

2025 ANNUAL REPORT



MFRS
Multicultural Family
Resource Society



Vision:

Immigrant and refugee families are empowered and strengthened by knowledge, skills and connections to achieve ultimate health and overall well being.



Board of Directors 2025–2026

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Dear MFRS Supporters:

Throughout 2025 – a year of challenges and progress – MFRS has continued to provide programming to support our families and develop strong communities.

MFRS Leadership and Staff continue to focus on our foundational principles of...

Relational: A way of interaction with and within the community in which we take time to listen, care, connect and love to build mutual support hand in hand.

Participant Driven: Participants identify what's important to them, what they need, and what they want to achieve. Our programs meet participants where they're at and support them in reaching their goals.

Empowerment: Building community and working together to share space, opportunities, skills, and knowledge for mutual learning, self-determination and ultimate well-being.

Culturally Responsive: Safe spaces to maintain a home culture and adapt to new connections and diversity; and developing a deeper understanding between cultures that are always changing.

These principles provide our TEAM with the resiliency to empower our families to learn and overcome the roadblocks that exist for newcomers. We focus on providing the tools and relationships newcomers need to reach their full potential in Edmonton. We realize the value in pausing, reflecting, and learning from one another as we work together to adapt to the ever-changing context. We are asking ourselves difficult questions. We are listening to those we serve at MFRS in order to let their voices be heard. We are moving forward with grace and collaboration to serve our community well.

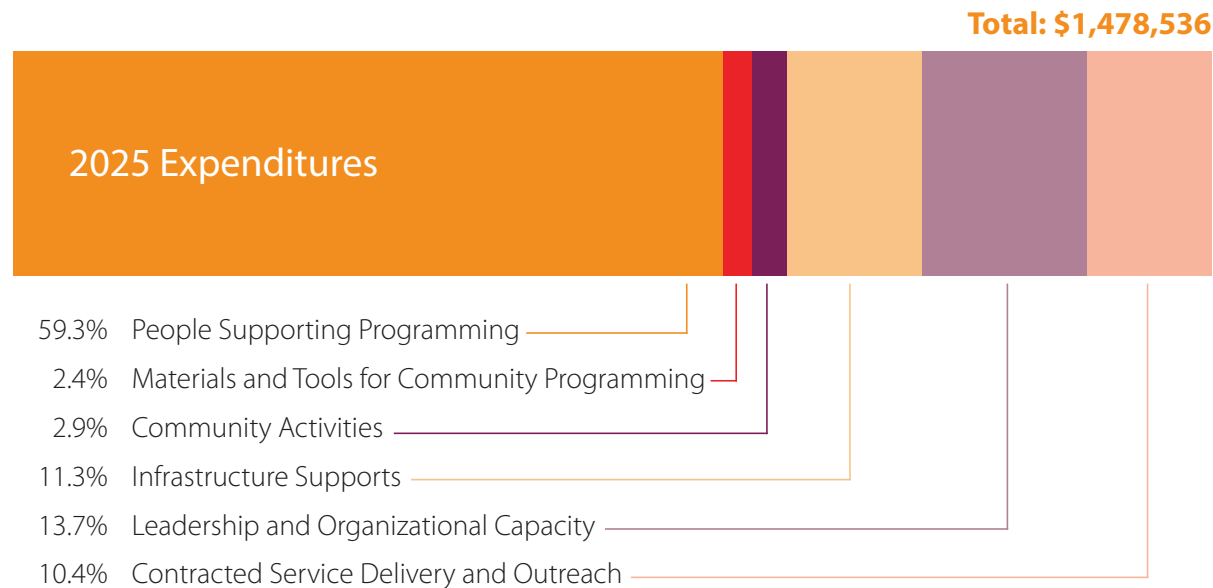
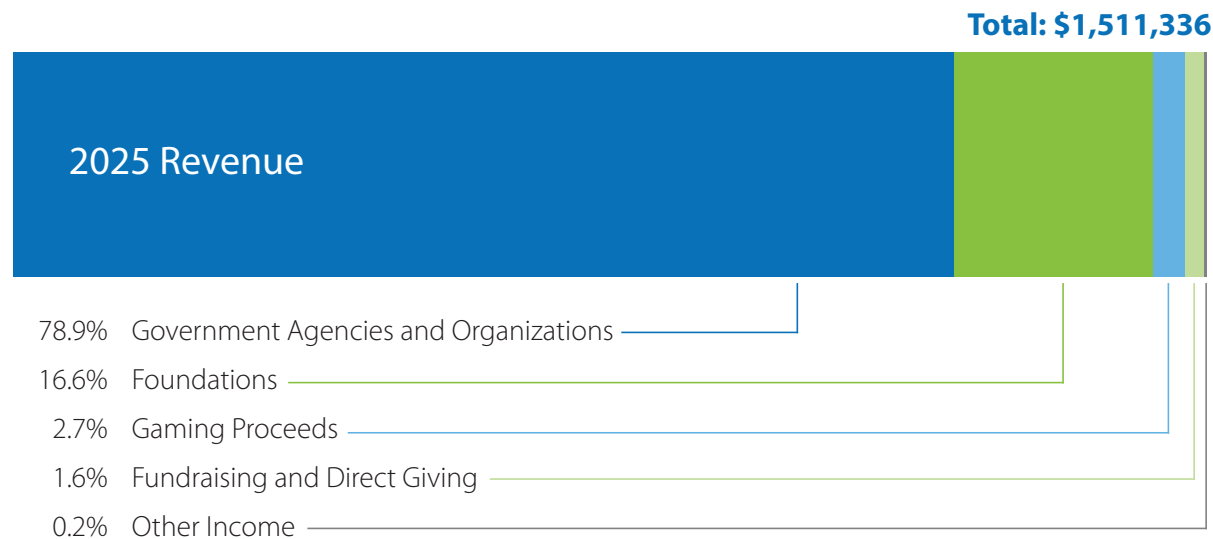
We would like to thank Val Cudmore for her work as Executive Director over the past three years, and wish her well in her future endeavors. Our focus in 2026 will be on learning with and from one another, and listening well to our families so we can provide customized support that helps them reach their goals. We value your partnership in creating a community where everyone can thrive.

Mission:

To support immigrant and refugee families to thrive in Edmonton through **culturally responsive** and **participant-driven** programs and services that reduce social isolation, enhance knowledge and skills, and increase access to community supports and intercultural opportunities thereby encouraging health and wellbeing, reducing poverty, and empowering families to confidently walk in multiple worlds.



2025 Financial Report



Funding Partners

Alberta Gaming, Liquor, and Cannabis Commission (AGLC)
City of Edmonton (Family and Community Support Services)
Edmonton Community Adult Learning Association (ECALA)
Edmonton Community Foundation (ECF)
EPCOR
Government of Alberta (Immigration and Multiculturalism, Justice)
Government of Canada (Immigration, Refugees, Citizenship Canada)
Muttart Foundation
Telus Friendly Future Foundation
United Way Alberta Capital Region

Program Partners

Action for Healthy Communities
Alberta Association of Immigrant Serving Agencies
Alberta Immigrant Women and Children Centre
ASSIST Community Services
Catholic Social Services
City of Edmonton
Edmonton Chamber of Voluntary Organizations
Edmonton Intercultural Centre
Francophonie Albertaine Plurielle (FRAP)
Islamic Family
Multicultural Health Brokers Cooperative Ltd.
Newcomer Centre
And more...

To all of the donors who supported our mission and vision in the past year and beyond, we thank you for your contributions and continued support.



Accessibility

Connections

568
instructional hours

200
instructional hours

English For Community Integration (ECI)

The English for Community Integration Program supported adult learners in developing the language skills needed to participate confidently in their communities. Through practical, learner-centered instruction, participants strengthened their communication abilities, increased their independence, and enhanced their capacity to access services, employment opportunities, and community resources.

By fostering language proficiency and meaningful connections, the program continues to play a vital role in helping newcomers build a strong foundation for successful integration and long-term community engagement.

Hope

Youth Programs

MFRS Youth Programs serve multicultural youth that meet weekly for regular year-round programming, summer field trips, and special events. Programs regularly welcome guest speakers and facilitators to deliver informative and engaging sessions to support and inspire the youth that attend.

Weekly programs include homework support, activity club (recreational activities), and a newly established Afghan youth group that gather with a focus on personal growth, self-reflection and life skills. One of the group's most recent activities includes a book club where participants discuss major life themes identified in the books, that blends discussion in their home languages, while learning new terms in English.

The homework program serves roughly 15 – 20 participants each session, the activity club 20 – 25 participants each session, and the Afghan youth program 8 – 10 participants each session.

65
clients

Seniors Programs

In 2025, MFRS delivered two weekly seniors group programs for Afghan seniors and Arabic speaking seniors. Each group was attended by roughly 18 – 20 participants per session (65 unique clients for the year), and was designed to provide educational, social, and emotional support to individuals facing settlement, language, and literacy challenges.

Throughout the year, participants engaged in a variety of learning activities and discussions. These included: sessions on health and physical and emotional wellness, digital literacy, building literacy in their home language (Farsi for Afghan seniors), and social connection.

The program created a welcoming and culturally responsive space where seniors could build confidence, improve communication skills, expand their social networks, and gain valuable knowledge to support their daily lives and wellbeing.

Community

Ukrainian Evacuees Support

In addition to supports offered through our Thriving Families program and English for Community Integration classes, MFRS was able to offer one-on-one support for Ukrainian Evacuees in 2025. Through this program, Ukrainian clients were provided support with accessing housing, employment readiness, navigating school processes and special education services, connecting with mental health services, and addressing food insecurity and transportation assistance.

A total of 103 clients received support through this program, many reported reduced stress and improved confidence, and in turn this resulted in increased engagement with other MFRS programs.

103
clients

Empowerment

Resiliency

Intercultural Youth and Families Program

"[This program] brings us together and encourages quality time through reading, singing, and talking. My child has become more confident, improved communication skills, and feels proud to learn and speak our heritage language!"

"[This program] helped us build friendships with families, creating a support network where we share experiences and resources."

Thriving Families Program

In 2025, 941 unique families (2608 individuals of all ages), participated in our Thriving Families Program which was comprised of 16 ethnocultural parent – child programs. The program also had 187 unique volunteers that dedicated a total of 2406 volunteer hours to assist in the implementation of programs and activities.

2608
individuals

2406
volunteer hours

360
people

Timeliness

Food security

Domestic violence

DETOUR

One-on-One Supports and Community Connections



Over the past year, the MFRS Family Support Office had the privilege of serving roughly 700 unique clients through one-on-one Case Management support and 70 families through Community Connections Sessions for newcomers. Caseworkers and facilitators provided culturally responsive and trauma-informed support to reduce social isolation, address food and housing insecurity, and supported newcomers to enhance knowledge and skills to adapt to life in Edmonton. Our clients have been able to learn how to navigate and access services in the community such as healthcare and mental health services, finding employment, and enrolling in education programs. These services paired with intercultural connection opportunities, encouraged the overall health and well-being of the families we work with and helped to reduce poverty, and increase a sense of confidence and belonging as they settle here in Canada.

700
unique clients

Community Justice Program

In partnership with the Multicultural Health Brokers Cooperative, MFRS supported the delivery of a community justice capacity building project that focused on providing opportunities for community leaders to learn about various topics related to issues that impact their communities. Some of the topics and activities included as part of this project included interactive workshops on domestic violence, landlord/tenant rights, issues with CRA and taxes, as well as how to access a lawyer.

Communities that took part in this project included the Afghan, Arabic speaking, Kurdish, Eritrean & Latin American communities.

550
participants in 2025

Landlord/tenant rights

Accessing a lawyer

CRA and taxes

Community

Values

Poverty

Mental health

Social isolation



You can make a difference:

At MFRS, we believe that working collaboratively creates better outcomes for immigrant and refugee families and strengthens the fabric of Edmonton as a whole. Co-create an intercultural community of support with us by supporting us financially or through partnerships with shared resources.

Give to MFRS:

ONLINE: www.mfrsedmonton.org/donate

BY MAIL: Send a cheque made out to the Multicultural Family Resource Society

BY PHONE: Call us at 780.250.1771

Contribute to our Endowment Fund, a fund that focuses on secure funding for the future, enabling MFRS to better respond to community needs and interests.



MFRS
Multicultural Family
Resource Society

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