

2022

ANNUAL REPORT

Transforming lives. Transforming communities.





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LETTER FROM OUR PRESIDENT & FOUNDER

Dear Supporters,

As Salamu Alaykum and Hello!

In 2022, with your support, we ensured that we remained at the frontlines of the refugee crisis. We improved our case management strategies and implemented cutting-edge mental health care systems. Year after year, An-Nisa continues to improve in ways we never thought possible. This year, we have reached more families in need and have helped so many individuals in crisis than ever before.

Looking forward, we will implement a prevention strategy that will ensure the cycle of domestic violence and family abuse is stopped at the source. We hope that we can create long-term solutions for couples with our Roadmap to Success program. Our Advocacy & Legislation team will be making changes in our communities at a grassroots level.

Supporters, friends, and family - none of this can be possible without your help. We continue to make strides in helping those who need it most. We aim to always provide cutting-edge mental health care and social services in the most efficient way possible. We remain thankful and grateful for everyone that is dedicated to our mission.

JazakAllah ul Khairun & thank you,



Bibi Khan

Bibi Khan
An-Nisa
Founder & President



WHO WE ARE

An-Nisa is a non-profit 501(c)(3) organization working to empower, educate, and enrich the community by providing counseling, educational programs, and necessary assistance to help members of our community regain self-sufficiency and strengthen their families.

Mission:

To provide services and resources to individuals and families. Services include case management, counseling, community fulfillment, and education.

Vision:

To eliminate crisis within the family unit.

Our Story:

Established in 2009 by two women who wanted to end violence and crisis in the homes of families, An-Nisa has since grown into a social service organization with many different branches. An-Nisa's team has one goal: to make sure every deserving family has everything they need to be self-sufficient, safe, and happy.

An-Nisa remains a women-led organization.



MEET THE TEAM

Founder & President **Bibi Khan**

Case Management Director **Sadaf Patel**

Mental Health Director **Dr. Ketam Hamdan, Ph.D.**

Marketing Director **Safra Khan**

Tutoring Academy Coordinator **Farzana Ahmad**

Community Fulfillment Coordinator **Atiqua Irfan**

Logistics Coordinator **Muhammad Imran Tahir**

2021-2022 BOARD OF DIRECTORS

THAHIRA AHMAD, LPC-S	JOHN T. FLOYD, JD	DR. HANAA GAMAL
DR. AHSIM GANNI, MD	AASIF SYED	VASEEM ANSARI



Meet The Team is continued on page 23

WHAT WE DO

An-Nisa's services are a reflection of what our community needs most. For more information on our general services, please visit annisa.org.

Domestic Violence Case Management

Financial Case Management

Mental Health Care

Community Fulfillment

Mawakhat

Community Education

Legal Referrals

An-Nisa Tutoring & Quran Academy

STRONG Youth & iBelong Mentorship

Helpline

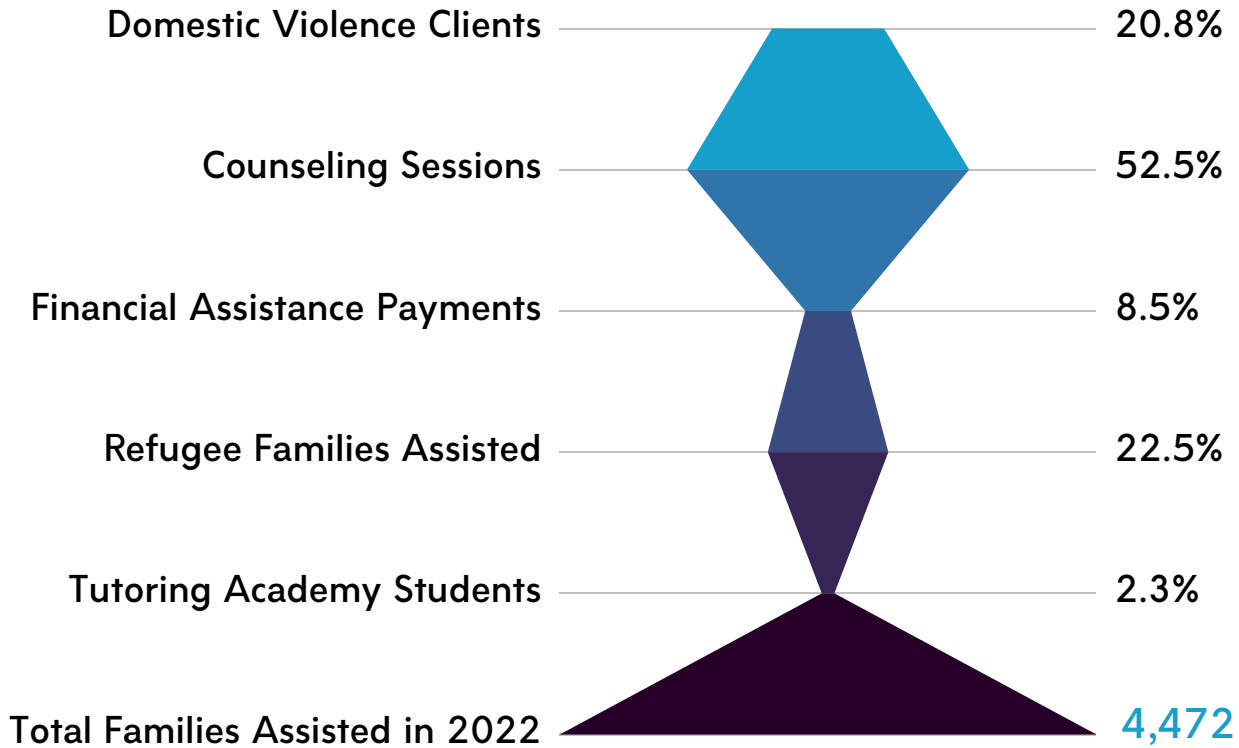
Literacy in Houston

Communiteam



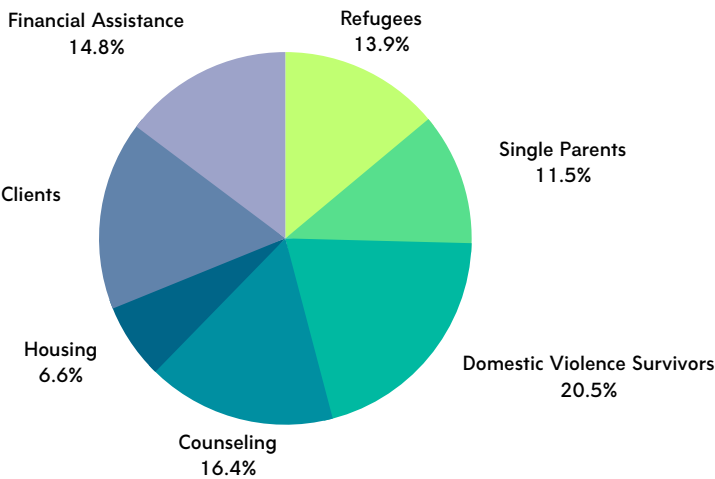


A YEARLY GLIMPSE



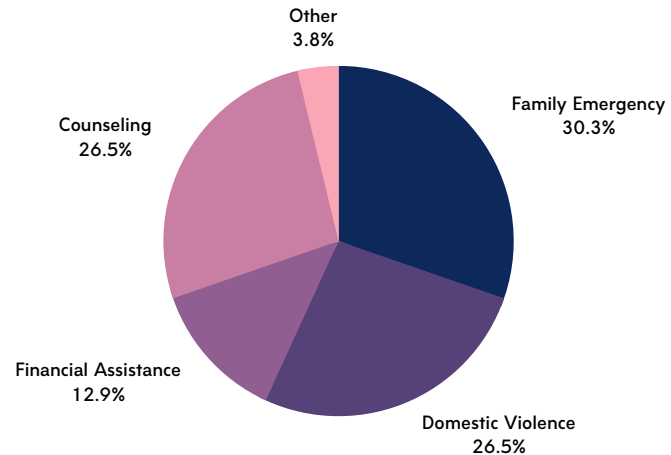
Total Individuals Assisted in 2022

19,324



Helpline Calls

6,012



*Statistics taken from An-Nisa's ATOM database

Case Management

Domestic violence & financial case management has benefitted thousands of cases. From domestic violence survivors to those just looking to live a self-sufficient life - our case managers are always there for those who walk through An-Nisa's doors.





Domestic Violence Case Management

Case management is the backbone of everything we do at An-Nisa. In 2022, we were able to implement better policies, routines, and structures for case management. We focused on our relationship-building and trauma-informed approach with our clients. We are trying to focus more on the youth coming out of domestic violence situations and planning on implementing several key programs that will help them heal and come out strong and stable.

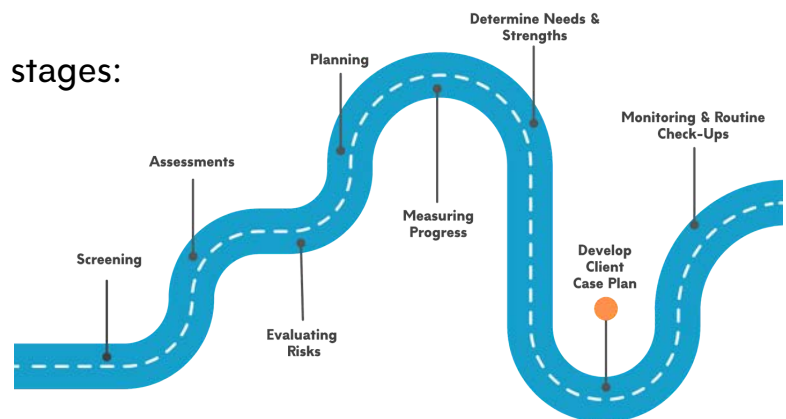
An-Nisa offers domestic violence and financial case management to those who qualify for our services. Our number one priority when working with our clients is to ensure they reach self-sufficiency while also working on their mental health, technical skills, and personal development.

An-Nisa works to help families that are in crisis situations to gain self-sufficiency within 3-6 months for short-term cases and 12 months for long-term cases. We have a holistic approach that factors in all parts of the family to lift them up from the very core.

Case Management Cycle

General Case management consists of 4 stages:

- Intake
- Needs Assessment
- Case Plan Development
- Monitoring & Evaluation



For domestic violence clients, we have a more detailed and focused approach that involves our case managers working with counselors as well as the youth to ensure the stability of the clients and their children in all areas. We use a trauma-informed, relationship-building approach ensuring that the victim or survivor is taken care of in the best way possible.

In 2023, we plan to implement more written communication between our caseworkers and our clients.



Financial Case Management

Among many services that An-Nisa offers towards getting our clients to self-sufficiency, short-term financial assistance is one of the most crucial. After intake, each case manager assists the client in carefully assessing their financial needs and creating a plan that will get them to meet their goals as quickly as possible.

Financial Case Management consists of 4 stages:

- Intake
- Needs Assessment
- Budgeting
- Monitoring & Evaluation

Mawakhat Financial Program:

Mawakhat means brotherhood/sisterhood. It is based on the project of Prophet Mohammed (peace be upon him) who connected one refugee family with one Ansaar (supporter) family. **Our Mawakhat program is such a crucial aspect of our financial assistance program at An-Nisa.**

Mawakhat sponsors have contributed to over 350 financial assistance payments and have disbursed over \$171,000 in 2022 to help assist families with rent, utilities, medical needs, job assistance, and so much more. Their mission is to create a larger platform to assist community members that are in need.

Our Mawakhat program has assisted almost 100 families in 2022.

All donations to An-Nisa are Zakat & Sadaqah eligible. Donation information is located on our website www.annisa.org.



Client Testimonials



“

An-Nisa has changed my life so much. They helped me with every service that I needed to regain self-sufficiency after getting out of my abusive marriage. They've provided me with counseling and so much emotional support.”



“

They helped give me so many opportunities for mentorship. I'm a high school student who struggles with self-confidence and many other things. They helped give me confidence, they include all types of people and encourage others to help the world.



“

I am a lot more confident compared to what I used to be. But, this is not the end, this is the beginning of my success story. I will be continuing to make myself more financially stable for me and my children. We will have a better future.”

Mental Health Care

An-Nisa's mental health care branch offers cutting-edge care. Our counselors offer in-person and telehealth sessions, we offer psychiatric services, and in 2022 our Mental Health Director introduced neurofeedback to our team.





Mental Health Care

2022 was a pivotal year for An-Nisa's Mental Health department. Our mental health department created structured educational programs that focused on a deeper understanding of self-awareness, trauma, and other mental health issues. We launched a video series titled "Therapy Thursdays" to educate a new audience about topics such as self-love, relationships, and trauma.

To better serve our team and clients, An-Nisa has added on 2 new youth counselors in 2022. We would like to introduce Fizza Butt, LPC-Associate and Chrystal Said, LPC-Associate to our amazing mental health team!

An-Nisa's mental health department offers unique trauma therapy that integrates the head, heart, and body for total well-being and healing. We use neuroscience and evidence-based strategies that work. We teach our clients how they can have a relationship with themselves, which is the greatest gift you can give yourself.

An-Nisa's mental health professionals are regularly trained by Mental Health Director, Dr. Ketam Hamdan, Ph.D.

This year our mental health department has had:

2350 Counseling Sessions

356 Clients

12 Community Workshops

5 Therapists

3 Youth Therapists

2 Psychiatrists

In September of 2022, we introduced neurofeedback internally to our entire team. **As we look forward to 2023**, An-Nisa plans to expand our neurofeedback/biofeedback services to all of our clients, especially those who are survivors of domestic violence and major traumatic situations.

Neurofeedback, also known as EEG biofeedback, is a non-invasive, medication-free approach for treating brain-based conditions, including ADHD and anxiety disorders.

Education & Outreach

Our educational events have reached over 15,000 individuals in 2022. An-Nisa offers both in-person and virtual educational opportunities. We have expanded our educational programs to refugees, youth, and single mothers looking to expand their skill sets. Take a look at our educational events in 2022.





Educational & Outreach Programs

We have hosted and collaborated on 62 educational events in 2022, both in-person and virtual.

As we work to bring awareness to topics such as abuse, mental health, and self-development, **An-Nisa aims to focus on hope versus fear by shedding a positive light on families, parenting, and mental health.** We focus on healthy families, positive relationships throughout a home, and the positive side of mental health. Our goal is to ensure every family/couple has all of the tools they need to be as happy as possible because *family matters*.

We have had incredible guest speakers take part in our programs such as Shaykh Dr. Omar Suleiman, Shaykh Yaser Birjas, Dr. Hamed Ghazali, Shaykh Mikaeel Smith, Shaykh Joe Bradford, and Sarah Sultan, LPC.

Program Topics Included:

- Maintaining the Peace in Your Home
- Overcoming Your own Faults
- Healthy Families
- Parenting
- Healing After Trauma
- Finding Your True Identity
- Health & Wellness
- Self-Care
- Understanding Islam
- Hygiene

A notable program in 2022 was our Domestic Violence and Mental Health workshop hosted with our partner Islamic Society of Greater Houston (ISGH). This program was an 8-part series in different mosques in the Greater Houston area to educate our community on what domestic violence looks like and the effects it can have on your mental health. Facilitators included Bibi Khan, Dr. Ketam Hamdan, and Dr. Ateka Zaki, MD.

Programs & Presentations:

Our main focus remains to educate the community on what a happy family model looks like and what the long-term effects of trauma may be to each individual member of the family in order to prevent it from happening. We had programs that appealed to every member of the family, based on age. Our most popular programs in 2022 were our **Let's Talk** series and our **Chatter That Matters** podcast.



An-Nisa Tutoring & Quran Academy

The **An-Nisa Tutoring & Quran Academy** continues to be a free K-12 online tutoring service and resource, dedicated to teaching students in low-income and marginalized communities. In 2022, **the Academy has implemented a brand-new curriculum system** of free resources, established new team leads, and began hosting in-person events!

Our K-12 tutors have continued to tutor one-on-one. In 2022, we assisted and mentored a pool of about 40 students. **This year, we averaged 35 students and 35 tutors throughout the year.**

Our online Quran and Islamic Studies program serves a total of 55 students who are taught by Nooraniah-certified teachers. The program consists of a dedicated Quran teacher along with 14 volunteers who serve as teaching assistants. We also collaborate with MIC Weekend School for higher-level student classes. We now have classes 7 days a week. We are proud to report a 95% graduation rate for students moving to the next level in Quran and Islamic Studies!

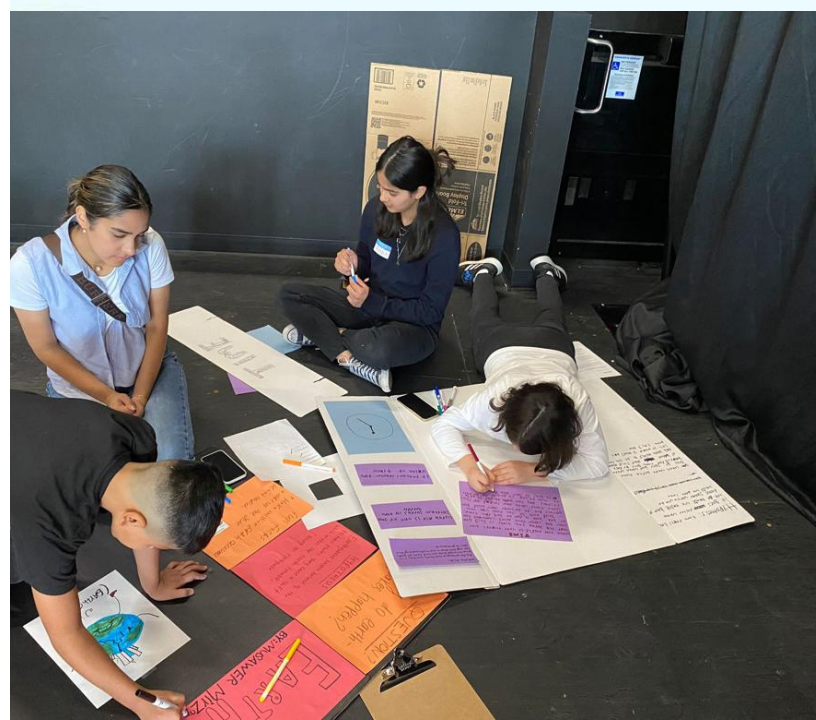
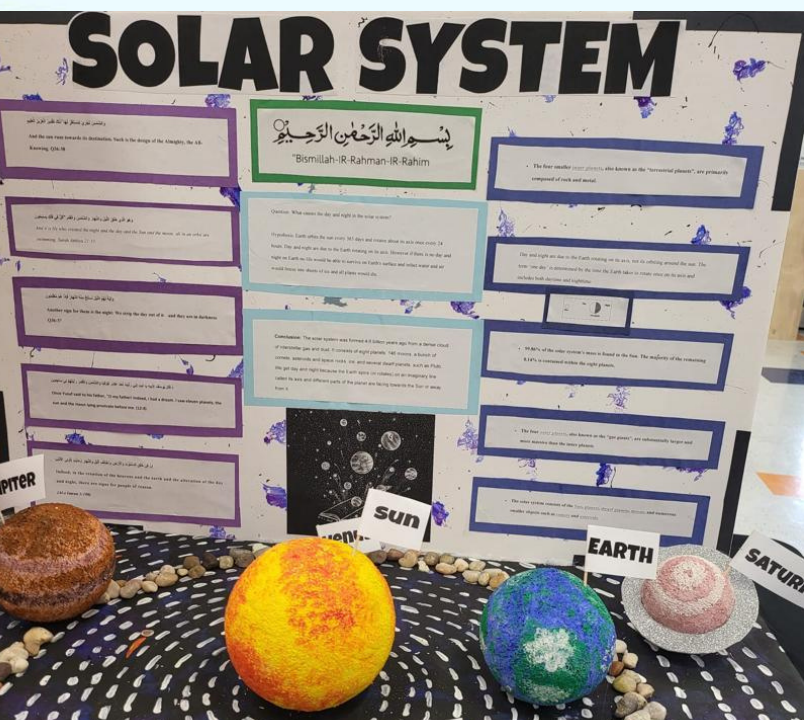
In 2022, the Academy has implemented 3 new programs to guarantee student success and maintain graduation rates.

In-person events: We hosted our first Academy Appreciation Gala, for not only our teachers and tutors - but also our students and their families for coming so far since the launch of the Academy in 2020. In November, we hosted our very first Quranic Science Fair, where students from 3rd grade to High School participated to win prizes! Over 50 volunteers assisted students in making projects that established a relationship between the Quran and Science while teaching them to research and learn that they can also be inventors and scientists!

The Academy has started a collaboration with Literacy in Houston to provide a path to college for the high school students in the program to ensure they can make it to college without worrying about the financial hassle.

What's Next in 2023:

- The Academy will stay focused on maintaining a live and much-needed connection between tutors and teachers as mentors to these students!
- We will host an SAT, College Preparation, and Resume Workshop.
- We will introduce a 'Healthy Mind, Healthy Life' program.



Family Matters 2022

Our annual Family Matters conference was bigger and better than ever before in 2022. With an attendance of 500 people, our special guest speakers discussed healthy families, parenting, and cultural gaps. Check out our event highlights





2022 Family Matters Conference: Maintaining the Peace

In 2022, our annual Family Matters conference was bigger and better than ever before. 12 amazing organizations sponsored this community-wide event. **502 people were in attendance** to listen to our special guest speakers discuss maintaining the peace in a home and understanding the relationship between a parent and a child better.

Speakers & Topics included:

Shaykh Dr. Omar Suleiman | How the Prophet (pbuh) maintained the peace

Shaykh Yaser Birjas | Protecting yourself against yourself

Sarah Sultan, LPC | Effective communication between a parent and a child

Dr. Ketam Hamdan, Ph.D. | Looking into the mirror and accepting your flaws

Dr. Nyma Shah, Ph.D. | The keys to a happy and healthy home

Shaykh Tauqeer Shah | Signs that your family might be in of professional help

Ustadh Fahad Tasleem | Understanding your Muslim-American identity

This year's conference answered questions such as: *"How do I know when I need to seek help?" "How can I communicate more effectively with my children?" and "What is the best way to keep your cool in times of conflict?"*



Community Fulfillment

An-Nisa is at the forefront of serving our community when they need it most. Community Fulfillment has assisted refugees, individuals during the Covid-19 pandemic, and every emergency response situation that has hit our community since 2020. Here are some highlights from 2022.





Community Fulfillment

An-Nisa's Community Fulfillment department is one of our busiest teams. **2022 was the year that we helped 1004 Afghan newcomer families resettle into their new homes in Houston, Texas.** Since August of 2021, Houston welcomed thousands of Afghan refugees and An-Nisa has been working very closely with them. We have been supporting the incoming refugees as well as those who may be seeking asylum but quickly realized the need for assistance was going to be beyond that. **Since the launch of our Afghan assistance program, we have assisted over 6000 individuals from 1,100 families.** We are so honored to be able to serve our community in this capacity.

Here's what our team did on the field:

- Our team led the effort on a community-wide job fair that benefitted 700 Afghan newcomer job seekers. With the help of 13 amazing partner organizations, this job fair consisted of 30 employers and agencies, 9 educational organizations, and a live resume-building team on-site. The job fair had an overall success rate of 91%.
- Clothing, shoes, hijabs, and more have been distributed to almost every family we've helped
- Furniture such as beds, sofas, and tables have been donated to over 300 homes
- Work skills, ESL, and job placement were identified and our partner, ISGH Job Networking, worked with us to help match jobs as families work towards self-sufficiency.





Community Fulfillment (Cont.)

- Blankets, jackets, and warm clothing were given to refugee families to ensure they endured a safe winter
- Community Fulfillment organized an Eid clothing drive that benefitted all refugee families to ensure they had Eid clothes for their whole family. It was set up bazaar-style and each attendee got the opportunity to stroll through the aisles and choose the outfit(s) they needed.
- Household items were created in kits to help every newcomer family receive everything they needed for an easy resettlement process. Kits included: kitchen items, bathroom items, bedding, and cooking items.

An-Nisa will continue to work with each family that our team has met to ensure that they reach self-sufficiency with ease. **Our team has worked with 1,184 newcomer families since August of 2021** and we plan to continue ensuring all families have everything they need to reach self-sufficiency.

In September of 2022, **Community Fulfillment responded to the floods in Pakistan** that claimed the lives of almost 2,000 people. Our team members organized 3 containers that would be sent to Pakistan and asked for our community to donate items. We asked, and you responded! We collected clothes, hygiene items, bedding, tents, and warm clothing that filled three shipping containers to be sent to Pakistan.

For all of our volunteers who take part in our Community Fulfillment team, we would like to extend a heartfelt thank you for all that you do. You have helped transform the lives of so many families who came here seeking safety and a better life. We cannot do this without your help.



Ramadan Programs

Every Ramadan, our team goes above and beyond to ensure that all deserving families observing Ramadan have everything they need to have a fulfilling month. From iftar deliveries to Eid clothes - we've got our community covered.





Ramadan Programs

Ramadan is such a special time for our entire team at An-Nisa. Our goal every Ramadan is to ensure every family in need has everything they need for Ramadan. Every year, our caseworkers reach out to the community we serve to determine their needs. Here's a recap of everything we have done in Ramadan of 2022:

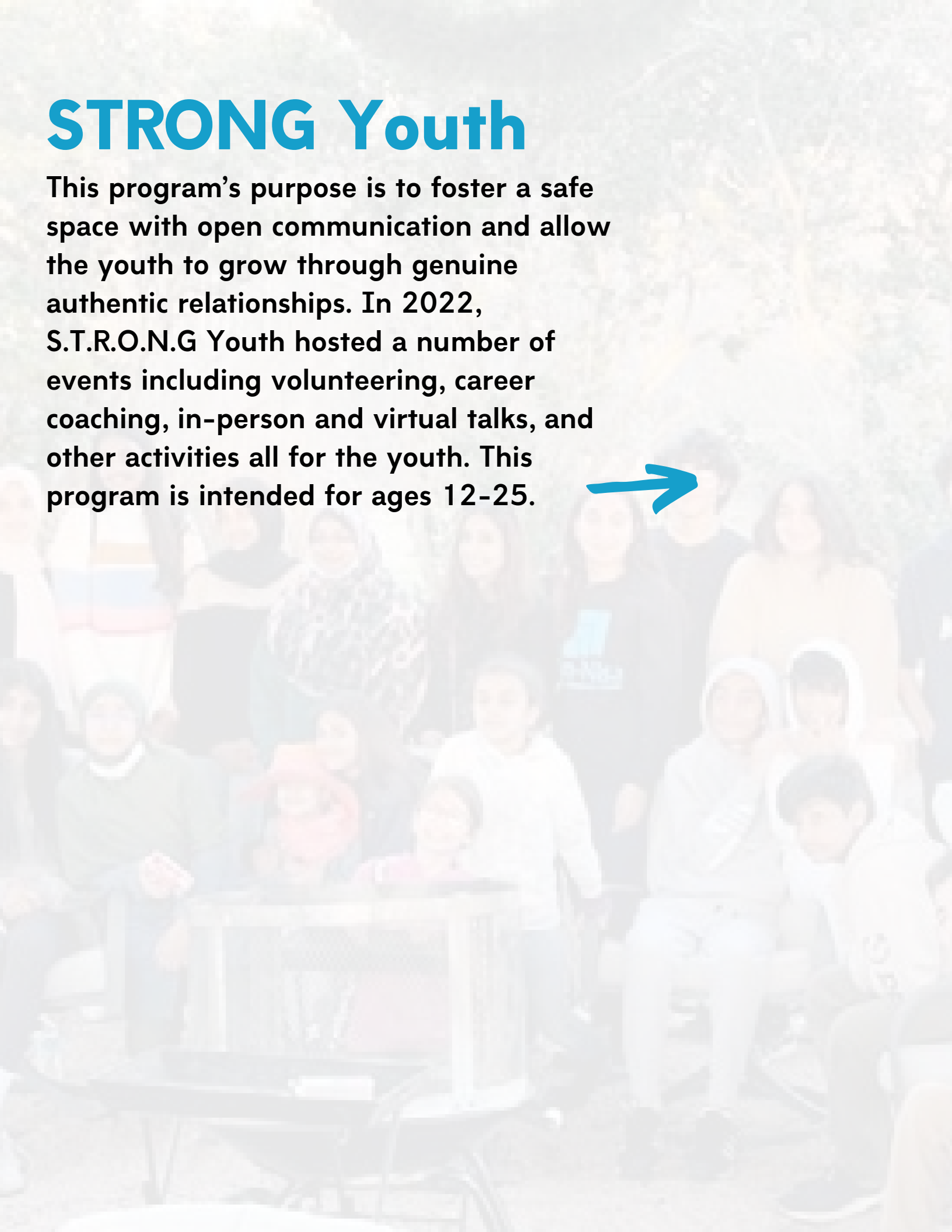
- **Distributed grocery vouchers and gave financial assistance** to many families to ensure that they had everything they needed for the month of Ramadan, including groceries and household items
- **Hosted our 8th Annual Toy drive** with influencer HappilyMadz. Almost 600 toys, gift cards, and Eid greeting cards were distributed to 7 locations all over Houston. Gifts were sent directly to refugee children and children in marginalized communities
- **Our caseworkers and Ramadan team were able to visit 200 families**, including widows and single moms to assess their Ramadan needs
- We hosted a clothing drive and brand-new or gently used Eid and casual clothes were distributed to over **1000 individuals**.
- **Distributed over 2000 fresh iftar meals to refugees, clients, and mosques** as needed throughout the entire month of Ramadan
- **Hosted 5 different volunteer events** and a Ramadan series for our STRONG Youth Program





STRONG Youth

This program's purpose is to foster a safe space with open communication and allow the youth to grow through genuine authentic relationships. In 2022, S.T.R.O.N.G Youth hosted a number of events including volunteering, career coaching, in-person and virtual talks, and other activities all for the youth. This program is intended for ages 12-25.





STRONG Youth Program

An-Nisa's STRONG Youth kickstarted in 2022. This program is designed for youth ages 13-25 to engage in educational events, self-development programs, and career/academic networking programs. This year, STRONG Youth has:

Day at the Ranch: An-Nisa S.T.R.O.N.G Youth's kickstart event was held on Saturday, March 12 from 11am-8pm at the Apple of Sham Ranch. This event was open to youth ages 12-25 and had over 80 attendees. We had activities such as horseback riding, archery, ATV rides, volleyball, obstacle courses, and much more! We ended this fun-filled day with smores by a campfire and a beautiful halaqa by Sheikh Mikael.

Volunteering: This year, An-Nisa S.T.R.O.N.G Youth participated in several volunteering events. This included our Ramadan Clothes Drive where youth sorted and packaged casual and Eid clothes for refugee families in need. Our youth also packaged and wrapped toys for Eid! These gifts were distributed to our community and clients. Our youth also assisted at a community job fair benefitting Afghan refugees and newcomer families with over 500 people in attendance. In addition, our youth have participated in several ICNA grocery distributions where they helped sort and load groceries for hundreds of in-need families. They also participated in the ICNA Back 2 School event where they distributed school supplies to students in need.

Ramadan Challenge: For Ramadan, our youth participated in a Ramadan Challenge that included various activities to participate in to accumulate points towards a prize. These activities included volunteer events and watching our video series. We would like to congratulate our giveaway winner for this year, Misha Khan!





STRONG Youth Program (Cont.)

Youth Empowerment Seminar: An-Nisa STRONG Youth hosted its own Youth Empowerment Seminar: Islam as a Way of Life for youth ages 16+ to educate, empower, and enrich our Muslim youth. Our goal was to demonstrate that Islam is a timeless guide to life regardless of society, time, or place. We covered the following topics: Mental Health and Wellness, Marriage, Business/Finance, and Diversity and Unity. Our speakers for the event included: Safiya Ravat, Joe Bradford, Wasiq Javid, Noor Saleh, Mahtab Moradi, Imam Mahad, Zainab Khan, and Selina Ali.

Facebook Live: An-Nisa STRONG Youth hosted its very own Let's Talk for Back to School. The session was very informative and discussed the lack of motivation, career paths, and navigating the struggles that come with high school and college. This panel discussion was facilitated by Fatima Sultan, LPC, and included the following dynamic panel of youth: Maryam Alghafir, Annum Haque, and Imran Abubakar.

What is to come?

An-Nisa S.T.R.O.N.G Youth plans to continue and expand its program. It hopes to host many more fun and educational events for our youth in addition to the ones established this year. It also plans to expand its online content for our youth's easy access such as our video series, articles, and panel discussions.

Looking Forward: A Preventative Approach

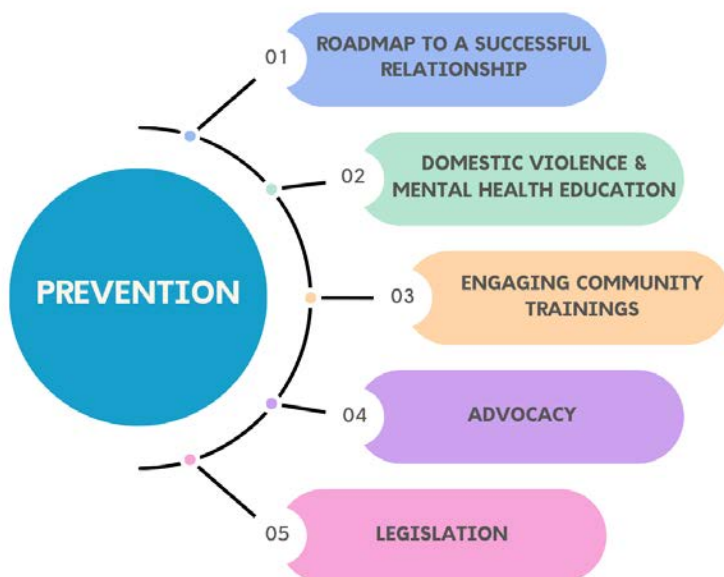
What's to come in 2023? We're becoming catalysts for change! **An-Nisa is turning prevention into an entire movement for our community.**

Our goal in 2023 is to prevent issues that are in our community and we're starting at the source. We'll be focused on the prevention of domestic violence, mental illness, toxic behaviors in families, family violence, and much more.

We'll be giving an in-depth view of our programs like **Roadmap to Success** and **Engaging Community Trainings**, as well as our 2023 approach to domestic violence and mental health education! We're putting a spin on mental health in 2023 and rebranding it as **Brain Health** along with our biofeedback and neurofeedback services.

In addition, we'll be giving you a deeper look into what it means to **#EducateAdvocateLegislate** with an introduction to our newest branch, Advocacy & Legislation! A branch dedicated to advocating for change and making a difference starting from a grassroots level.

With this exciting new addition to our programs, there also comes an **expansion** of our office space! Our new suite is located right next door. Stop by and say hi!



THE TEAM

Everything we do is made possible by our amazing team. Take a look at the faces who turn our visions into realities.



MEET THE TEAM (CONT.)

Board of Directors

Bibi Khan

Thahira Ahmed, LPC-S

Vaseem Ansari

Dr. Ahsim Ganni, MD

Dr. Hanna Gamal, Ph.D.

John T. Floyd, JD

Aasif Syed

Case Managers

Saira Waheed

Raazia Nathani

Jihane Ghenim

Faten Abdullah

Zahraa Alhelli

Marina Khan

Sonia Khan

Operations

Imran Tahir

Ammara Ali

Erum Kamran

Rahima Khan

Angela Montenegro

Aqib Waheed

Community Fulfillment

Atiqua Irfan

Nasibullah Zair

Farah Moin

Zahraa Alhelli

Department Directors

Sadaf Patel

Dr. Ketam Hamdan, Ph.D.

Safra Khan

Atiqua Irfan

Raazia Nathani

Mental Health Care

Fatima Sultan, LPC

Rubina Anis, LPC-A

Chrystal Said, LPC-A

Imene Benslimane, LPC

Fizza Butt, LPC-A

Shahneela Naveed, LPC-A

Dr. Ateka Zaki, MD

Dr. Faisal Tai, MD

Amina Ishaq, LMSW

Legal Aid

Maria Kari, JD

Tutoring & Quran Academy

Farzana Ahmad

STRONG Youth

Maryam Alghafir

Helpline Operators:

Samina Murtaza

Kiran Qureshi

Sonia Khan

Sana Rehman

Fathima Nushrat





PARTNERSHIPS

This year we have reached new heights with the organizations that we have partnered with. A special thank you to our 2022 partnerships. Our partners are:

Harris County District Attorney

Harris County Domestic Violence Coordinating Council

Lone Star Legal Aid

Texas Health and Human Services

Psychiatry of Texas

Interfaith Ministries

AVDA

Catholic Charities

House of Charity

Islamic Society of Greater Houston (ISGH)

ISGH Job Networking

City of Houston Financial Empowerment Center

Dress for Success Houston

YMCA

The Alliance

Access Driving School

Daya Houston

Amoud Foundation

Connect Community

Salaam Foundation

ICNA Houston

Texas Council for Family Violence

United Way of Greater Houston

The Empowered Survivor

Houston Endowment

The Brown Foundation

Capital Idea Houston

BPSOS

CAIR Houston

Dar Us Sakina

Shifa Healthcare

Minaret Foundation

Ibn Sina Foundation

Islamic Relief USA

The Hunger Truck HTX

Hussain's Table

Fort Bend Women's Center

Outreach in the Barrio

SER Jobs

IMPACTS

Las Americas

Houston Area Women's Center

Depelchin

Houston Legal Aid

Child Advocates of Fortbend

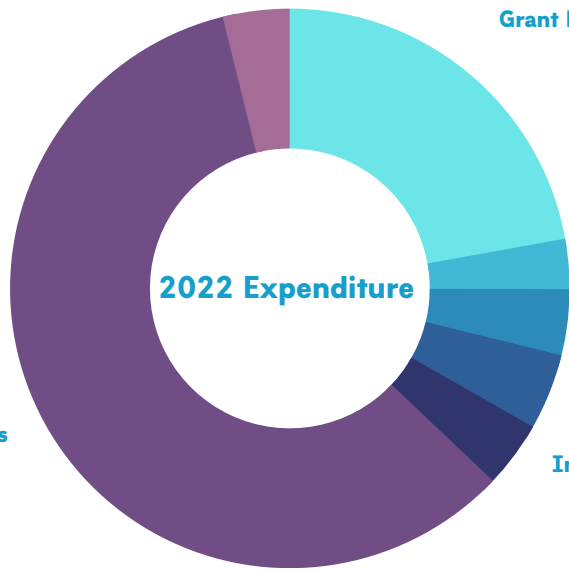




2022 FINANCIAL REPORT

Transparency is a core belief for An-Nisa. The information presented is based on the **audited Financial Report for 2022**. We thank you for your continuous support.

Relief Aid (Non-Profit Donations)
3.9%



Grant Funded Payroll Expense
22.2%

Payroll Expense
2.9%

Ramadan Program
3.8%

Community Fulfillment
4.4%

International Water Wells
3.8%

Client Services
59.1%

Welcome Grant
3%

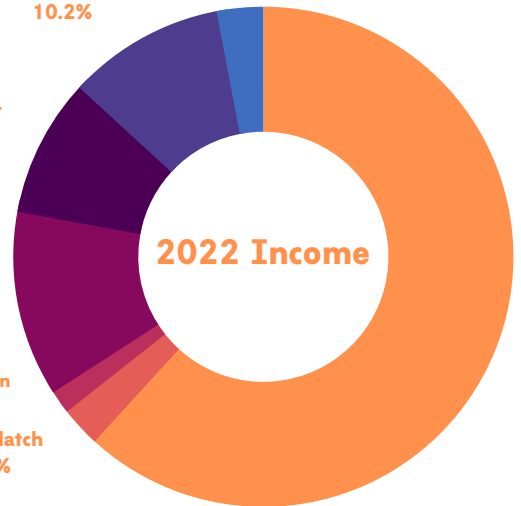
VOCA Grant
10.2%

TRHC Grant
9%

Houston Endowment Grant
12%

The Brown Foundation
1.7%

Grant Match
2.6%



Donations
61.8%

Marketing
5%

Professional Fees
35.8%



Office Management
29.2%

Education
30%

To everyone who makes our mission
possible:

Thank you for your continued support.



An-Nisa is a registered 501(c)(3) nonprofit
organization. All donations are tax-deductible.
Our EIN/Tax ID is: #27-0621815



@annisahouston



@annisahouston



An-Nisa Houston



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**Transforming lives.
Transforming communities.**