



# 2025

## IMPACT REPORT

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# INTRODUCTION

Behind every number in this report is a woman seeking safety, a child rediscovering stability, and a future made possible through collective action. In 2025, Nisa Foundation expanded its reach across Canada, responding to urgent needs while continuing to build long-term solutions rooted in care, dignity, and empowerment.

This Impact Report highlights the key initiatives, accomplishments, and transformative changes made possible through your trust and generous support.

## Our Vision

A world in which all women and families live with dignity and justice, and where women's empowerment fuels thriving communities.

## Our Mission

Transform communities by engaging, equipping, and enriching the lives of women and children to reach their full potential.



# OUR PROGRAMS



## Nisa Homes

Safe Transitional Shelters for Women & Children



## Nisa Helpline

Free & Confidential Helpline for Women & Girls



## Nisa Mental Health

Free Web Therapy Sessions for Women & Girls



## Nisa Learning

Prevention through Education

## Nisa Homes

Nisa Homes offers safe shelter for women and children fleeing violence or homelessness. We support them with case management, counselling, financial assistance, child & youth programs, and life skills—empowering them toward independence.

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## Nisa Helpline

Nisa Helpline offers free, culturally sensitive peer support 16 hours a day, 7 days a week. It's a safe, judgment-free space where women find early intervention, guidance, and pathways to independence.

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## Nisa Mental Health

Nisa Mental Health provides five free web therapy sessions with licensed therapists, as well as referrals and guidance with religious and cultural sensitivity. We support women through every step of the journey because every woman should have access to mental health support.

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## Nisa Learning

Nisa Learning equips community members with knowledge on topics like healthy relationships and senior wellbeing. Through targeted workshops and trainings, we foster strong families and communities by engaging boys, men, parents, leaders, and service providers.



# YOUR 2025 IMPACT

# Nisa Homes



**10**

Locations  
Across Canada



**470**

Women and  
Children Sheltered



**3,187**

Women and Children  
Supported Remotely



**218**

Women and  
Children on  
the Waitlist



**447**

Palestinian Evacuees  
Supported in Resettling  
in Canada



**\$239,869**

Distributed in Financial  
Assistance



## YOUR 2025 IMPACT

# Nisa Helpline



Total Number of Calls Received

12,430

In 2025

92,000+

Since Inception



## Available in 5 Languages

8 AM – 12 AM EST | 7 days a week | All year long

English

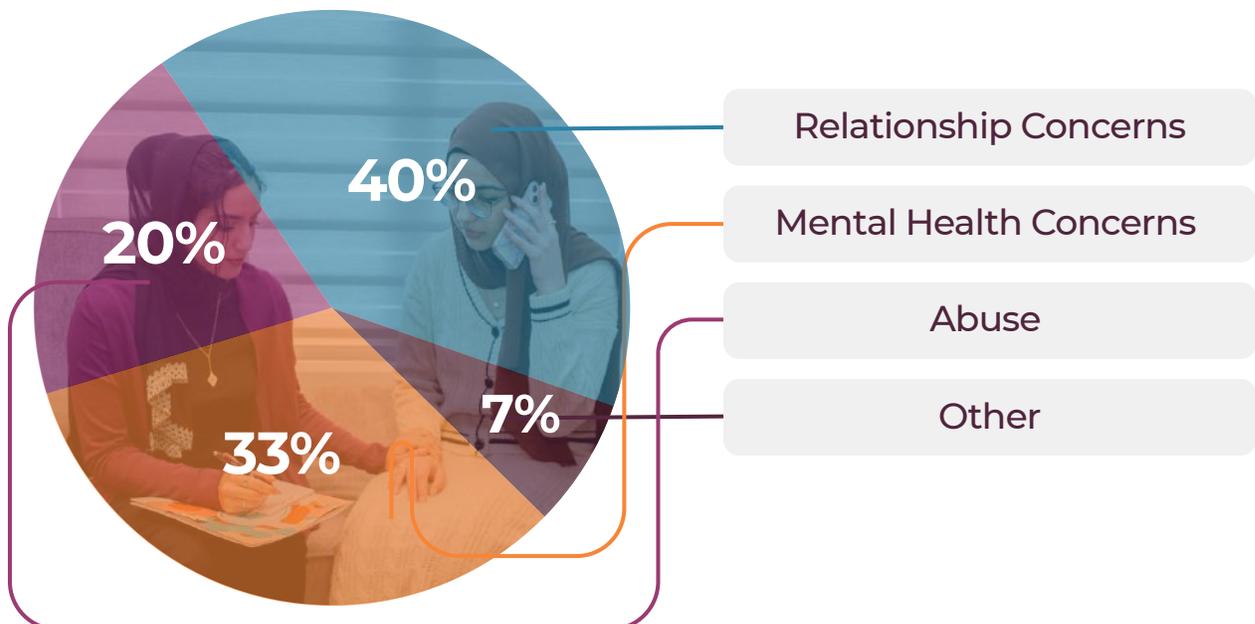
Arabic

Urdu

French

Somali

## Why are women calling Nisa Helpline?



## YOUR 2025 IMPACT

# Nisa Mental Health

### Web Therapy with Licensed Therapists



Sessions  
**725**



Clients  
**347**



**408**  
In-Home Group  
Therapy Sessions



**1,241**  
1:1 In-Home  
Therapy Sessions



# YOUR 2025 IMPACT

# Nisa Learning

## Total Workshops 71



In-person

46



Virtual

25

## Workshops Conducted:



1,576

Total Number of People Trained



35

Partner Organizations



## 6 Languages Supported

English

Arabic

Urdu

French

Somali

Gujarati



# COMMUNITY ENGAGEMENT

Inspiring Iftars

Sisterhood Iftars

Motherhood Brunches

Summer Sunnah Series

Wellbeing Workshops

EmpowerHER Summit



9:30 AM Welcome & Opening Remarks	9:30 AM Sufi Al-Mansoori Executive Director of Community Development
10:30 AM Gandhi Taleem Public Health, Leadership & Education	10:30 AM Yasmeen Elsharif Co-Founder of Inspire Entrepreneurs
11:30 AM Panel Discussion	12:30 PM Lunch and Networking
1:30 PM Small Business Quest Panel	2:00 PM Judges' Deliberation
	2:30 PM Closing Remarks



# OUR FUNDERS & SUPPORTERS



Sponsored By: Government of Canada's New Horizons for Seniors Program





# CLIENT TESTIMONIALS

“Because of Nisa Foundation, my children and I can smile again, something we thought we’d lost forever.”

“I was crying and ready to give up. She told me that I still had strength. I needed those words more than she knew.”

“In just one session, someone finally saw my pain and didn’t turn away. It was the first time I felt I might actually deserve healing.”

“Nisa Homes is a shelter that is doing an incredible job of taking exceptional care of all the trauma and other domestic violence victims. The main difference which makes Nisa Homes superior to other shelters is that it is a place where physically and mentally abused women not only have a place of security, but also gain their confidence in life, and become a healthy part of their society in a short time period. This is all because of the efforts of dedicated, loving and fully supportive staff. The work of Nisa Homes staff is beyond commendable. My words cantbe enough to describe my gratitude for all the employees and staff.”



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