practicing psychiatrist in the public and private sectors within Palestine in East Jerusalem and the West Bank, for areas of interest include mental health, colonialism and universal human rights.

FRI 22 December | 5pm - 7:00pm | Online Workshop | Cost: \$10

E-mail: shifaproject@gmail.com for enquiries or scan QR code to register

ROAD TO RECOVERY

Faith and Meaning Making: Evidence-Based Transcultural Support for Grieving Muslims How to Do No Harm

Dr. Amirah Shah is a psychotherapist specializing in grief, trauma and transcultural care. As a practitioner & lecturer, her experience includes working with neurodiversity, disability, PTSD & CPTSD, end-of-life care, chronic illness, intercultural relationships, as well as grief & loss.

She authored a children's book on grief titled, **The Truck Family & The Culturally Informed Trauma Workbook Series**. She also hosts a mental health podcast show called **Science of the Soul**.

Webinar 9.30am - 1.30pm, August 19th

Cost: \$20

Register via the QR Code or email: admin@cmw.org.au

film screening and panel discussion

WHERE OLIVE TREES WEEP

ashraf darwish + ahed tamimi + dr gabriel matz

Friday, August 23rd 2024 6:30pm - 9:30pm

David P Derham theatre (GM15) Law Building 185 Pelham St, Carlton VIC 3053

Drug and Alcohol

Community Support and Education Workshop

Support for families impacted by a loved one's alcohol and/or drug dependency

February 14th 2025

Broadmeadows Community Hub 150-152 Wulford Street, Broadmeadows

A FREE community support and education workshop

The workshop aims to:

- Provide participants with information and strategies to cope with their situation.
- Help families approach relationships in a more adaptive and healthy manner.
- Ensure everyone in the household can thrive, not just survive.

The workshop includes:

- A speaker sharing their lived experience with addiction.
- A question-and-answer session to address participants' queries.
- Access to additional resources.

sharc shifa

CULTURAL INTELLIGENCE

Mental health care Level 1

This two day in person program will use the Cultural Intelligence (CQ) model to explore culturally intelligent mental health care with Muslim clients

DATE: 3 AND 4 JUNE 2024 10:00AM - 5:00PM

COST: \$200 REGULAR \$200 EARLY BIRD PRICE

JACK DYER COMMUNITY ROOM GLEADELL STREET & HIGHETT STREET RICHMOND

FACILITATOR: PSYCHOLOGIST & CULTURAL INTELLIGENCE FACILITATOR MONIQUE TOOHEY

FOR ENROLMENT SCAN QR OR EMAIL: ADMIN@CMW.ORG.AU

Mental Health First Aid Cours

By Sr Manar Eltehelebi

1 & 28 of July - 10am - 4pm

HFA accreditation sources provided each provided \$60

Brothers & Sisters, 18 Welcom

Registration is essential

CONNECTING WITH TODAY'S TEENAGERS

BASED ON THE 'TUNING INTO TEENS PROGRAM', DESIGNED TO HELP PARENTS TEACH THEIR TEENAGE CHILDREN HOW TO CONTROL AND EXPRESS THEIR EMOTIONS

SPEAKERS: REYHAN ERGAN & OMER YUCEL

MAY 26, 2024 06:00 - 08:00 PM FREE ADMISSION

Melbourne Grand Mosque 70 Wootton Rd, Tarnait, Vic, 3029

MGM MELBOURNE

SUPPORTING MUSLIMS IN TIMES OF GRIEF

ENSURING CROSS-CULTURAL UNDERSTANDING AND EVIDENCE-BASED CARE

DATE: 7TH JUNE 2024 9:30AM - 12:30PM

COST: \$90

COUGRO NORTH MEETING ROOM SHOP 74/76 GRAFTY STREET, COUGRO NORTH (IN THE MIDDLE OF THE MIDDLE OF THE MIDDLE OF THE MIDDLE)

FACILITATOR: DR. AMIRAH SHAH

ENROLMENT SCAN QR OR EMAIL: ADMIN@CMW.ORG.AU

ISLAMIC PSYCHOLOGY

RESILIENCE THROUGH CHARACTER DEVELOPMENT

With Dr. Hooman and Dr. Fahad

22nd February

Ilm College Kiewa Campus 6:30 - 9:30pm

\$25 Adult | \$25 Student

a workshop on building strength through Iman

Discover what awaits you on our

HAKAYA OF EID

The streets of Jerusalem

Join us for a welcome session about our services

Newly arrived families from Palestine are invited to attend

Free

Transport available to and from the session

Learn about mental health support available from Foundation House and Centre for Muslim Wellbeing

When: 6pm - 8pm Wednesday 6 March

Where: Foundation House, Level 4, 61 Riggall Street, Dallas

Share what you and your family may need to support your mental health so we can work together

Share a meal with us

Register here

midwestcommunity@foundationhouse.org.au

We invite you to our Eid celebration by the beach

Eid Mubarak

Newly arrived families from Palestine are invited to attend a Eid event to celebrate the end of the holy month of Ramadan.

The event will share a family friendly healing space with different therapeutic activities such as art, nature walks, kite flying, face painting and other fun activities for all age groups.

When: 0pm - 4:00 pm, Saturday 4th of May

Where: Location information available following registration

Group transport available from locations in Sunshine, Dandenong and Broadmeadows at 11.45am

Registration information available following registration

Registration here

Foundation House

Suffolk College, CMW and Dandenong Islamic Sisters Society presents

The Power Of Positive Parenting

SELF CARE

Your child's wellbeing starts with you!

SISTERS ONLY

Speaker: Dr Aminah Mah

Author of 'Sharing the Road' A 2.5 Hour Workshop Series for Muslim Parents

Sunday, 3 September 10 AM - 12 PM Dandenong

Address: Albanian Sakie Masjid Dalgity Street, Dandenong

Free Entry Register to attend <http://bit.ly/ehpapparent>

OUR REACH

SOCIAL MEDIA AND WEBSITE



2,258

Instagram followers



1.3k

Facebook followers



14.6 k

Website clicks



90

Workshops Completed



3 k

Workshop Attendees

FINANCIAL REPORT

Centre for Muslim Wellbeing Incorporated
ABN: 59 149 130 470
Financial Statements
For the Year Ended 30 June 2024

<i><u>Contents</u></i>	<i>Page</i>
Balance Sheet	2
Statement of Changes in Equity	3
Income and Expenditure Account.....	4
Statement of Cash Flows.....	5
Notes to the Accounts	6
Committee's Report	8
Independent Auditor's Report	9
Auditors Independent Declaration	10

Centre for Muslim Wellbeing Incorporated
Balance Sheet
As at 30 June 2024

	Note	2024 \$	2023 \$
Current Assets			
Cash and Cash Equivalents		329,183	133,921
Total Current Assets		329,183	133,921
Total Assets		329,183	133,921
Current Liabilities			
Accounts Payable		49,264	-
Total Net Assets		279,919	133,921
Equity			
Retained Profits		279,919	133,921
Total Equity		279,919	133,921

Centre for Muslim Wellbeing Incorporated
ABN: 59 149 130 470
Statement of Changes in Equity
For the Year ended 30 June 2024

	2024 \$	2023 \$
Retained Earnings		
Balance at 1 July 2023	133,921	31,145
Profit Attributable to Members	145,998	102,776
Balance at 30 June 2024	279,919	133,921

Centre for Muslim Wellbeing Incorporated

ABN: 59 149 130 470

**Income and Expenditure
For the Year ended 30 June 2024**

	2024	2023
	\$	\$
RECEIPTS		
Grants Income	419,059	235,850
Income from Events	13,280	3,016
Activity receipt	2,195	
Other income	958	440
	435,492	239,306
PAYMENTS		
Accounting & Audit Fee	1,980	-
Advertising & Marketing	473	-
ASIC Fee	-	330
ATO	10,634	1,046
Catering	9,166	
Contractor	116,350	92,385
Event Expenses	49,393	-
Flight & Accomodation	4,744	-
Insurance	2,566	700
Membership Fee	290	28
Office set-up	4,690	4,051
Office Supplies	120	-
Online Conference	32,000	-
Printing & Stationery	163	-
Refund	280	-
Sponsorship	1,925	-
Staff Amenities	211	268
Subscriptions	405	-
Telephone - Mobile	54	200
Training & Manuals	4,384	-
Video Production	6,943	-
Withholding Tax	-	192
Website Support	2,209	4,872
W'shops & programs	40,514	32,458
Total Payments	289,494	136,530
Excess of receipts over payments	145,998	102,776

The accompanying notes form part of these financial statements

Centre for Muslim Wellbeing Incorporated
ABN: 59 149 130 470
Statement of Cash Flows
For the Year ended 30 June 2024

	Note	2024 \$	2023 \$
Cash Flows from Operating Activities			
Receipts from Customer (GST Inclusive)		435,492	239,306
Payments to suppliers and employees (GST Inclusive)		(289,494)	(136,530)
Net Cash Inflow from Operating Activities		145,998	102,776
Cash Flows from Investing Activities			
Proceeds from Sale of Asset		-	-
Payments for property, plant and equipment		-	-
Net Cash Inflow from Investing Activities		-	-
Cash Flows from Financing Activities			
Loans to Employees		-	-
Loans from/(to) Other Organizations		-	-
Net Cash Inflow from Investing Activities		-	-
Net Increase/(Decrease) in Cash held		145,998	102,776
Cash at beginning of the financial year		133,921	31,145
CASH AT END OF FINANCIAL YEAR		279,919	133,921

Centre for Muslim Wellbeing Incorporated

Notes to the Financial Statements

For the Year ended 30 June 2024

The financial statements cover Centre for Muslim Wellbeing Incorporated as an individual entity. Centre for Muslim Wellbeing Incorporated is a not-for-profit Association incorporated in Victoria under the Associations Incorporation Reform Act 2012 ('the Act').

Comparatives are consistent with prior years unless otherwise stated.

1. Basis of Preparation

In the opinion of the Committee of Management, the Association is not a reporting entity since there are unlikely to exist users of the financial report who are not able to command the preparation of reports tailored to satisfy specifically all of their information needs.

These special purpose financial statements have been prepared to meet the reporting requirements of the Act.

The financial statements have been prepared on an accruals basis and are based on historical costs modified, where applicable, by the measurement at fair value of selected non current assets, financial assets and financial liabilities.

Significant accounting policies adopted in the preparation of these financial statements are presented below and are consistent with prior reporting periods unless otherwise stated.

2. Summary of Significant Accounting Policies

(a) Cash and Cash Equivalents

Cash and cash equivalents comprise cash on hand, demand deposits and short term investments which are readily convertible to known amounts of cash and which are subject to an insignificant risk of change in value.

(b) Revenue and Other Income

Sale of Goods

Revenue from the sale of goods is recognised at the point of delivery as this corresponds to the transfer of significant risks and rewards of ownership of the goods and the cessation of all involvement in those goods.

Grant Revenue

Government grants are recognised at fair value with reasonable assurance that the grant will be received and all grant conditions will be met. Grants relating to expense items are recognised as income over the periods necessary to match the grant to the costs they are compensating. Grants relating to assets are credited to deferred income at fair value and are credited to income over the asset's expected useful life on a straight-line basis.

Other Revenue

Other revenue is recognised when the association is entitled to the funds.

2024	2023
\$	\$

3. Expenses

Expenses

Contractor	116,350	92,385
Insurance	2,566 700	
Event Expenses	49,393	-
Online Conference	32,000	-
Workshops & Programs	40,514	32,458
All Other Expenses	48,671	10,987
	<u>289,494</u>	<u>136,530</u>

4. Cash and Cash Equivalents

NAB Business Account - 448435846	10,327	36
NAB Debit Card Account-312074092	-	2,000
NAB Savings Account - 448465543	318,856	131,885
	<u>329,183</u>	<u>133,921</u>

Reconciliation of Cash

Cash and Cash Equivalents	<u>329,183</u>	<u>133,921</u>
	<u>329,183</u>	<u>133,921</u>

5. Statutory Information

The registered office of the association is:

Centre for Muslim Wellbeing Incorporated
12 Dimboola Rd, Broadmeadows Vic 3040

Centre for Muslim Wellbeing Incorporated Committee's Report

The committee members present their report on the association for the financial year ending 30 June 2024.

Committee Members

The names of each person who has been a committee member during the year and to the date of this report are:

Sherene Hassan (Chairperson)

Maryum Chaudhry (Vice-Chairperson)

Faye Spiteri (Secretary)

Ian Horne (Treasurer)

Senem Eren (Board Member)

Principal Activities

The association's principal activities during the financial year focused on addressing mental health challenges and social isolation within the community. Through a range of programs, initiatives, and advocacy efforts, the association ensured that community members had access to the necessary support, resources, and services before reaching a crisis point. This included raising awareness about mental health, facilitating peer support groups, providing culturally responsive support services, and collaborating with key stakeholders to strengthen community well-being and resilience.

Significant Changes

No significant changes like the association's activity occurred during the financial year.

Operating Result

The profit of the association after providing for income tax amounted to \$145,998.

Signed in accordance with a resolution of the Members of the Committee.



Sherene Hassan (Chairperson)



Ian Horne (Treasurer)

Dated: 12/03/2025

Centre for Muslim Wellbeing Incorporated

Independent Auditor's Report

David Folley & Co

Chartered Accountant
ABN 98 099 175 628
Unit 2/15 Valley Road
Mt. Waverley 3149

Postal Address

PO Box 90
Mt. Waverley 3149
Telephone (03) 9853 5566
Mobile: 0414 547 372
Email: dfolley@tpg.com.au

Principal: David Folley FCA

To the Members
Centre for Muslim Wellbeing Incorporated
12 Dimboola Road
Broadmeadows VIC 3047

Report on the Financial Report

I have reviewed the accompanying financial report of the Centre for Muslim Wellbeing (the association) which comprises the balance sheet as at 30 June 2024, the income statement, statement of changes in equity and statement of cash flows for the year then ended, notes comprising a summary of significant accounting policies and other supplementary information and the committee's report

Committee's Responsibility for the Financial Report

The committee of the association is responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards and the Associations Incorporation Reform Act 2012. The committee determines that the internal control is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

My responsibility is to express a conclusion on the financial report based on my review. I have conducted my review in accordance with auditing standard on Review Engagements ASRE 2415 *Review of Financial Report: Company Limited by Guarantee or an Entity Reporting under the ACNC Act or Other Applicable Legislation or Regulation*, in order to state whether, on the basis of the procedures described, anything has come to my attention that causes me to believe that the financial report is not presented fairly, in all requirements relevant to the audit of the annual financial report.

A review of a financial report consists of making enquires, primarily of persons responsible for financial and accounting matters and applying analytical and other review procedures. A review is substantially less in scope than an audit conducted in accordance with Australian Auditing Standards and consequently does not enable to obtain assurance that I would become aware of all significant matters that might be identified in an audit. Accordingly I do not express an audit opinion.

Liability limited by a scheme approved under Professional Standards Legislation

Auditors Independence Declaration
Under Section 307C of the Corporations Act 2001

Independence

In conducting my review I have complied with the independence requirements of the Australian professional ethical pronouncements.

Conclusion

Based on my review, which is not an audit, I have not become aware of any matter that makes me believe that the financial report of the association is not in accordance with the Associations Incorporation Reform Act 2012 including:

- a) giving a true and fair view of the entity's financial position as at 30 June 2024 and of its performance for the year ended on that date; and
- b) complying with Australian Accounting Standards as referred to in Note 1 to the financial statements

Basis of accounting and restriction on distribution

Without modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist Centre for Muslim Wellbeing (the association) to meet the requirements of the Associations Incorporation Reform Act 2012. As a result the report may not be suitable for another purpose.

Signed.....

Dated.....13/03/2025.....

Name: David Folley
Principal
David Folley & Co
Chartered Accountant



FEEDBACK

“I just finished the amazing 'Unshakeable Confidence Training', and I want to say a BIG THANK YOU!!!

It was one of the warmest training I have ever attended, and I feel I have benefited tremendously from it :)”.

“The Muslim women's leadership program could be summed up in one word - 'WOW'!
The wisdom and lessons I gained have enriched my life and helped me in my healing journey. Thank you CMW, for initiating an inspirational event!”

“I enjoyed learning about all the different mental illnesses that exist and how to respond to them appropriately in a situation”.

(Mental Health First Aid Workshop)


“Dakhylina was absolutely amazing, workshop was just what I needed, and I loved that as a homeschooling mum I could bring my kids”.

“The Art Therapy workshop reminded me of my priorities and goals, and the most important things in life”.



T 0472 668 101

W cmw.org.au

 [cmw_australia](https://www.instagram.com/cmw_australia)

 <https://www.facebook.com/cmw.aus>

OUR REGISTERED OFFICE IS LOCATED AT 12 DIMBOOLA ROAD,
BROADMEADOWS, VIC 3047