

# CONTACT US

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**An-Nisa Hope Center is a non-profit 501(c)(3) organization** working to empower, educate, and enrich the community by providing counseling, educational programs, and the necessary assistance to help our clients regain self-sufficiency.

**Our Roadmap to Successful Families** team will have facilitated over 100 impactful workshops and presentations across the Greater Houston area by the end of 2023.

## WHAT ARE THE TOPICS?

These topics have been selected based on the demand and feedback from our community.

### TOPICS INCLUDE:

1. Living Within Boundaries
2. Communication
3. Respect
4. Anger Management
5. Bullying
6. Taking Responsibility
7. Honesty and Trust
8. Self-Awareness
9. Conflict Resolution
10. Fair Fighting

Facilitators will train on the chosen topics at your local community center, masjid, or school.

Programs can be done as one-day workshops or weekend-long workshops for the entire family, parents, or youth.



# ROADMAP TO SUCCESSFUL RELATIONSHIPS



## WHAT IS THE ROADMAP WORKSHOP PROGRAM?

The Roadmap to Successful Families workshop program is designed to educate the community with skills and provide them with tools for handling conflicts as a family. The workshops and presentations are designed to bring self-awareness and highlight any negative behaviors that may be impacting their homes.

## WHAT IS THE WORKSHOP PROGRAM LOOKING TO ACHIEVE?

The Successful Family program at An-Nisa aims to prevent relationship issues and abuse of any kind. It aims to provide structure and strengthen relationships. It is beneficial for spouses, children, coworkers, and friendships. Creating and maintaining effective communication, healthy boundaries, and conflict resolution skills help in achieving in our goal.

## THE ROADMAP OUTLINE



## WHAT IS THE SPEAKERS BUREAU?

The An-Nisa's Speakers Bureau is the most essential part of The Roadmap to Successful Relationship program. Our entire Speakers Bureau is trained to be facilitators for our workshops and presentations. Each speaker has 6 hours of training for all topics.



## WHAT IS THE ROADMAP TO SUCCESS INTERVENTION PROGRAM?

Roadmap to Success by An-Nisa is an intervention program created to mend relationships or help individuals by identifying negative issues and behaviors and learning strategies to handle future issues. The program was developed to work with couples, a group, or an individual to maneuver around issues affecting their relationships or life.

The program intends to facilitate solutions between people or an individual facing difficulties and to work through their daily issues.

In general, the goals of the Roadmap are to:

- **Identify** relationships and individual's issues
- **Create** healthy boundaries
- **Foster** positive and effective communication
- **Bring closure** to past issues
- **Handle** disagreements effectively
- **Learn** skills to handle future issues