

# ANNUAL REPORT 2025



Centre for  
Muslim  
Wellbeing

**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.**



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# A WORD FROM THE CHAIR AND EXECUTIVE OFFICER

Peace and blessings be upon you all.

This year has been one of profound challenge and equally profound community strength. The ongoing devastation in Palestine, rising Islamophobia, and the emotional toll carried by Muslim families, youth, carers and frontline workers have shaped the wellbeing of our community in profound ways. These realities have reaffirmed the Centre for Muslim Wellbeing's (CMW) essential role as a place of healing, cultural safety, and connection.

Despite these pressures, CMW has grown in reach, maturity, advocacy and impact. Across 2025, our programs expanded, our partnerships deepened, and our national influence strengthened – guided always by our commitment to community-led, faith-informed wellbeing.

This growth is reflected in our impact across the year. CMW engaged 2,830 individuals through 87 programs and training workshops, delivered across community, school, and professional settings. Our advocacy and thought leadership were strengthened through four formal submissions and publications, contributing to national conversations on culturally safe and trauma-informed mental health care. Our digital reach also continued to grow, with 2,500 Instagram followers, 1,500 Facebook followers, and 16,000 active website users, extending access to trusted wellbeing information and resources beyond physical program spaces.

This year also marked the continued strengthening of CMW's governance, financial systems, policies, compliance frameworks, and volunteer pathways.

We wish to acknowledge the longstanding leadership and stewardship of Sherene and Ian, whose service as Chairperson and Treasurer over multiple years has played a critical role in strengthening CMW's governance, financial oversight, and organisational maturity. Their commitment has helped position CMW for long-term sustainability and growth.

CMW remains committed to strong financial governance, transparency, and accountability, ensuring resources are managed responsibly and directed toward maximum community impact



**Maryum Chaudhry**  
President and Chair



**Ayman Islam.**  
Executive Officer



## **Responding to Grief, Trauma & Crisis**

Recognising the deep grief, trauma and distress many in our community experienced this year, CMW responded with a coordinated suite of healing and support initiatives. Through the Zaytouna Project, we provided mental health navigation, culturally responsive referrals, and community capacity-building for Muslim and Arabic communities affected by the crisis. The Shifa Project expanded healing circles across three states and deepened trauma-informed community care. In partnership with Foundation House, we also delivered specialist support for newly arrived Palestinian families. These efforts were strengthened through the national Dr Samah Jabr Tour, which engaged thousands across Australia in trauma literacy, liberation psychology and Muslim mental health. Together, these initiatives formed CMW's unified community-led response and positioned us as a national leader in culturally safe, faith-informed trauma support.

## **Advocacy & System Reform**

This year, CMW strengthened its national voice with multiple submissions to the state and federal governments, including the:

- Productivity Commission's review of the National Mental Health & Suicide Prevention Agreement
- Victoria's Multicultural Review
- Australia's 2025-26 Humanitarian Program
- Department of Social Services - Families & Children
- Consultations on Islamophobia, cultural safety, family wellbeing and early intervention

Our contributions centred on one message: Muslim communities deserve accessible, culturally safe, trauma-informed care that honours faith and lived experience.

## **Partnerships, Governance & Recognition**

Behind the scenes, we strengthened governance, finance, policies, compliance and volunteer pathways, while deepening partnerships with PHNs, councils, mosques, not-for-profit organisations, universities and community organisations.

This year, CMW was honoured to receive the Victorian Multicultural Awards for Excellence in the Mental Health and Wellbeing category, recognising our outstanding leadership in strengthening Muslim mental health and community wellbeing.

## **Looking Ahead**

As we enter the next chapter, our vision is clear:

- To build a nationally recognised, culturally safe mental health ecosystem for Muslim communities – grounded in faith, identity and lived experience.
- We will continue expanding healing circles, strengthening advocacy, developing digital resources, deepening partnerships, and building sustainable, long-term structures.

To our community, partners, volunteers, students, facilitators and board, thank you for your trust and continued support.

May peace and blessings be upon you all.

Maryum Chaudhry & Ayman Islam  
Chair Executive Officer



Mental Health First Aid Training  
Bendigo



Carers Circle



# 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:

1. Building creative partnerships and collaborations to deliver mental health and wellbeing services and initiatives;
2. 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;
3. Undertaking mental health and wellbeing research and evidence gathering to ensure high quality of services and information sharing; and
4. 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.

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# OUR ORGANISATION

## CMW Board Members



**MARYUM  
CHAUDHRY  
CHAIRPERSON**



**SENEM EREN  
VICE-CHAIRPERSON**



**DIALA MEKNAS  
TREASURER**



**FAYE SPITERI  
SECRETARY**



**SHERENE HASSAN  
BOARD MEMBER**

## CMW Staff



**AYMAN ISLAM  
EXECUTIVE OFFICER**



**EBRU YAGCI  
PROJECTS OFFICER**

## Outgoing Board Members



**IAN HORNE  
TREASURER**



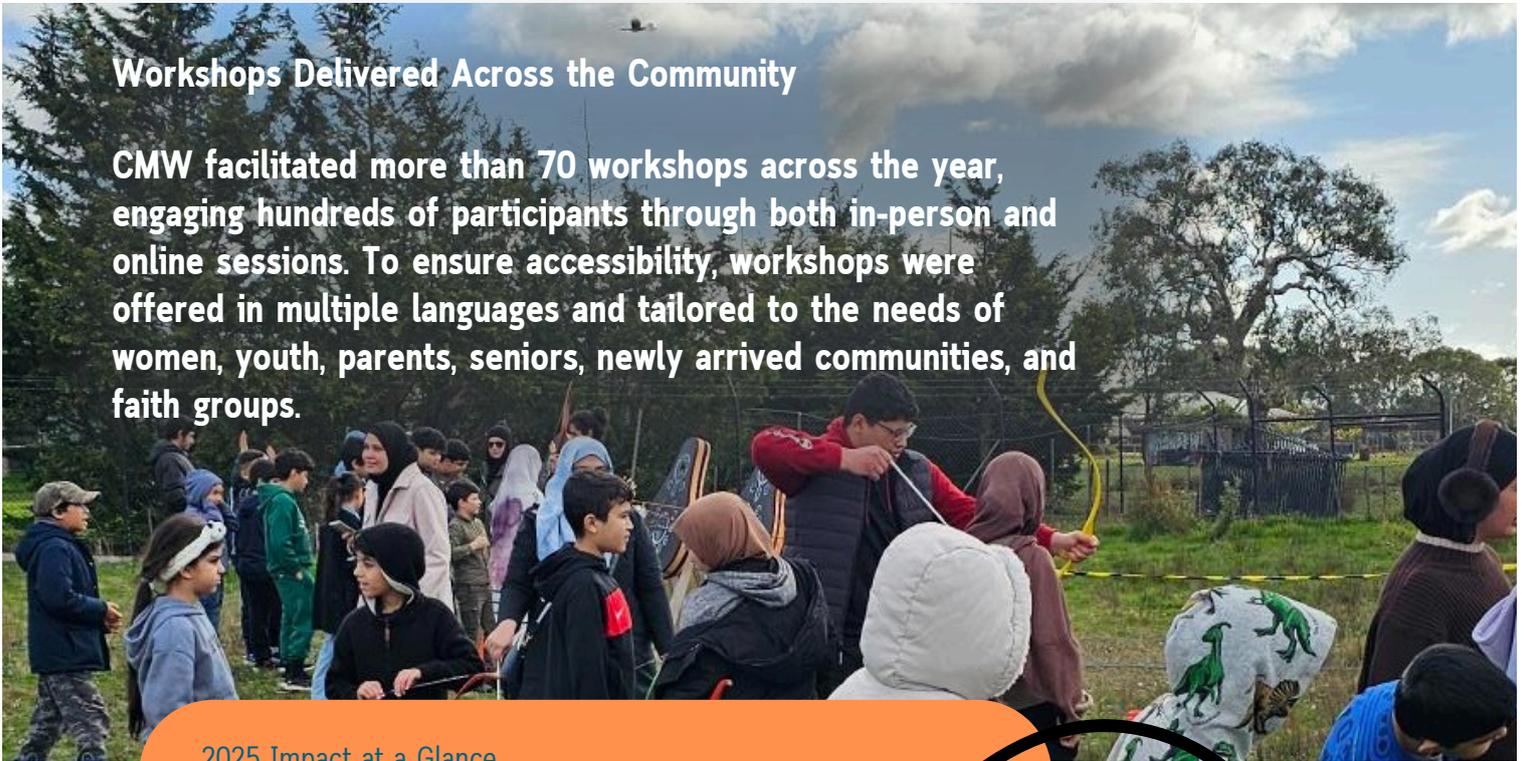
# OUR ACTIVITIES



In 2025, the Centre for Muslim Wellbeing (CMW) delivered a series of psychosocial-spiritual workshops designed to strengthen community wellbeing through culturally grounded, holistic, and faith-informed approaches. These workshops combined mental health education with practical tools that support emotional, social, and spiritual resilience.

## Workshops Delivered Across the Community

CMW facilitated more than 70 workshops across the year, engaging hundreds of participants through both in-person and online sessions. To ensure accessibility, workshops were offered in multiple languages and tailored to the needs of women, youth, parents, seniors, newly arrived communities, and faith groups.



### 2025 Impact at a Glance

#### Project Nawah Storytimes

- 50 Storytime sessions delivered
- 930 participants
- Average of 15–20 children & parents per session
- Evaluation: 85–100% increases in confidence, cultural pride and wellbeing

#### Mental Health First Aid (MHFA)

- 15 MHFA courses delivered
- 300 participants trained
- Up to 95% increase in MH literacy & crisis-response confidence
- Reached: schools, regional communities, multicultural groups

#### Carer Circles

- 6 Carer Circles delivered
- 90 carers supported
- 100% of participants reported reduced isolation & improved emotional wellbeing
- Activities included: clay therapy, forest therapy, reflective sharing circles

- Combined Impact – Year in Review
- Across these three core programs, CMW delivered:
- 71 events
- 1,320 total participants
- With consistently strong evaluation outcomes (85–100% positive change)



## CARER'S CIRCLES

This year, with the support of Carers Victoria, we proudly launched the Muslim Well Carers Group – a culturally safe, spiritually grounded space for Muslim carers supporting loved ones with disability, chronic illness, mental health challenges, or age-related needs. The program was created in response to the growing need for spaces where carers can reconnect, recharge and feel held within the community.

Throughout the year, we delivered a diverse range of restorative and therapeutic workshops, including equine therapy, art therapy, clay therapy and forest therapy. These sessions offered carers opportunities for reflection, grounding and renewal, alongside practical guidance on navigating services, managing stress and sustaining their own wellbeing.

**“This is the second Carers Circle Workshop I have attended. As a caregiver, I feel the Carers Circle workshops are a genuinely comfortable space where all the caregivers feel grounded, valued, and respected. I feel the edge of my stress lift off my shoulders as I mingle with the beautiful sisters through mindfulness activities and healing through equine therapy.”**



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## GRIEF SUPPORT, SUICIDE PREVENTION & COMMUNITY HEALING

Through Project Zaytouna, supported by the North Western Melbourne Primary Health Network (NWMPHN), CMW delivered a series of grief support, suicide prevention and community healing initiatives throughout the year. These programs strengthened the capacity of Muslim communities to navigate distress, loss and trauma in culturally safe, faith-informed ways.

### Suicide Prevention Training

Across multiple sessions, we provided suicide prevention training for imams, funeral directors and community leaders, facilitated by Ziyad Serhan from Educaid. These workshops combined evidence-based frameworks with Islamic principles to enhance suicide awareness, early intervention and postvention within Muslim communities. Participants learned to recognise signs of distress, hold compassionate, culturally grounded conversations, and support individuals and families with dignity and care. The sessions also created space to address stigma and explore community responsibility through a faith-aligned lens:



# GRIEF SUPPORT, SUICIDE PREVENTION & COMMUNITY HEALING

## Grief, Resilience & Collective Healing

Project Zaytouna also facilitated several grief and resilience workshops, co-hosted with the Islamic Society of Victoria and led by experts, including Dr Amirah Shah and Dr Senem Eren. These sessions provided a gentle, reflective environment for participants to process grief, strengthen emotional wellbeing and explore resilience through Islamic and community-centred frameworks.

Together, these initiatives offered culturally safe, trauma-informed support during a profoundly challenging year, building community readiness, reducing stigma and supporting individual and collective healing.

“It’s a step to start healing.”

“A session you didn’t know you needed”

“It really changed my outlook on grief”



## SUPPORTING FAMILIES: SEXUAL EDUCATION, SAFETY & TRAUMA RESPONSE

### Parent Sexual Education Seminar

In partnership with schools and community organisations, CMW delivered an in-person parent sexual education seminar facilitated by psychologist and sexual health educator Toltu Tufa. The session offered culturally and spiritually aligned frameworks for discussing sexual development, consent, boundaries and healthy relationships with young people. Parents were equipped with practical language, confidence and strategies to navigate sensitive conversations at home, strengthening communication and safeguarding student wellbeing.



### Trauma-Informed Webinar for Parents & Carers

Following the childcare abuse investigation, CMW hosted an online webinar with Toltu Tufa to support families in understanding trauma and its impact on children. The session created a gentle, reflective environment where parents could learn how to recognise behavioural changes, foster emotional safety and provide reassuring, predictable routines. Families were also guided toward culturally safe services and resources to support healing and long-term wellbeing.

A Community Response for Parents and Carers  
Virtual session led by Toltu Tufa, Psychologist and Sexual Educator

### Supporting Our Children Through Trauma

Location: ONLINE via ZOOM  
Facilitator: TOLTU TUFA  
Psychologist & Culturally Responsive Sexual Educator

Scan QR code to register

Free entry: Registration essential

Saturday 5<sup>TH</sup> July, 2024 2pm-3.30pm

Centre for Muslim Wellbeing

## MENTAL HEALTH FIRST AID WORKSHOPS (MHFA)

In 2025, the Centre for Muslim Wellbeing significantly expanded the reach and impact of our Mental Health First Aid (MHFA) program.

Across the year, CMW delivered over 100 MHFA accreditations, equipping youth leaders, educators, parents, volunteers, and service providers with the skills to recognise, respond to, and support individuals experiencing mental health challenges.

For the first time, CMW also introduced Youth Mental Health First Aid (YMHFA) training, responding to the growing need for youth-specific mental health support in schools, community groups, and family settings. This addition marks an important milestone in our commitment to supporting young people and those who care for them.

Our MHFA and YMHFA programs were delivered in both English and culturally tailored formats to ensure relevance for Muslim communities. Training sessions were hosted in schools, community centres, mosques, local councils, and partner organisations—ensuring accessibility for participants across different regions.

This work plays a vital role in CMW's mission to build mental health literacy, empower communities to respond with confidence and compassion, and foster stronger, more resilient support networks across Victoria.



## PROJECT NAWAH: MULTICULTURAL STORYTIME SESSIONS

Throughout 2025, Project Nawah continued to flourish as a beloved community initiative, delivering multilingual storytime sessions across the year in partnership with Melbourne Muslimahs, Ummah Jameelah, Al Anhar, Ilim College, Deer Park Youth, Preston Mosque and other community groups.

These sessions brought together children, parents, and educators for joyful afternoons of imagination, cultural pride and shared learning. Our storytellers blended movement, music, storytelling and language, engaging children through Arabic, Turkish and English narratives that reflected their identities and lived experiences.

Families consistently shared how meaningful it was to see their children represented in stories—building confidence, creativity, and a deep sense of belonging. Educators and parents also valued the way these sessions created opportunities for connection, conversation and community bonding.

Project Nawah's storytimes played an important role in strengthening early emotional wellbeing and cultural identity, while supporting families to engage with literacy and learning in culturally affirming ways.



نواها



MULTICULTURAL STORYTIME SESSIONS  
NAWAH (SEEDS)

# TRAINING AND CAPACITY BUILDING – 2025 SUMMARY

Psychological impact of racism & Islamophobia on Muslim mental health in Australia.

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ISLAMOPHOBIA IN AUSTRALIA

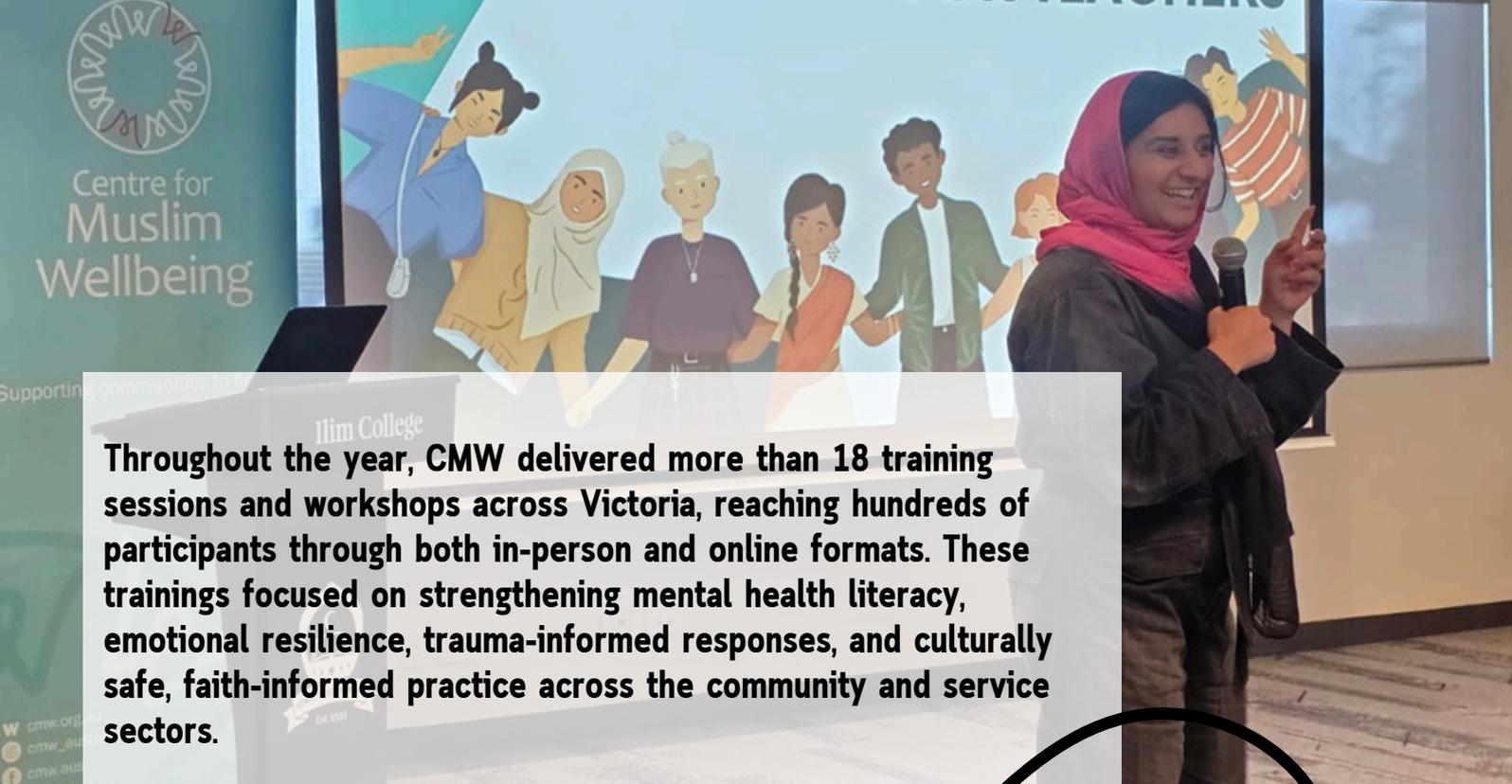
MENTAL HEALTH IMPACTS

CONNECTING CLIENTS TO SUPPORT

THE ROLE OF COUNSELLOR/ ADVOCATES: A CQ APPROACH

With Psychologist & Cultural Intelligence Advisor Monique Toohy

**IN 2025, CMW DELIVERED A SERIES OF HIGH IMPACT TRAINING PROGRAMS TO STRENGTHEN CULTURAL RESPONSIVENESS, ANTI-RASCISM CAPABILITY, AND TRAUMA-INFORMED PRACTICE ACROSS THE MENTAL HEALTH AND COMMUNITY SECTORS. OUR WORKSHOPS EQUIPPED PRACTITIONERS, COUNCILS, AND SERVICE PROVIDERS WITH PRACTICAL TOOLS TO BETTER SUPPORT MUSLIM AND CULTURALLY DIVERSE COMMUNITIES.**



Throughout the year, CMW delivered more than 18 training sessions and workshops across Victoria, reaching hundreds of participants through both in-person and online formats. These trainings focused on strengthening mental health literacy, emotional resilience, trauma-informed responses, and culturally safe, faith-informed practice across the community and service sectors.

### 2025 Impact at a Glance

#### CQ Workshops

- 5 CQ workshops delivered
- 3 Islamophobia Worksgops
- 90 participants
- Audience included: psychologists, counsellors, community workers, youth workers, and frontline service staff
- 70% evaluation return rate
- 90% of participants reported increased capability in delivering culturally safe, faith-informed support
- High demand for ongoing training cycles across organisations

#### Impact

CQ training strengthened the sector's ability to respond to Muslim communities with cultural humility, trauma-informed practice, and an understanding of faith, identity and context –helping bridge the gaps between mainstream services and community needs.



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## ANTI-RACISM, RACISM & ISLAMOPHOBIA WORKSHOPS

CMW also delivered targeted training on Racism, Islamophobia, and Anti-Racism Support Services, including a key workshop with Hume City Council attended by 25 staff. The session examined:

- The psychological and emotional impacts of racism and Islamophobia
- The barriers communities face when reporting racism
- The importance of accessible, trauma-informed, and culturally safe support pathways

This workshop contributed to Hume City Council's launch of a new Anti-Racism Reporting and Support Services booklet, providing community members with practical information and referral options.

Organisations across the state engaged with CMW to host training sessions, reflecting growing recognition of racism as a mental health issue and the need for culturally grounded responses.

## CULTURAL INTELLIGENCE (CQ) TRAINING

Throughout the year, we ran multiple Cultural Intelligence (CQ) workshops, including a two-day, 12-module Level 1 CQ Training attended by mental health professionals from across Australia. These sessions provided a comprehensive foundation for practitioners seeking to build culturally safe, faith-informed approaches to working with Muslim clients.

The training explored core themes such as:

- How culture shapes mental health and wellbeing
- How Muslim clients understand distress, healing, and coping
- How a practitioner's cultural lens and racial awareness influence the therapeutic alliance

Participants engaged with reflective tools, case studies, and evidence-based frameworks designed to enhance ethical, culturally attuned practice.

This work was delivered with support from the Zaytouna Project (North Western Melbourne Primary Health Network), which funded free access to training to improve the cultural responsiveness of mental health services in the region.



# SUPPORTING STUDENT AND FAMILY WELLBEING IN SCHOOLS

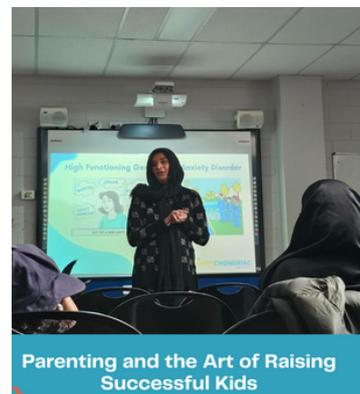
In 2025, the Centre for Muslim Wellbeing (CMW) partnered with schools across Victoria to deliver a series of wellbeing-focused programs tailored for students, parents, and school staff. These sessions aimed to promote emotional resilience, healthy habits, and stronger family connections—delivered through 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

## SUPPORTING STUDENT AND FAMILY WELLBEING IN SCHOOLS



### IMPACT

The program strengthened resilience across school communities, equipping educators and students with culturally responsive tools for wellbeing, emotional literacy, and navigating community-wide challenges. These workshops continue to be one of CMW's highest-impact education offerings.

### Summary of School Training Program

- 12 school resilience workshops delivered across Victorian Schools
- 1,500 participants
- Includes teachers, wellbeing staff, and students across multiple campuses
- Workshops delivered in primary and secondary settings
- 95-100% of participants reported increased well-being skills, including:
  - Emotional regulation and greater confidence in responding to stress & grief.

# RESPONDING TO PALESTINE

## Healing Through the Skies: Coping with Grief through a Therapeutic Group Activity for Children

Dr. Samah Jabr  
Zaynab Hinnawi

In 2025, CMW played a pivotal role in responding to the profound mental health impacts of the genocide in Gaza. Through three major streams of work – Project Zaytouna, the Shifa Project, and our partnership with Foundation House. We delivered community-led healing, strengthened the mental health workforce, and supported newly arrived Palestinian families in rebuilding safety, belonging, and hope.

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# RESPONDING TO PALESTINE: COMMUNITY HEALING, CAPACITY BUILDING & SYSTEM REFORM

## Muslim Mental Health Roundtables

We delivered the third session of the Muslim Mental Health Roundtable series at the Djerring Flemington Hub, bringing together community leaders, practitioners, and service providers.

Key themes included:

- Strengthening referral pathways
- Addressing service gaps
- Building trust through cultural humility
- Co-designing faith-aligned, culturally grounded care



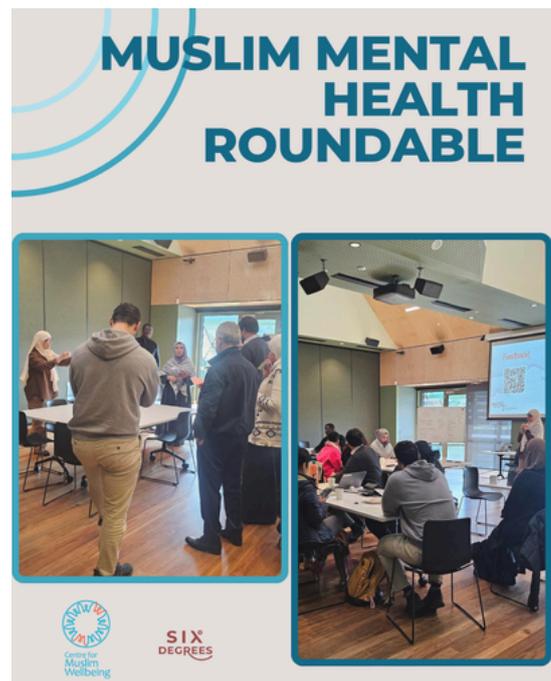
These roundtables continued to serve as vital spaces for truth-telling and collaborative system change.

## Debriefing Sessions for Frontline Workers

In response to the emotional toll of the genocide on practitioners, Project Zaytouna held specialised debriefing sessions for frontline workers – offering:

- Structured reflective practice
- Vicarious trauma mitigation tools
- Peer support and solidarity
- Faith-informed wellbeing strategies

These sessions were essential in sustaining those supporting grieving and distressed communities.



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# RESPONDING TO PALESTINE: COMMUNITY HEALING, CAPACITY BUILDING & SYSTEM REFORM

The Shifa Project: National Healing, Solidarity & Culturally Grounded Care

The Shifa Project was formed in late 2023 as a collective response to the profound psychological toll of the genocide in Gaza. CMW is a proud founding member, working alongside Educaid, Muslim Mental Health Professionals, Six Degrees, Mind Wise and Haweyate to deliver culturally grounded, justice-based mental health support for communities across Australia.

## Why Shifa Exists

Palestinian and Muslim communities have faced deep grief, trauma, racism, and isolation. The Shifa Project provides spaces that honour dignity, lived experience, and the belief that healing cannot be separated from justice or community.

## Key Achievements in 2025

### Healing Circles

Shifa delivered multiple healing circles across Victoria and interstate, offering safe, culturally anchored spaces for collective grief, reflection, and spiritual grounding. Hundreds of community members participated throughout the year.

### Workforce Training & Professional Development

The project delivered specialised training on:

- Trauma-informed and faith-integrated practice
- Vicarious trauma support
- Decolonised mental health frameworks

These sessions strengthened the skills of clinicians, educators and frontline workers responding to ongoing community distress.

### Sector Engagement & Advocacy

Shifa partners led briefings, community discussions and sector conversations that highlighted:

- The psychological impacts of political violence
- The need for culturally safe, justice-based mental health care
- The experiences and wisdom of affected communities

This work contributed to broader system reform efforts.



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## RESPONDING TO PALESTINE: COMMUNITY HEALING, CAPACITY BUILDING & SYSTEM REFORM

### Foundation House Partnership – Social Connection, Family Support & Settlement Wellbeing

Our partnership with Foundation House enabled direct support to newly arrived Palestinian families, providing spaces for connection, healing, and culturally safe settlement support.

CMW facilitated fortnightly social connection gatherings, offering community, companionship, and a trusted environment for families navigating displacement and trauma.

We also delivered tailored mental health information sessions, offering psychoeducation grounded in Palestinian cultural and faith contexts, along with guidance on navigating the Australian mental health system.

Alongside this, we also supported major community gatherings, a spiritually uplifting Ramadan Iftar in Broadmeadows and a joyful Eid on the Farm celebration in the Yarra Valley, creating meaningful spaces of joy, belonging, and emotional respite for families.



# DR. SAMAH JABR



AUSTRALIA &  
NEW ZEALAND  
TOUR 2025

*Radiance in Pain & Resilience*

Dr. Jabr's message was clear:  
"Healing cannot be separated from justice,  
dignity, and solidarity."

Her visit created space for communities to  
make sense of collective trauma, and for  
mental health professionals to understand how  
political violence shapes psychological  
wellbeing.

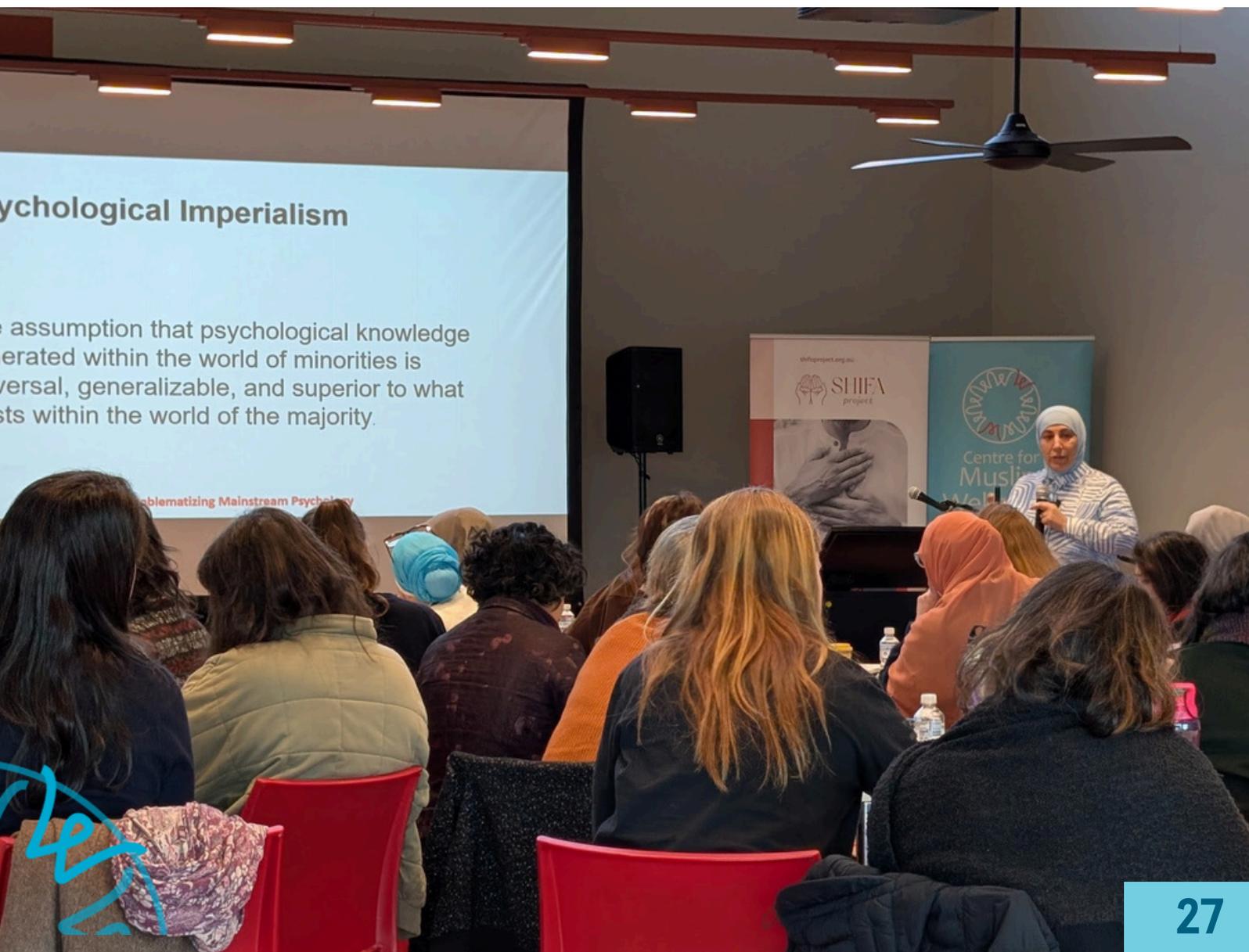


## A NATIONAL MOMENT OF HEALING, TRUTH-TELLING & SECTOR TRANSFORMATION

In August 2025, CMW was honoured to serve as a Gold Sponsor and founding member of the Shifa Project in delivering the landmark Dr. Samah Jabr Australia Tour – one of the most significant national mental health and human rights events of the year.

Over two weeks, Dr. Jabr – psychiatrist, author, and former Chair of the Mental Health Unit in Palestine’s Ministry of Health – travelled across Melbourne, Sydney, Brisbane, Adelaide and Perth, drawing thousands of attendees to public lectures, clinical workshops, panel discussions, sector roundtables, and the national launch of her book *Radiance in Pain & Resilience*.

Her reflections on trauma, liberation, dignity, and dehumanisation resonated deeply with health professionals, policymakers, community leaders, educators, and the wider public.



## A NATIONAL MOMENT OF HEALING, TRUTH-TELLING & SECTOR TRANSFORMATION

As a founding member of the Shifa Project, CMW played a central role in shaping and delivering the Melbourne program:

### Sector Briefing & Roundtable

CMW co-hosted a high-level briefing attended by policymakers, PHNs, hospitals, NGOs, community organisations, and academics.

The session explored:

- Decolonised mental health frameworks
- Culturally grounded trauma practice
- The gaps in mainstream service responses
- Opportunities for sector-wide reform

### Workforce Training: Kite Intervention

CMW supported the delivery of Kite Intervention training for frontline practitioners working with Palestinian and Muslim communities.

Participants gained trauma-informed, culturally attuned approaches to supporting people in acute distress.

### Community Mobilisation & Partnership Building

CMW amplified the tour across networks and supported logistics, volunteer mobilisation, and community engagement.

This work strengthened relationships with hospitals, PHNs, local and state government, universities, NGOs and faith-based organisations.



## A NATIONAL MOMENT OF HEALING, TRUTH-TELLING & SECTOR TRANSFORMATION

### National Reach & Community Impact

#### 5 Cities

Melbourne, Sydney, Brisbane, Adelaide, Perth

Thousands of attendees across all events

Public events reached capacity, with many sessions live-streamed or recorded

More than 400 practitioners trained

Across clinical workshops, practice sessions and sector events.

Dozens of organisations engaged

Including PHNs, hospitals, multicultural agencies, universities, youth services, councils and grassroots networks.

The tour has left a lasting imprint on Australia's mental health landscape.

Its legacy will continue to grow through:

- Strengthened national networks
- Integration of decolonised practice frameworks
- Ongoing healing circles and community groups
- Continued workforce training and sector advocacy
- New partnerships emerging from the tour
- Deepened national awareness of Palestine's mental health realities

For CMW, the tour reinforced our commitment to building mental health responses that honour dignity, justice, culture and community.

CMW extends its heartfelt thanks to the Shifa Project partners:

Educaid, Muslim Mental Health Professionals, Six Degrees, Mind Wise, Haweyeh and the many volunteers who enabled the tour's success.

We also thank the thousands of people who attended, engaged, and stood in solidarity with Palestinian communities during this historic moment.

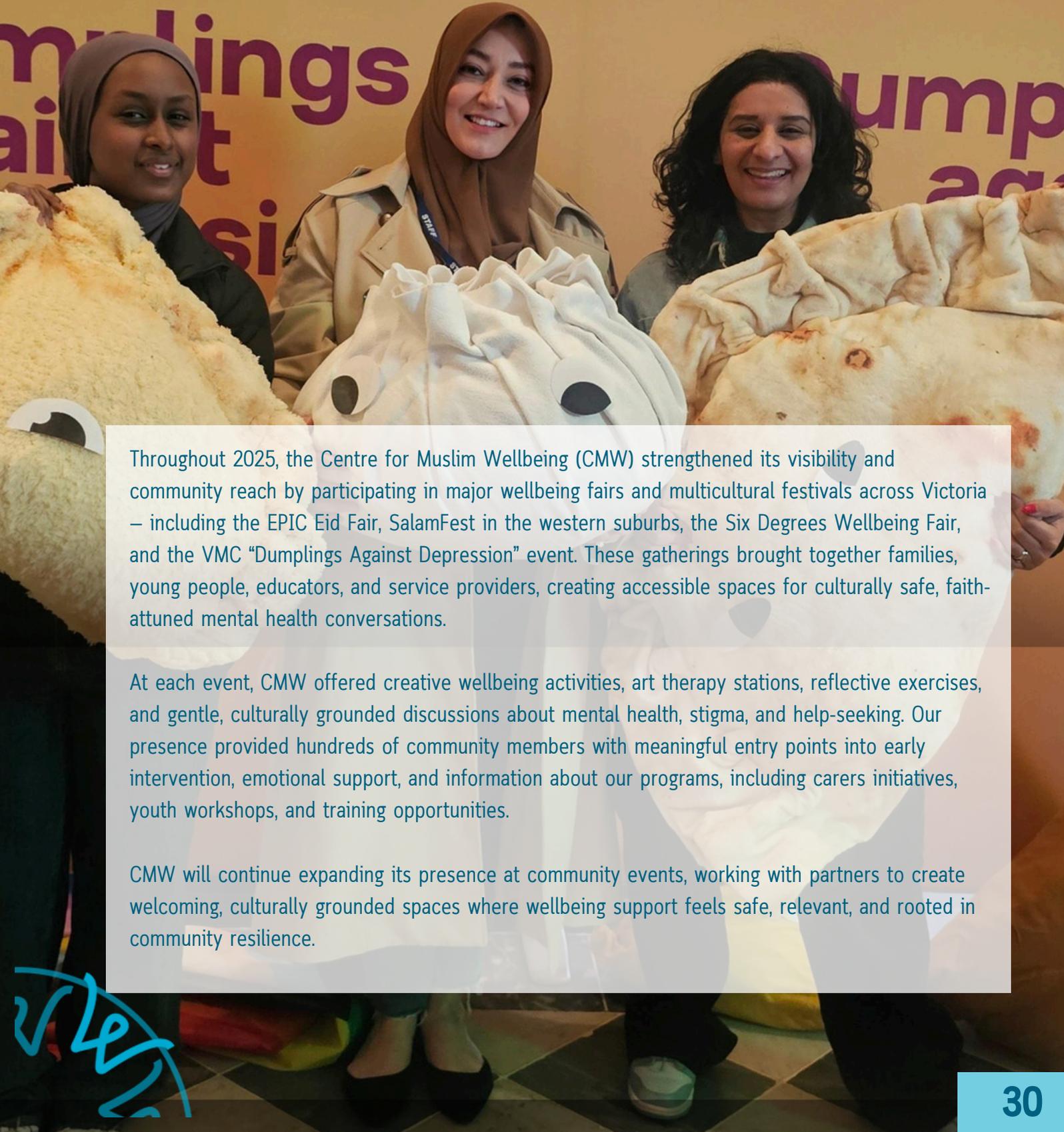
“Her insights changed how I understand trauma and resilience.”  
 – Mental health practitioner

“This tour has planted seeds of healing and courage.”  
 – Community attendee

“Dr. Jabr has given us language for what our communities have carried silently for generations.”  
 – Participant



# WELLBEING FAIRS & COMMUNITY EXPOS



Throughout 2025, the Centre for Muslim Wellbeing (CMW) strengthened its visibility and community reach by participating in major wellbeing fairs and multicultural festivals across Victoria – including the EPIC Eid Fair, SalamFest in the western suburbs, the Six Degrees Wellbeing Fair, and the VMC “Dumplings Against Depression” event. These gatherings brought together families, young people, educators, and service providers, creating accessible spaces for culturally safe, faith-attuned mental health conversations.

At each event, CMW offered creative wellbeing activities, art therapy stations, reflective exercises, and gentle, culturally grounded discussions about mental health, stigma, and help-seeking. Our presence provided hundreds of community members with meaningful entry points into early intervention, emotional support, and information about our programs, including carers initiatives, youth workshops, and training opportunities.

CMW will continue expanding its presence at community events, working with partners to create welcoming, culturally grounded spaces where wellbeing support feels safe, relevant, and rooted in community resilience.

# AWARDS & RECOGNITION 2025

In 2025, the Centre for Muslim Wellbeing (CMW) and the Shifa Project were honoured with two significant awards recognising leadership, courage, and community-led innovation in mental health and collective healing.



## NSW Humanitarian Award – Shifa Project

In June, the Shifa Project received the 2025 NSW Humanitarian Award for Best Project, presented at NSW Parliament House by STARTTS NSW and the Refugee Council of Australia. This recognition reflects the Project's commitment to creating decolonised, trauma-informed, culturally grounded spaces for healing across New South Wales and Victoria.

Through healing circles, psychoeducation sessions, and culturally responsive workshops in schools and community settings, the Shifa Project has supported refugee, migrant and diaspora communities—particularly those carrying grief and trauma linked to conflict, displacement, and global injustice. These spaces were delivered by a collective of organisations including Educaid, Muslim Mental Health Professionals, Six Degrees, Mind Wise, Haweyate, and supported by CMW.

Born from the psychological toll of the ongoing genocide in Gaza, the Project is grounded in the principles of justice, collective care and spiritual connection. Its work is deeply inspired by Palestinian psychiatrist Dr. Samah Jabr, whose teachings affirm that collective trauma requires collective healing.

The award is received with both honour and heaviness—dedicated to the children and people of Gaza, and to all communities enduring pain with dignity, courage and resistance.

# AWARDS & RECOGNITION 2025

## VMC Award for Excellence in Mental Health & Wellbeing – Centre for Muslim Wellbeing

CMW was also awarded the 2025 Victorian Multicultural Commission Award for Excellence in Mental Health and Wellbeing, recognising our leadership in shaping a mental health system where culture, faith and lived experience are seen as strengths rather than barriers.

Since its establishment in 2018, CMW has championed holistic, culturally safe, faith-informed approaches to wellbeing. Our programs span school-based resilience workshops, carer initiatives, community training, crisis response, and system-level advocacy. Across all areas of work, we bridge the gap between communities, services and government—ensuring that support is accessible, responsive and grounded in compassion.

“This award is a testament to what’s possible when care is grounded in compassion and community,” said Dr. Senem Eren, Vice-Chair & Co-founder of CMW. “Our communities hold deep wisdom and strength. CMW’s mission has always been to nurture that strength so individuals, families and communities can truly flourish.”

Executive Officer Ayman Islam added: “We’re honoured that the VMC has recognised this vision. We hope it encourages further investment in community-led, faith-informed approaches that help all Victorians thrive.”



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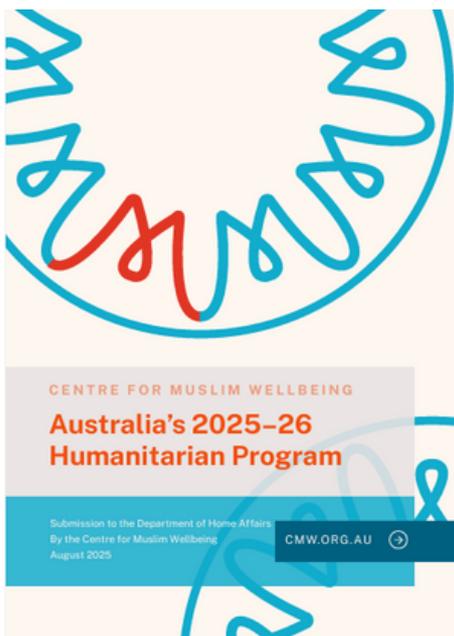
# ADVOCACY, RESEARCH & PUBLICATIONS

This year, the Centre for Muslim Wellbeing strengthened its role as a trusted community voice and sector leader through a range of advocacy, policy engagement and publications. Our work aimed to elevate the experiences of Muslim communities, influence systems, and ensure that mental health and wellbeing responses are culturally safe, trauma-informed and grounded in lived experience.

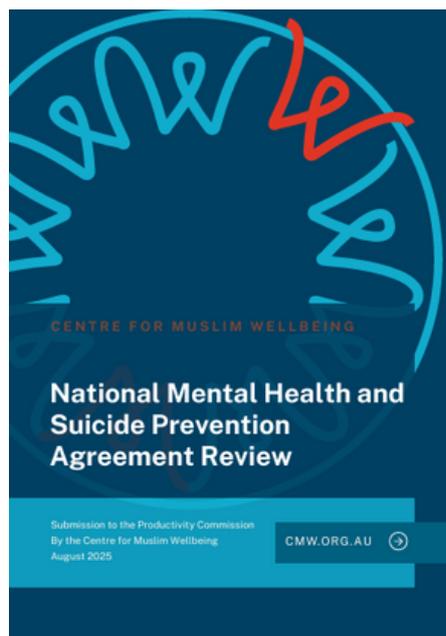
## Policy Engagement & Government Submissions

CMW contributed to several state and national policy processes to ensure that Muslim communities are meaningfully represented in mental health and multicultural reform.

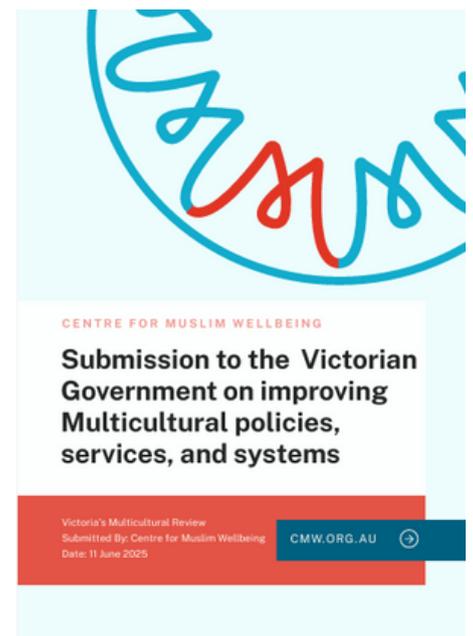
Our submissions this year included:



[READ MORE](#) 



[READ MORE](#) 

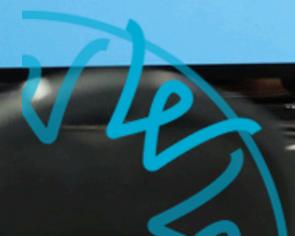


[READ MORE](#) 

Across these submissions, we advocated for models of care that honour faith, identity and lived experience, and highlighted the urgent need for culturally safe, community-led mental health supports.

# CONFERENCES & SECTOR ENGAGEMENT

This year, the Centre for Muslim Wellbeing strengthened its presence across the mental health, multicultural, and community wellbeing sectors through a series of speaking engagements, conference presentations, and strategic forums. These platforms enabled CMW to amplify the voices and lived experiences of Muslim communities, influence sector-wide reforms, and advocate for trauma-informed, culturally safe approaches grounded in faith, identity, and community resilience. Highlights included contributions to the National Multicultural Health and Wellbeing Conference, the ECCV New and Emerging Communities Forum, Merri-bek's Growing Together Service Providers Forum, the VTMH Community of Practice, and several other state and national platforms where CMW shared insights, evidence, and community-informed recommendations.



# WEBINARS, PODCASTS AND BLOGS

## Practitioner Blogs: Culturally Grounded Mental Health Insights

In 2025, CMW expanded its online blog platform, publishing a range of practitioner-written articles that provided accessible, culturally informed guidance on mental health and wellbeing. Contributors from our network of psychologists, counsellors, social workers and community practitioners shared insights on topics such as faith and wellbeing, parenting and digital health, stress and burnout, navigating grief, and supporting young people through global crises.

These blogs helped bridge clinical knowledge with lived experience, offering practical tools and culturally relevant reflections for individuals, families and community organisations. The platform continues to strengthen community mental health literacy and position CMW as a trusted voice in culturally responsive mental health.

## 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 and Nutrition in Ramadan



### Struggling with Hijab anxiety? Here's how to cope and stay grounded



mina has been thinking about wearing the hijab for years. She didn't grow up in a practising Muslim household and never had role models to look up to. Deep inside, she feels drawn to express her faith by wearing the hijab. But every time she tries to take that step, hijab anxiety kicks in.

[READ MORE](#)

### Islam and Tech Wellness: Finding Balance in a Digital World



By Shazy Thary

In today's hyper-connected world our devices have become constant companions. They help us relax on time, learn Qur'an online, connect with loved ones and even

[READ MORE](#)



# 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.



[Our Services](#) ▾ [Professionals List](#) [Policy & Publication](#) ▾ [Support & Resources](#) ▾

[Login Portal](#)

[Donate](#)



**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.

The screenshot displays the Centre for Muslim Wellbeing website. The homepage features a navigation menu with links for 'About Us', 'News', 'Events', 'Blog', 'Palestine Response', 'Contact Us', and 'Get Involved'. Below the menu are links for 'Our Services', 'Professionals List', 'Policy & Publication', and 'Support & Resources', along with 'Login Portal' and 'Donate' buttons. The main banner shows a family (father, mother, and child) with the text 'Centre for Muslim Wellbeing "Supporting communities to flourish" About CMW'.

The 'Latest News' section includes a 'View All' link and a 'Facebook Feed' section. The Facebook feed shows a post from 'Centre for Muslim Wellbeing' titled 'Nurturing Resilience: Supporting Emotional Intelligence & Neurobiology' with a video player. Other news items include 'Parent Tips - Talking About Palestine with Children' and 'Australian Mental Health Professionals Stand in Solidarity with Palestine'.

The 'Latest Past Events' section lists two events:
 

- October 5 @ 6:00 pm - 9:00 pm: Mindful Connections – Muslim Mental Health Practitioner Networking Event**. Location: Islamic Museum of Australia. Details: 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 [...]. Price: \$20.
- September 4 @ 10:00 am - 12:00 pm: Self Care – Art Therapy Workshop**. Location: Onspace by Madina. Details: Come join us for an Art Therapy workshop with psychologist and sensorimotor therapist Dakhylina Madkhal 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. Price: \$15.

# WORKSHOPS

### Brush & Chai Carers Circle

Brush & Chai: Art for the Heart

Carers in our community often give so much of themselves that their own wellbeing is overlooked. Brush & Chai is a creative wellbeing initiative designed especially for Muslim carers — offering a safe, culturally appropriate space to pause, reflect, and reconnect.

Through gentle art activities and warm cups of chai, participants can express themselves, share wisdom, and build supportive connections with others who understand the unique journey of caring.

**WHEN:** September 6  
**WHERE:** 460 Wildwood Rd, Wildwood  
**TIME:** 10:00-1pm  
**COST:** Free for Carers

"Light refreshments will be provided"

Facilitated by Hussna Pasha and Art Therapist Noha Ay

REGISTER HERE: [admin@mcsm.org.au](http://admin@mcsm.org.au)  
facebook.com/mcsm

### SANAD Training

#### SUICIDE PREVENTION & RESPONSE TRAINING FOR ISLAMIC LEADERS

SANAD Training is a one-day training workshop designed to equip imams, youth leaders, funeral directors, and community members with the skills, knowledge, and faith-informed guidance needed to respond compassionately to suicide risk and to support communities after a loss.

Thursday 25 September  
9:00AM - 4:30PM  
for any enquiries please contact  
0417899556 or  
info@sv.org.au

Preston Mosque  
901 Collins St, Preston VIC 3072

### Supporting Our Children Through Trauma

Parents and Carers Virtual session led by Tolu Tufa, Psychologist and Sexual Educator

Location: ONLINE via ZOOM  
Facilitator: TOLU TUFU  
Psychologist & Culturally Responsive Sexual Educator

Free entry, Registration essential

Scan QR code to register

Saturday 11TH

### CARERS CIRCLE Forest Therapy

SATURDAY 22 NOVEMBER  
10:00 - 1:00 PM FREE FOR CARERS  
BLUE LAKE, PLENTY GORGE  
Address: Plenty VIC

Facilitated by Dr Senem Eren

### PICNIC BY THE LAKE

Join with us to celebrate Eid al Adha of the newly arrived from Gaza

Enjoy fresh air, wide open space and connections with others.

FREE  
Sunday 21st June 2025  
10am to 5pm

Includes transport and food from Sandringham Roadmeadows and Villadon Landing

Please note bus trip only take 1-1.5 hours.

Register by 12pm on Monday 16th June 2025

Foundation House

### CARERS CIRCLE Finding Calm with Horses

Are you a carer of a child, spouse or parent with special needs?

Come join us with psychologist Emma Hart for this Carers Circle and enjoy hearing about how to connect, listen, and learn from horses.

WHEN: June 14  
WHERE: 400 Wildwood Rd, Wildwood  
TIME: 11:00-1pm  
COST: Free for Carers  
"Light refreshments will be provided"

REGISTER HERE: [admin@mcsm.org.au](http://admin@mcsm.org.au)  
facebook.com/mcsm

Foundation House

### MULTICULTURAL STORYTIME SESSIONS!

Arabic (SUDANESE) Bukjeh

These sessions aim to create a safe, inclusive, and nurturing environment where children and families from diverse backgrounds can come together to share and listen to stories from around the world, embracing diverse cultures, traditions, and languages.

Wednesday 23rd  
10am-12pm

Melbourne Muslims Playgroup-Caroline Springs

### THE HEART OF GRIEF

Love, Faith & Renewal

Grief touches us all through the loss of loved ones, health, identity, homeland or dreams & shapes us in profound ways.

Drawing on Prophetic wisdom, psychological insights and experiential practices, this workshop holds space to explore grief in its many forms.

What To Expect:

- Discover the many faces of grief. Understand how it reshapes us.
- Step into powerful practices: guided reflections, journaling & rituals of remembrance.
- Discover faith-based & psychological tools to work through grief with courage.

Facilitator: Dr Senem Eren

Thursday 11 September, 2025  
Time: 6:00 - 8:30PM  
Location: Preston Mosque Hall

FREE ENTRY

REGISTRATION ESSENTIAL  
Link: [www.prestonmosque.org.au](http://www.prestonmosque.org.au)

### CARERS CIRCLE Chai & Clay

SATURDAY 11 OCTOBER  
10:00 - 1:00 PM FREE FOR CARERS  
460 WILDWOOD RD, WILDWOOD

Register via: [admin@mcsm.org.au](http://admin@mcsm.org.au)  
with info on QR code

### SUPPORT AND SUMUD: 3-WEEK ONLINE TRAINING & CULTURAL SUPERVISION WITH DR. SAMAH JABR

Are you an Australian mental health practitioner or health worker supporting Palestinian communities or individuals affected by the ongoing genocide in Gaza?

Join this transformative 3-week online training and cultural supervision program led by the esteemed Dr. Samah Jabr, Head of the Mental Health Unit in Palestine. Gain invaluable insights and practical tools to enhance your work with impacted communities, grounded in cultural competence and psychosocial resilience (limited numbers).

Dr. Samah Jabr  
Psychologist, Psychotherapist, Assistant Clinical Professor, Author (Head of Mental Health Unit, Palestine)

Dates: 08.12.24 | 08.12.24 | 13.12.24  
Cost: \$299

5:00pm - 6:30pm AEST

REGISTER NOW

### HEALING TOGETHER: FAITH, RESILIENCE & COLLECTIVE STRENGTH

Dr Senem Eren, Dr Amnah Shah

Join us for a powerful 3-hour workshop rooted in Islamic, emotional wellbeing, and collective healing.

What to expect:

- Faith-based tools to manage stress & grief
- Emotional intelligence through an Islamic lens
- Safe space for reflection, connection & community care
- Navigating grief, injustice & Islamophobia with strength
- Group discussions, healing activities & mindfulness exercises

WEDNESDAY APRIL 9, 2025  
6pm-9:30pm  
Preston Mosque Hall  
FREE EVENT

Light refreshments provided  
Open to all - come as you are, leave with renewed strength.

REGISTER NOW

### HEALING TOGETHER: FAITH, RESILIENCE & COLLECTIVE STRENGTH

Dr Senem Eren

Join us for a powerful 3-hour workshop rooted in Islamic, emotional wellbeing, and collective healing.

What to expect:

- Faith-based tools to manage stress & grief
- Emotional intelligence through an Islamic lens
- Safe space for reflection, connection & community care
- Navigating grief, injustice & Islamophobia with strength
- Group discussions, healing activities & mindfulness exercises

WEDNESDAY SEPTEMBER 11  
6pm-9:30pm  
Preston Mosque Hall  
FREE EVENT

Light refreshments provided  
Open to all - come as you are, leave with renewed strength.

REGISTER NOW

### AAIS Youth Resilience Workshop

Facilitated by Br Omar Haniffa  
Sunday 6 July | 3pm to 5pm

AAIS Multi-Purpose Room  
765 Drummond St, Carlton North

Everyone Welcome!

Through an Islamic lens:

- Learn coping skills
- Tools to manage stress
- Overcome challenges
- Build a positive mindset
- Strengthen academic + spiritual growth

Bookings Essential  
\$5 including pizza

### Bukjeh & CMW present Hakaya Program

A full program for all ages  
برنامج فعاليات متكامل لجميع الأعمار

Facilitated by Br Omar Haniffa  
WEDNESDAY 24 SEPT | 1:00 - 3:00 PM

### Emotional Resilience WORKSHOP

Develop a growth mindset | Master emotional regulation | Stand strong against peer pressure | Discover how resilience empowers you

Learn about the Prophet's emotional resilience | Explore self-compassion as a source of strength

Facilitated by Br Omar Haniffa  
WEDNESDAY 24 SEPT | 1:00 - 3:00 PM

### Cultural intelligence in mental health care online course (Level 1)

Thur 3rd & Fri 4th April  
10:00AM - 4:00PM

This 2-day course aims to equip mental health clinicians and counsellors with a solid foundation using Cultural Intelligence (CQ) with Australian Muslim clients in mental health care.

Using case studies, small group discussions and practical exercises, this course will be facilitated by experienced Psychologist and Cultural Intelligence Facilitator Monique Tooley.

Modules include:

- Introduction to Cultural Intelligence and application of the CQ model.
- Working effectively with Muslim clients.
- Harmonising cultural values in the counselling room.
- Cross-cultural communication.
- Assessing the cultural appropriateness of assessment tools.

### EID CELEBRATION ART WORKSHOP

DAKHYLINA MADKHUL

### SISTER'S LUNCH PURSUIT OF EXCELLENCE

3 COURSE MEAL  
GUEST SPEAKER  
SPOKEN WORD  
TRIVIA

TICKETS: \$45  
PROFITS TO CHARITY

JUNE 28, 2025 | 2-4 PM  
AZEEMAH CAFE  
307-311 SYDNEY RD, BRUNSWICK

### ISLAMIC PSYCHOLOGY RESILIENCE THROUGH CHARACTER DEVELOPMENT

With Dr. Hooman and Dr Fahad

22nd February  
Ilm College Kiewa Campus  
6:30 - 9:30pm

a workshop on building strength through iman

### A Medinan Society

Where Every Soul Has Worth

With Sh. Ramez Nsoor  
Shaykha Dr. Rania Awad  
1 Day Intensive  
MELBOURNE

SAT 29TH NOV | VENUE: BOIV



# PARTNERS AND SUPPORTERS



Australian Government



Ilim College



Islamic Community of Millî Görüş | İslam Toplumu Millî Görüş  
www.icmg.org.au | #icmg.org.au

AUSTRALIA WOMEN'S CRANESBURN BRANCH | ICMG

Bukjeh



BENEVOLENCE



educAID Au  
Growing People, Impacting Communities



A M S S A  
SISTERS CONNECT  
تواصل الأخوات أمسة



UmmahJameelah  
ISLAMIC EDUCATION  
since 2005



MELBOURNE  
Muslimahs



SHIFA  
project



MENTAL  
HEALTH  
FIRST AID  
Australia



الجمعية الإسلامية في فيكتوريا  
ISLAMIC SOCIETY  
OF VICTORIA



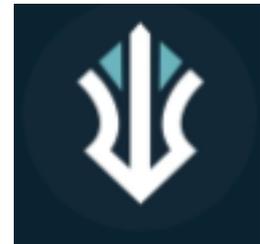
ROAD TO RECOVERY  
Counselling & Therapeutic Support





# shifa

support services



# OUR IMPACT



2.5k

Instagram followers



1.4k

Facebook followers



16 k

Website Active Users



2830

Individuals that attended our activities



87

Programs & Training Workshops



4

Submissions & Publications

WE WALKED TO LIFT THE LID ON MENTAL ILLNESS!



PHYSICAL HEALTH FOR MENTAL HEALTH

LIFT THE LID WALK

PROUDLY PRESENTED BY

Rotary

Districts of Australia



[WWW.LIFTTHELIDWALK.COM.AU](http://WWW.LIFTTHELIDWALK.COM.AU)

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# FINANCIAL REPORT

**Centre for Muslim Wellbeing Limited**  
**ABN 86 647 324 623**  
**Financial Statements**  
**For the Year Ended 30 June 2025**

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**Centre for Muslim Wellbeing Limited**  
**Annual Report**  
**for the Year Ended 30 June 2025**

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Directors' Declaration -----	9
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**Centre for Muslim Wellbeing Limited**  
**Balance Sheet**  
**As at 30 June 2025**

	<b>2025</b>	<b>2024</b>
	<b>\$</b>	<b>\$</b>
<b>ASSETS</b>		
<b>Current Assets</b>		
NAB Business Account - 448435846	23,600	10,327
NAB Debit Card Account - 312074092	-	-
NAB Savings Account - 448465543	196,115	318,856
	<b>219,715</b>	<b>329,183</b>
<b>Total Current Assets</b>	<b>219,715</b>	<b>329,183</b>
<b>Current Liabilities</b>		
Accounts Payable	-	<b>49,264</b>
<b>TOTAL NET ASSETS</b>	<b>219,715</b>	<b>279,919</b>
<b>Accumulated Funds</b>	<b>219,715</b>	<b>279,919</b>

**Centre for Muslim Wellbeing Limited**  
**ABN 86 647 324 623**  
**Statement of Changes in Equity**  
**For the Year ended 30 June 2025**

<b>Balance at 1 July 2024</b>	<b>279,919</b>	<b>133,921</b>
Net surplus Attributable to Members	(109,468)	145,998
Add: Prior Year's Payments	49,264	-
<b>Balance at 30 June 2025</b>	<b>219,715</b>	<b>279,919</b>

**Centre for Muslim Wellbeing Limited**

ABN 86 647 324 623

**Income and Expenditure****For the Year ended 30 June 2025**

	2025	2024
	\$	\$
<b>RECEIPTS</b>		
Grants Income	286,858.99	419,059
Income from Events	36,075.23	13,280
Workshops	99,799.70	
Activity receipt	11,451.00	2,195
Other income	2,232.90	958
GST refund	8,179.60	-
	<u>444,597.42</u>	<u>435,492</u>
<b>PAYMENTS</b>		
Accounting & Audit Fee	1,265	1,980
Advertising & Marketing	165	473
ATO (gst)	35,909	10,634
ATO (ss super)	6,292	
Catering	20,893	9,166
Contractor	135,579	116,350
Event Expenses	62,076	49,393
Fuel	718	
Flight & Accomodation	1,406	4,744
Hall Hire	-	-
Insurance	1,525	2,566
Media	-	-
Membership Fee	55	290
Online Storage	-	-
Office set-up	4,020	4,690
Office Supplies	1,334	120
Online Conference	-	32,000
Printing & Stationery	1,974	163
Payments - Accounts Payable	49,264	
Refund	-	280
Sponsorship	-	1,925
Staff Amenities	-	211
Subscriptions	308	405
Telephone - Mobile	-	54
Training & Manuals	38,113	4,384
Room Hire	2,269	
Video Production	-	6,943
Website Support	9,167	2,209
Workcover	1,587	
Wshops & programs	180,148	40,514
Total Payments	<u>554,065</u>	<u>289,494</u>
<b>Excess of Payments Over Receipts</b>	<u>(109,468)</u>	<u>145,998</u>

**Centre for Muslim Wellbeing Limited**  
**ABN 86 647 324 623**  
**Statement of Cash Flows**  
**For the Year ended 30 June 2025**

	2025 \$	2024 \$
<b>Cash Flows from Operating Activities</b>		
Receipts from Customer (GST Inclusive)	444,597	435,492
Payments to suppliers and employees (GST Inclusive)	(554,065)	(289,494)
<b>Net Cash Inflow from Operating Activities</b>	<b>(109,468)</b>	<b>145,998</b>
<b>Cash Flows from Investing Activities</b>		
Proceeds from Sale of Asset	-	-
Payments for property, plant and equipment	-	-
<b>Net Cash Inflow from Investing Activities</b>	<b>-</b>	<b>-</b>
<b>Cash Flows from Financing Activities</b>		
Loans to Employees	-	-
Loans from/(to) Other Organizations	-	-
<b>Net Cash Inflow from Investing Activities</b>	<b>-</b>	<b>-</b>
<b>Net Increase/(Decrease) in Cash held</b>	<b>(109,468)</b>	<b>145,998</b>
Cash at beginning of the financial year	329,183	133,921
Cash in Transit **5543	-	49,264
<b>CASH AT END OF FINANCIAL YEAR</b>	<b>219,715</b>	<b>329,183</b>

**Centre for Muslim Wellbeing Limited**  
**Notes to the Financial Statements**  
**For the Year ended 30 June 2025**

The financial statements relate to Centre for Muslim Wellbeing Limited as an individual reporting entity. The Company is a not-for-profit public company limited by guarantee, incorporated under the Corporations Act 2001 (Cth).

Comparatives are consistent with prior years unless otherwise stated.

**1. Basis of Preparation**

In the opinion of the Committee of Management, the Company is not a reporting entity, as there are unlikely to be users who are dependent on general purpose financial statements to meet their information needs or who cannot command the preparation of reports tailored specifically to their requirements.

Accordingly, these special purpose financial statements have been prepared solely to meet the reporting obligations of the Corporations Act 2001 (Cth) and the needs of the members and stakeholders of the Company.

The financial statements are presented in Australian dollars, which is the Company's functional currency.

The Company is a not-for-profit entity for financial reporting purposes. In applying Australian Accounting Standards to not-for-profit entities, management has made certain elections regarding available options and exemptions permitted under those Standards.

The financial statements have been prepared on the accrual basis of accounting and are based on historical cost, except where otherwise stated. Historical cost is modified, where applicable, by the measurement at fair value of selected non-current assets, financial assets and financial liabilities.

The significant accounting policies adopted in the preparation of these financial statements are set out below and are consistent with those applied in the prior reporting period unless otherwise stated.

**2. Significant Accounting Policies**

The significant accounting policies adopted in the preparation of these special purpose financial statements are set out below. The policies have been consistently applied to all periods presented unless otherwise stated.

**2.1 Income Tax**

The Company is a not-for-profit entity and is exempt from income tax under Division 50 of the Income Tax Assessment Act 1997. Accordingly, no provision for income tax has been recognised in the financial statements.

**2.2 Revenue Recognition**

Revenue is recognised when the Company obtains control of the funds or when the right to receive income has been established.

Grant income is recognised in accordance with AASB 1058 when the Company obtains control of the funds, unless specific performance obligations apply.

Donations are recognised when received as they do not contain sufficiently specific performance obligations.

Interest income is recognised using the effective interest method.

Other income is recognised when the Company becomes entitled to the economic benefits.

### **2.3 Cash and Cash Equivalents**

Cash and cash equivalents include cash on hand, deposits held at call with financial institutions, and other short-term highly liquid investments with original maturities of three months or less.

### **2.4 Trade and Other Receivables**

Trade and other receivables are stated at the amounts expected to be collected. A provision for expected credit losses is recognised when there is objective evidence that the Company may not collect all amounts due.

### **2.5 Property, Plant and Equipment**

Property, plant and equipment are measured at cost less accumulated depreciation and impairment losses.

Depreciation is calculated on a straight-line basis over the estimated useful lives of the assets, which are reviewed annually.

### **2.6 Impairment of Non-Financial Assets**

Non-financial assets are assessed for indicators of impairment at each reporting date. If indicators exist, the recoverable amount is estimated and an impairment loss recognised where the carrying value exceeds recoverable amount.

### **2.7 Trade and Other Payables**

Trade and other payables represent liabilities for goods and services provided to the Company prior to year-end and are unsecured. Amounts are recognised at amortised cost and are normally settled within 30 days.

### **2.8 Employee Benefits**

Short-term employee benefit obligations are measured at the amounts expected to be paid.

Long-service leave and other long-term benefits are recognised at the present value of estimated future cash flows.

### **2.9 Goods and Services Tax (GST)**

Revenues, expenses and assets are recognised net of GST, except where GST is not recoverable.

Receivables and payables are stated inclusive of GST. The net amount of GST recoverable is included in receivables.

### **2.10 Going Concern**

The financial statements have been prepared on a going-concern basis. The Directors believe the Company will be able to meet its obligations as and when they fall due.

### 3. Expenses

	2025	2024
	\$	\$
Catering	20,893	9,166
Contractor	135,579	116,350
Event Expenses	62,076	49,393
Training & Manuals	38,113	4,384
Website Support	9,167	2,209
W'shops & programs	180,148	40,514
All Other Expenses	108,090	67,477
	<u>554,065</u>	<u>289,494</u>

### 4. Cash and Cash Equivalents

NAB Business Account - 448435846	23,600	10,327
NAB Debit Card Account -312074092	-	-
NAB Savings Account - 448465543	196,115	318,856
	<u>219,715</u>	<u>329,183</u>
<b>Reconciliation of Cash</b>		
Cash and Cash Equivalents	<u>219,715</u>	<u>329,183</u>
	<u>219,715</u>	<u>329,183</u>

### 5. Statutory Information

The registered office of the Limited is:

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

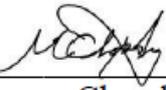
**Centre for Muslim Wellbeing Limited**  
**Directors' Declaration**

**The Directors of Centre for Muslim Wellbeing Limited declare that:**

1. In the Directors' opinion, the Company is not a reporting entity because there are no users dependent on general purpose financial statements. Accordingly, these are special purpose financial statements prepared in accordance with the accounting policies described in Note 1.
2. In the Directors' opinion, the financial statements and accompanying notes:
  - present a true and fair view of the Company's financial position as at the reporting date and of its financial performance for the year then ended; and
  - comply with the requirements of the *Corporations Act 2001 (Cth)* to the extent applicable to a special purpose financial report.
3. The Directors believe the Company is able to pay its debts as and when they fall due and that the going concern basis of preparation is appropriate.

This declaration is made in accordance with a resolution of the Board.

**Director:**   
Name: Sherene Hassan  
Date: 01 / 12 / 2025

**Director:**   
Name: Maryum Chaudhry  
Date: 01 / 12 / 2025

## Centre for Muslim Wellbeing Limited Committee's Report

The committee members present their report on the Limited for the financial year ending 30 June 2025.

### 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 Limited'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 Limited 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 Limited's activity occurred during the financial year.

### Operating Result

The loss of the Limited after providing for income tax amounted to (\$109,468).

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



Sherene Hassan (Chairperson)



Maryum Chaudhry (Interim Treasurer)

Dated: 01/12/2025



**T** 0472 668 101

**W** [cmw.org.au](http://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