

## ISLAM CARE CENTRE

395 Somerset St. W, Ottawa ON K2P 0G1  
(613)232-0210 – [info@islamcare.ca](mailto:info@islamcare.ca)

The only *Masjid* in downtown Ottawa and the only complete full-time Muslim social service centre in the region specializing in care, counseling, services and programs for converts, families, women, children, seniors, youth, men, inmates and the homeless. Please support and donate generously to help make this new centre a reality in the heart of the Canadian Capital!

**[WWW.ISLAMCARE.CA](http://WWW.ISLAMCARE.CA)**



## MUSLIM FAMILY SERVICES OTTAWA

### In Partnership with Islam Care Centre

Muslim Family Services of Ottawa (MFSO) is a non-profit social service and mental health organization serving residents of Ottawa of all communities, with a focus on vulnerable, marginalized, and low-income Muslims in the downtown core. Some of our current services:

#### **Muslim Community Counselling Hub**

Served by a team of qualified part-time Muslim mental health workers, offering culturally-sensitive counselling services in Arabic, Somali, French, and English.

#### **Children's Aid Society – Muslim Cultural Liaison**

Our partnership with the Children's Aid Society of Ottawa (CAS) helps to provide culturally and spiritually sensitive care for Muslim children in foster care and their families. We also provide Caring Dads, a program for fathers to learn non-violent parenting skills.

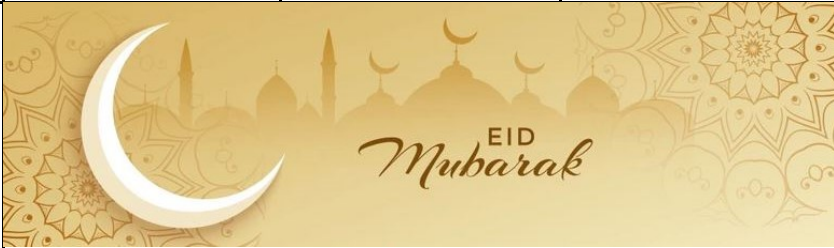
#### **Other programs:**

- Cooper Street Homework Club (Grades 1-6)
- Women's Shelters Support Committee
- Isolated Muslim Seniors Program
- Reintegration support for formerly incarcerated Muslims
- Spiritual/Religious counselling with resident Imam
- Mental health education and awareness

Please email [info@mfsoc.ca](mailto:info@mfsoc.ca) or call 613-562-2273 if you require services, or wish to volunteer for any of our programs.

#### **Muslim Family Services of Ottawa**

309 Cooper St., Suite 503, K2P 0G5 (5th floor)  
613-562-2273 – [info@mfsoc.ca](mailto:info@mfsoc.ca)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>April/May</b> <b>Fajr</b> <b>Shuruk</b> <b>Dhuhr</b> <b>Asr</b> <b>Maghrib</b> <b>Isha</b>		<b>13</b> <b>4:53</b> 6:20 1:07 4:49 <b>7:50</b> 9:15	<b>14</b> <b>4:51</b> 6:19 1:07 4:50 <b>7:52</b> 9:17	<b>15</b> <b>4:48</b> 6:17 1:06 4:50 <b>7:53</b> 9:19	<b>16</b> <b>4:46</b> 6:15 1:06 4:51 <b>7:54</b> 9:20	<b>17</b> <b>4:44</b> 6:13 1:06 4:51 <b>7:55</b> 9:22
<i>Ramadan</i>		1	2	3	4	5
<b>18</b> <b>4:42</b> 6:12 1:06 4:52 <b>7:57</b> 9:24	<b>19</b> <b>4:40</b> 6:10 1:06 4:52 <b>7:58</b> 9:25	<b>20</b> <b>4:38</b> 6:08 1:05 4:52 <b>7:59</b> 9:27	<b>21</b> <b>4:36</b> 6:07 1:05 4:53 <b>8:01</b> 9:29	<b>22</b> <b>4:34</b> 6:05 1:05 4:53 <b>8:02</b> 9:30	<b>23</b> <b>4:31</b> 6:03 1:05 4:54 <b>8:03</b> 9:32	<b>24</b> <b>4:29</b> 6:02 1:05 4:54 <b>8:04</b> 9:34
6	7	8	9	10	11	12
<b>25</b> <b>4:27</b> 6:00 1:04 4:55 <b>8:06</b> 9:36	<b>26</b> <b>4:25</b> 5:58 1:04 4:55 <b>8:07</b> 9:37	<b>27</b> <b>4:23</b> 5:57 1:04 4:56 <b>8:08</b> 9:39	<b>28</b> <b>4:21</b> 5:55 1:04 4:56 <b>8:09</b> 9:41	<b>29</b> <b>4:19</b> 5:54 1:04 4:57 <b>8:11</b> 9:43	<b>30</b> <b>4:17</b> 5:52 1:04 4:57 <b>8:12</b> 9:44	<b>1</b> <b>4:15</b> 5:51 1:04 4:57 <b>8:13</b> 9:46
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<b>9</b> <b>3:59</b> 5:39 1:03 5:01 <b>8:23</b> 10:00	<b>10</b> <b>3:58</b> 5:38 1:03 5:01 <b>8:24</b> 10:02	<b>11</b> <b>3:56</b> 5:37 1:03 5:02 <b>8:26</b> 10:04	<b>12</b> <b>3:54</b> 5:36 1:03 5:02 <b>8:27</b> 10:06			
27	28	29	30			

### Daily Intention to Fast:

نَوَيْتُ أَنْ أَصُومَ هَذَا الْيَوْمَ لِلَّهِ تَعَالَى مِنْ فَرِيضِ رَمَضَانَ

Nawaytu ana sawma hathal yowmal Allahi ta'ala min jardhi ramadan

I intend to fast this day, a duty towards Allah in this Month of Ramadan

### Dua' to recite when breaking Fast:

اَللّٰهُمَّ لَكَ صُمْتُ وَبِكَ اَمِنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ اَفْطَرْتُ

Allahumma lakasumtu wa bika amantu wa a'layka tawakaltu wa'ala rizqika aftartu

Oh Allah! For You do I keep this Fast and for Your provision do I break it