



## WHAT IS TRAUMA?

- TRAUMA IS NOT ABOUT MEMORY OF THE EVENT
- IT IS ABOUT THE "EMOTIONAL EXPERIENCE & IMPACT" LEFT IN THE BRAIN AND KEEPS THE PERSON STUCK
- IMPACTS ALL AREAS OF LIFE (HEALTH, PSYCHOLOGICAL, LEARNING, RELATIONSHIPS, ETC)



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# AN-NISA

## ANNUAL REPORT 2023

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For 14 years,  
we have been  
educating,  
empowering, and  
enriching our  
community. In 2023,  
we went above and  
beyond to meet that  
goal.





An-Nisa is a non-profit organization working to empower, educate, and enrich the community by providing support, mental health care, educational programs, and the necessary assistance to help our clients regain self-sufficiency. **We are advocates for people in crisis situations.**

An-Nisa aims to provide services and resources to bring individuals and families to stability. **Our services include case management, mental health care, community fulfillment, and education.**

We are actively working to eliminate crises within the family unit.



# As Salamu Alaykum & Hello,

Dear Supporters,

When we began 2023 I had one goal for our community - to prevent toxic and negative behaviors in families. We created a prevention “Roadmap” and the rest was history. An-Nisa has reached so many incredible milestones, and we could not have done any of it without your help.

From our newest Advocacy department to our groundbreaking educational efforts, to neurofeedback - An-Nisa’s 2023 services have set us aside from every other social service organization in America.

I would like to thank you all, the community we serve, for remaining dedicated to our mission and being there with us as we continue to grow and expand our services and efforts. We are deeply indebted to you for your unwavering support always.

As we look forward to 2024, our work is far from over. An-Nisa’s team has much to accomplish and we are so excited for what is to come.

JazakAllah ul Khair & thank you.



**Bibi Khan,  
President**

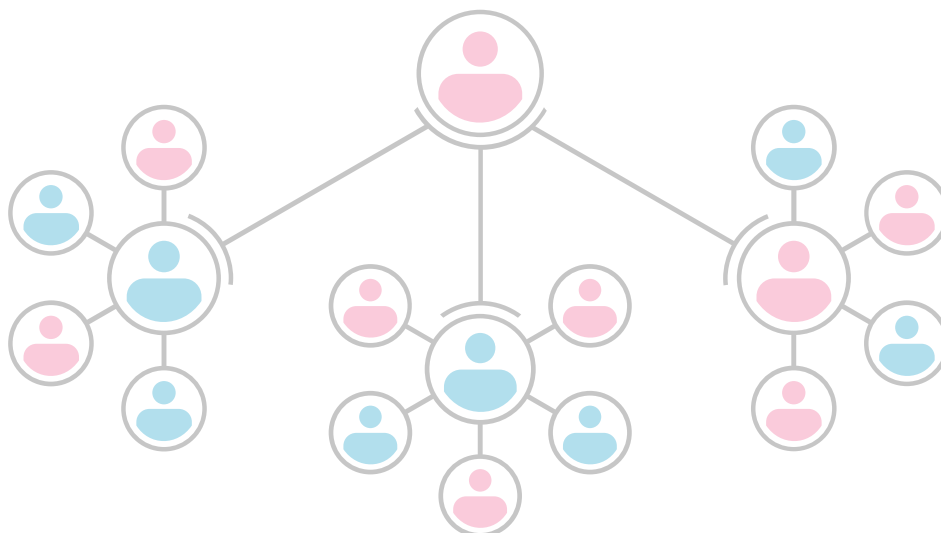


# Meet the Team

Founder & President	<b>Bibi Khan</b>
Education Director	<b>Sadaf Patel</b>
Mental Health Director	<b>Dr. Ketam Hamdan, Ph.D.</b>
Advocacy & Outreach Director	<b>Raazia Nathani</b>
Marketing Director	<b>Safra Khan</b>
Community Fulfillment Coordinator	<b>Ammara Ali</b>
Logistics Coordinator	<b>Muhammad Imran Tahir</b>
Tutoring Academy Coordinator	<b>Farzana Ahmad</b>

## Board of Directors

Thahira Ahmed, LPC-S  
Dr. Ahsim Ganni  
John T. Floyd, JD  
Aasif Syed  
Vaseem Ansari  
Dr. Hanaa Gamal







Domestic Violence & Financial Case Management



Mental Health Care & Neurofeedback



Education & Prevention



Advocacy & Outreach



Community Fulfillment



An-Nisa Youth & Mentorship



An-Nisa Tutoring Academy



Mawakhat



24/7 Helpline



Communteam



Legal Referrals





Client Services Assistance  
Distributed:  
**\$790,000**



Total Clients Assisted  
Through Case Management:  
**1,185**

Financial Assistance &  
Mawakhat Clients Assisted:  
**337**



Neurofeedback  
Sessions Completed:  
**1,293**

Domestic Violence  
Clients Assisted:  
**453**



Mental Health  
Clients:  
**413**

Educational Program  
Outreach:  
**6,700 Individuals**



Mental Health Care  
Sessions Completed:  
**3,566**

An-Nisa Academy  
Students:  
**93**



Community Fulfillment  
Families Assisted:  
**1,284**

Helpline Calls:  
**7201**



Total Families  
Assisted:  
**2,580**

Total Individuals  
Assisted:  
**16,776**







## Domestic & Family Violence Case Management is the foundation of everything we do at An-Nisa...

Our team of trained case managers stands ready to offer specialized assistance and guidance to victims of domestic violence. Through an assessment of each client's situation, we prioritize their safety and protection and create unique case plan with their **goals, strengths, and values** in mind.

We strive to empower our clients towards achieving not just safety and stability, but also fostering a path to self-sufficiency and renewed confidence.

Services we provide include:



Vocational  
Training



ESL & Other  
Courses



Financial  
coaching



Public benefits  
application

## BY THE NUMBERS

453

clients assisted

21

wraparound services (safety, financial, career coaching, etc.)

20

families received housing through An-Nisa's assistance

## Our Case Management Process

1

Potential client fills out assistance application

2

Short intake interview to determine eligibility

3

Determine eligibility for services such as housing, counseling, financial, and more\*

4

Construct unique case plan based on values, strengths, & goals

5

Partner and guide client to self-sufficiency and economic empowerment

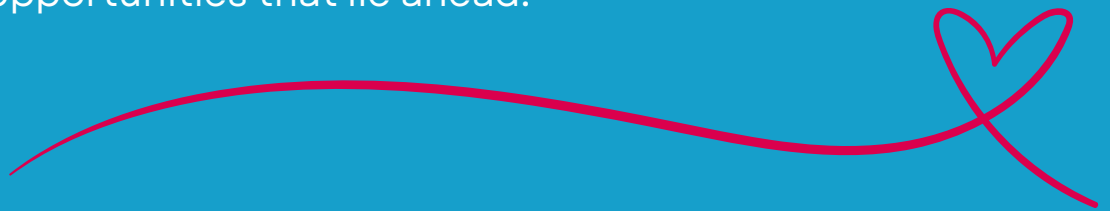
# Client Testimonials ”



Zainab,  
Client Stories 2023

“In the depths of my marriage, I endured domestic violence due to my husband's bipolar disorder. With An-Nisa’s support, I found the strength to move out and secure housing. Collaborating with a partner agency, I initiated divorce proceedings. Despite the challenges, I persevered in my journey to become a radiologist.

In just a few months, I transformed into an independent and empowered woman. As the divorce finalized, I now anticipate graduating from school, marking the end of a difficult chapter and the beginning of a bright future. Your unwavering support has been instrumental in my remarkable progress, and I'm grateful for the opportunities that lie ahead.”



Hiba,  
Client Stories 2023

“In my marriage, I was abused by my husband, leaving me shattered and unable to pursue employment despite having a good education. An-Nisa’s support guided me through healing, and with the resources provided, I liberated myself from the trauma. Witnessing my transformation fills me with pride.

Now, not only have I overcome my own hurdles, but I also extend a helping hand to others in need, turning my experiences into a force for good. My journey stands as a testament to the remarkable capacity of the human spirit to overcome and emerge victorious, offering hope to others along the way. I am very grateful to An-Nisa for helping me unconditionally”



# Empowering Financial Independence



Our Financial Case Management department is one of the most crucial in getting our clients confidently independent. 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:



## 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. **The Mawakhat program is such an important part of our financial assistance program at An-Nisa.**

**Mawakhat sponsors have contributed to over 220 financial assistance payments and have disbursed over \$120,000 in 2023** 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 who are in need.

The Mawakhat program has assisted almost 100 families in 2023.



## Inspiring Change Through Education

Our goal is to **prevent** and **reduce** domestic violence by educating the community on how to recognize abuse & qualities of healthy relationships. We aim to eliminate Domestic Violence from the foundations of the family unit.

We do this by engaging men, women, and children in education programs, teaching community members on how to treat all aspects of the household to build healthier communities.

### Trainings include:

- Healthy Communication
- Effective Parenting Workshops
- Conflict Resolution
- School Presentations & Workshops
- Anger Management
- Red Flags of Domestic Violence

You can find us at:



MOSQUES



SCHOOLS



COMMUNITY  
CENTERS



VIRTUAL  
TRAININGS

IN 2023 WE HELD... **67 TRAININGS**

**5** Parenting Workshops

**4** Let's Talks

**3** Community Conversations

### Other trainings include:

- Being your Authentic Self
- Starting Difficult Conversations
- Bullying & Self-Esteem
- Emotional Intelligence
- Toxic Behaviors in Relationships



Family Matters:

PARENTING WORKSHOP

Seminar 3:

Raising Resilient Children

AN-NISA PRESENTS  
**Community Conversation**

**The Parent & Youth Divide**

An open conversation on bridging the generational gap in our homes on a virtual webinar.



Roadmap to Successful  
*Relationships*

**Healthy Communication & Active Listening**

by An-Nisa with Oasis Center

Join us for an interactive session on communication that we can implement in our homes for healthier and happier families!

AN-NISA PRESENTS:

*Let's Talk:*

**STRENGTHENING YOUR RELATIONSHIP WITH YOUR CHILDREN**

STREAMED LIVE ON:  
[FACEBOOK.COM/ANNISAHOPECENTER](https://www.facebook.com/ANNISAHOPECENTER)



**SADAF PATEL**  
 Education Director  
 An-Nisa



**SELINA ALI**  
 LPC-Associate  
 Sacred Minds  
 Supervised by John Spoele LPC-S

**EMOTIONAL INTELLIGENCE**  
 IN OUR FAMILIES & HOMES

by An-Nisa with Oasis Center

Join us for an **interactive session** on emotional intelligence, tips on how to improve it, & identifying key strategies with our loved ones



**Community-Wide  
 Dua for Palestine**



AN-NISA PRESENTS

**Community Conversation: Special Edition**  
 A Virtual Webinar

**Pathway to Resilience:  
 Discussing Trauma & Hopelessness**

A community discussion that takes a deeper dive into healing from grief and trauma. Join us as we discuss how to find strength during



AN-NISA & MAS KATY CENTER PRESENT:



**HANDLING GRIEF &  
 RECOGNIZING HARMFUL RED FLAGS**



**THAHIRA AHMED**  
 LPC-S, Therapist  
 An-Nisa



**DR. ATEKA ZAKI, MD**  
 Child & Adolescent  
 Psychiatrist



**MOHAMMAD AMAD**  
 Deputy  
 HCSO

A program on handling grief in difficult situations, and recognizing red flags that may lead to harmful actions



**DETOXIFY**

Breaking free from toxic patterns in relationships and discovering a healthier mindset.

**& more...**





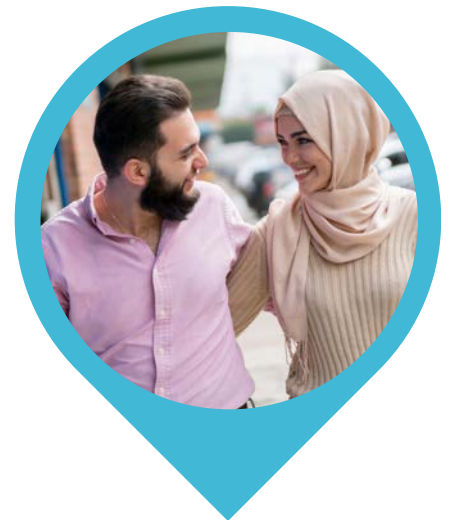
# The Roadmap to A Successful Relationship

**Roadmap to Success by An-Nisa is an intervention program that was launched in 2023.** The Roadmap to a Successful Relationship, or simply "the Roadmap," is a comprehensive program designed to provide individuals, couples, or groups with the tools and understanding necessary to mend troubled relationships. **This non-therapy approach aims to facilitate solutions and help participants navigate the challenges they face in their daily lives.**

The Roadmap's primary focus is empowering participants to identify areas for self-improvement, equipping them with practical skills and techniques to enhance their relationships. By addressing underlying issues and fostering positive communication, the program empowers participants to take control of their relationships and work towards a more fulfilling future.

In general, the goals of the Roadmap are to:

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



## Client Testimonial:

“My husband and I are so grateful for An-Nisa’s Roadmap to Successful Relationship and Educational programs. We were struggling to understand and compromise with each other for years until we reached out for help. Our rocky marriage has been fixed and we are so excited for our future together.”

Client Stories, 2023

# Educate, Advocate, Legislate

**The Advocacy & Outreach program was created to be at the forefront of domestic violence, mental illness, child, and elderly abuse.** Most importantly, this department works to eradicate domestic violence at the policy level.

The Outreach program works to create lasting relationships with organizations with similar values and influence policy/legislation, ensuring community leaders are educated on domestic violence and the impact of trauma.

## Advocacy/Outreach Highlights

### **PASSED A BILL IN THE LEGISLATURE**



In June, we had our first legislative bill passed (SB 855), which mandates judges to receive training on domestic violence red flags in court regardless of their purview. JATA was officially signed into law by Governor Abbott and went into effect on September 1, 2023, and is the first Muslim led bill to be passed in 20 years.

### **CONTINUING LEGAL EDUCATION**



An-Nisa's Advocacy team provided a Continuing Legal Education course on the "Neurobiology of being in Court" to Fort Bend prosecutors. Dr. Ketam Hamdan discussed the Brain Science of Trauma, emphasizing the importance of understanding trauma's impact for effective legal services and justice.

### **CONTINUING MEDICAL EDUCATION**



We collaborated with NAAMA to provide Houston area physicians with a CME training session on the "Neurobiology of Trauma". Doctors earned 2 hours of CME credit and received a Healthy Relationship Checklist to display in their offices. The checklist, created by An-Nisa, highlights trust, respect, and communication in the medical environment to enhance patient care and support.





## RICE UNIVERSITY



An-Nisa trained Rice university staff on the situation in Gaza, addressing the emotional impact on Muslim and Pro-Palestinian students. Discussions included the ongoing civilian deaths, trauma, mental health consequences, rise of Islamophobia, discrimination, and injustice faced by Pro-Palestine students. An-Nisa was also to met with Rice students to share experiences and promote understanding and support in light of the Palestine crisis.

## UNIVERSITY OF HOUSTON



In May 2023, we launched a youth advocacy program for mental health aimed at partnering with universities and colleges in the greater Houston area with a focus of being a conduit of trust between the institutions and Muslim student populations. An-Nisa collaborated with UH MSA to provide a session “Boba & Breakthrough: Navigating Academic Blues”. Fatima Sultan, LPC-S moderated a panel discussion and talked about navigating through school and academics during trying times.

## COMMISSIONER LESLEY BRIONES



Commissioner Briones' office donated 80 Chromebooks to An-Nisa for domestic violence victims. The initiative, in partnership with Harris County Public Library, aimed to bridge the digital divide by providing internet access to underserved communities. The Commissioner invited An-Nisa to the Commissioner's Court in October, Domestic Violence Awareness Month, where An-Nisa was recognized with a resolution for our work in the community.

**Advocacy and Outreach was able to achieve incredible milestones this year.** Since its launch in January 2023 - the team has passed a bill in the legislature, hosted trainings for lawyers, doctors, and judges, and created an incredible network of community partners along the way. **We can't wait to continue to #EducateAdvocateLegislate.**





# Mental Health Care

An-Nisa's Mental Health Care branch offers cutting-edge care. Our counselors offer in-person and telehealth sessions, we have psychiatric services, and in 2023 we have officially introduced neurofeedback to our clients and community. **An-Nisa's mental health department offers unique trauma therapy that integrates the head, heart, and body for total well-being and healing.**

Our mental health has continued to expand in 2023, offering treatments for depression, anxiety, trauma/PTSD, relationship issues, support groups, self-esteem, marital & premarital, divorce, social anxiety, and more through a trauma-informed approach.



## Mental Health by the numbers:

**1,293** total brain scan and neurofeedback sessions



**413** counseling clients in 2023



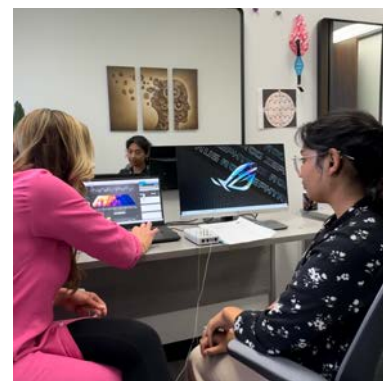
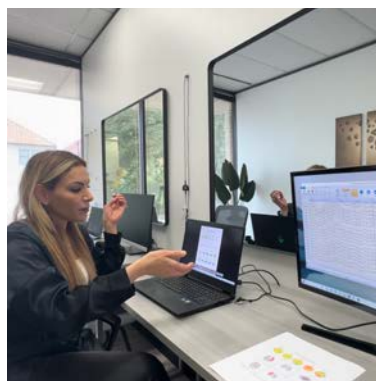
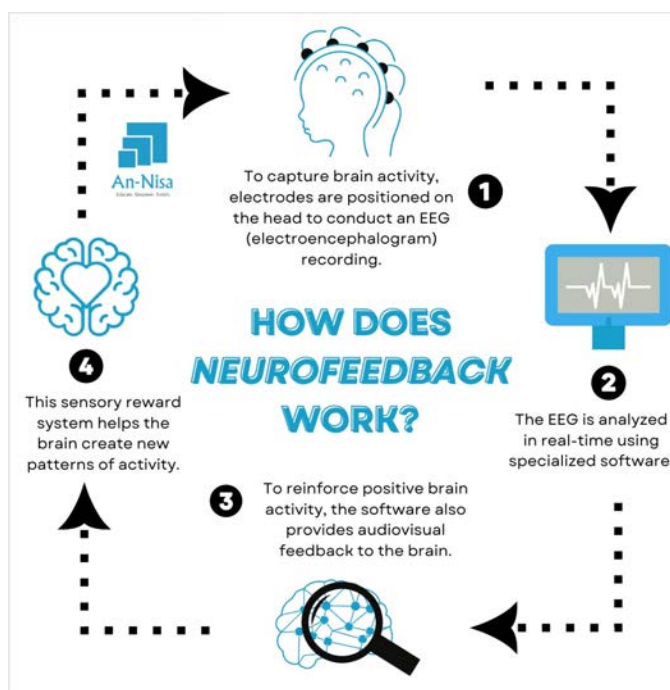
**3,655** total counseling sessions



In 2023, neurofeedback, also known as EEG biofeedback, was opened up to our community! An-Nisa was among the first organizations to introduce neurofeedback in an easy and accessible manner. Neurofeedback is a noninvasive procedure that measures a patient’s brainwaves and provides the patient with real-time feedback about how the brain is functioning. It helps teach self-control of brain functions by indicating to patients how their brains react to certain triggers.

Neurotherapy is a combination of neurofeedback, biofeedback, and talk therapy. Neurofeedback, also referred to as EEG biofeedback, teaches self-control of brain functions by measuring brain activity with sensors placed on the scalp.

## The Neurofeedback Process:





# The Month of Giving | Ramadan 2023

With the unwavering support of our community and the dedication of our partners and volunteers, An-Nisa embarked on a remarkable Ramadan journey in 2024. This year's initiative was marked by collaboration with esteemed communities across the Houston area, fostering a spirit of compassion and solidarity.

**Our cherished partners**, including ISGH Masjid Hamza, Islam in Spanish, Ibrahim Islamic Center, Masjid Mumineen, Masjid Islamiah, and Masjid At-Tawhid, joined hands with An-Nisa to extend a helping hand to those in need.

## **In the spirit of giving, An-Nisa achieved the following milestones during Ramadan 2023:**

- **3,105** Iftar Meals: Delivered to deserving families, ensuring that they experienced the joy of breaking their fast with nutritious meals.
- **6,000** Goody Bags: Distributed to children in the community at various masajid, spreading joy and excitement during the holy month.
- Eid Outfits: Provided to more than **300 families**, contributing to the celebration of Eid ul-Fitr with dignity and happiness.
- Eid Gifts: **Gifted to 250 children**, creating moments of delight and warmth that will be cherished for a lifetime.

This tremendous success would not have been possible without the support of our generous community, the collaboration of our esteemed partners, and the selfless dedication of our volunteers and staff members.

As we reflect on the accomplishments of Ramadan 2023, An-Nisa remains committed to continuing its mission of compassion, generosity, and community service.





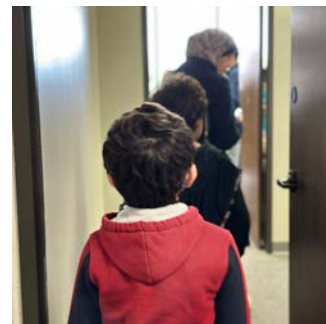
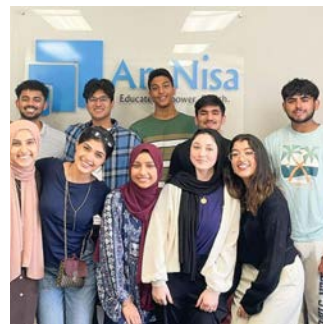
# You(th) belong here.

An-Nisa Youth is a program by the youth for the youth.

The purpose of this program is to **foster a safe space** with open communication and allow the youth to grow through genuine authentic relationships. An-Nisa Youth offers fun, educational, and Islamic programs for everyone 13-25 years old.

In 2023, the An-Nisa Youth department rebranded from STRONG Youth becoming An-Nisa Youth, to better align with our mission and vision. **Since the start of 2023 the youth team has hosted 9 events and welcomed almost 100 new members!**

**As we look to 2024**, the youth team will expand even further with An-Nisa's newest Emerging Leaders program - a program that will help create leaders through programs like Knowing Yourself, Self-Development, and more!





## The Tutoring Academy

The An-Nisa Tutoring Academy continues to be a free K-12 online tutoring service and resource, dedicated to teaching students in low-income and marginalized communities.

The Academy was founded in March 2020 as a result of COVID-19 in order to ensure these students did not fall behind in their studies due to school closures and online schooling.

The incredible tutors have continued to tutor one-on-one. **In 2023, we assisted and mentored a fluid pool of about 20 new students. We averaged 38 students and 40 tutors throughout this year.**

## The Quran Academy

**The online Quran and Islamic Studies program has been flourishing under 2 amazing teachers and 12 dedicated & wonderful volunteers who serve as teacher assistants.** We also collaborate with MIC Weekend School for higher-level student classes.

**We now have classes 7 days a week, averaging 55 students for the year!** We are proud to report a **95% graduation rate** for students moving to the next level in Quran and Islamic Studies. do we have a community fulfillment page?



In 2023, the Tutoring & Quran Academy has continued to expand and work towards ensuring every student has equal opportunities throughout the program. This year, we have:

- Added a new teacher and administrator.
- Established Parent-Teacher meetings.
- Conducted Life Skills sessions taught by An-Nisa's Mental Health Professionals. Topics included: bullying, peer pressure, and making friends
- Students were rewarded prizes for implementing Islamic concepts into their lives.
- Worked on multiple Islamic Studies projects.





## We would like to give a special thank you to our 49 amazing 2023 Community Partners:

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  
ICNA Houston  
Texas Council for Family Violence  
United Way of Greater Houston  
The Empowered Survivor  
Houston Endowment

CAIR Houston  
Dar Us Sakina  
Shifa Healthcare  
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  
Houston Area Women's Center  
Depelchin  
Houston Legal Aid  
Child Advocates of Fortbend  
Workforce solutions  
AIS (Aid to Immigrant Survivors)  
TRS Health Clinic  
Fortbend Women's Center  
Family Times Crisis and Counseling Center  
Coordinated Access  
The Brown Foundation  
Capital Idea Houston  
BPSOS





### Department Directors

Bibi Khan | Operations, Roadmap  
 Sadaf Patel | DV & Education  
 Dr. Ketam Hamdan | Mental Health & Neurofeedback  
 Raazia Nathani | Advocacy & Outreach  
 Safra Khan | Marketing

### Mental Health Care & Neurofeedback

Thahira Ahmed, LPC-S  
 Chrystal Said, LPC-A  
 Imene Benslimane, LPC  
 Fizza Butt, LPC-A  
 Fatima Sultan, LPC  
 Shahneela Naveed, LPC-A  
 Dr. Ateka Zaki, MD  
 Dr. Faisal Tai, MD  
 Amina Ishaq, LMSW  
 Asia Anderson  
 Zahraa Alhelli

### Advocacy

Marina Khan  
 Sarah Bhojani

### Tutoring & Quran Academy

Farzana Ahmad  
 Aisha Sultana  
 Haiyam Malak

### An-Nisa Youth

Nusaybah Idrise  
 Asma Rehman  
 Adil Waheed  
 Maarya Khan

### Helpline Operators:

Samina Murtaza  
 Kiran Qureshi  
 Sonia Khan  
 Fathima Nushrat

### D.V. Case Managers:

Saira Waheed  
 Jihane Ghenim  
 Ammara Ali  
 Zainab Arif

### Financial Case Managers:

Samina Murtaza  
 Zahraa Alhelli  
 Hassna Hassan  
 Faten Abdullah  
 Sonia Khan

### Operations:

Erum Kamran  
 Angela Montenegro  
 Aqib Waheed  
 Zara Khan  
 Aneela Malik  
 Muneeza Ilahi  
 Maria Kari  
 Rahima Khan

### Community Fulfillment

Ammara Ali  
 Zahraa Alhelli  
 Fatima Hassan  
 Iram Khandwala  
 Zainab Chaudhry  
 Enaas Baig  
 Rehana Essa

### Roadmap to Success:

Shaymela Bacchus  
 Fathima Nushrat  
 Thahira Ahmed, LPC-S

### Speakers Bureau:

Sohail Arshad  
 Azeema Rehman  
 Hafsa Ishaq  
 Rabeea Baloch, LPC-Associate



# Back to Our Roots

In 2023, An-Nisa opened our newest office location in North Houston - where, in 2009, An-Nisa was originally introduced to the community!

**We are so excited to share this space with the community in North Houston and surrounding areas.**

This office offers a case management workspace, a full conference room for family counseling and Roadmap sessions, two counseling rooms, and a full play therapy space for our Registered Play therapists equipped with items for children 12 and younger. This office space was carefully crafted with our cutting-edge Mental Health Care in mind.

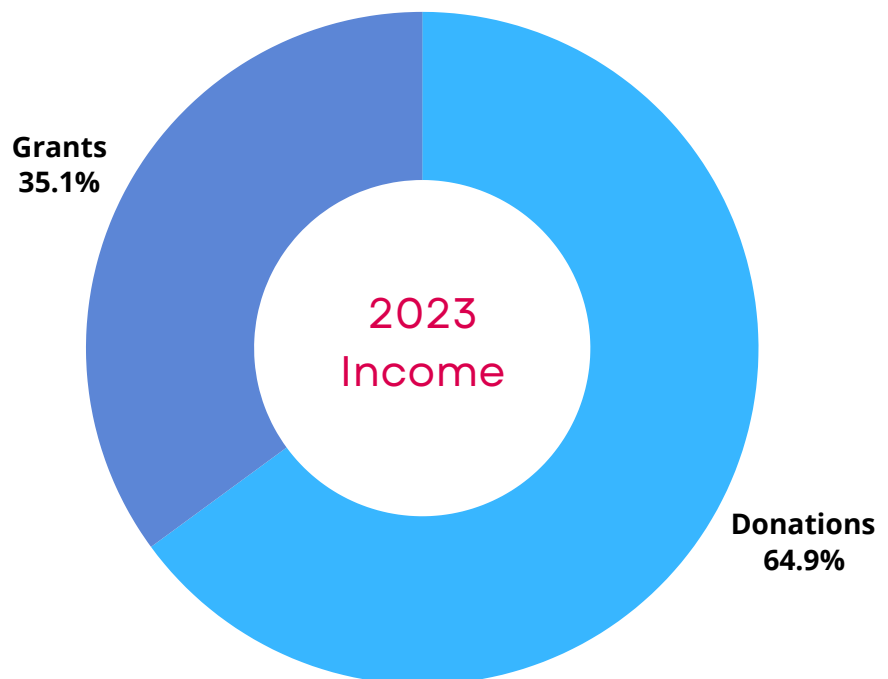
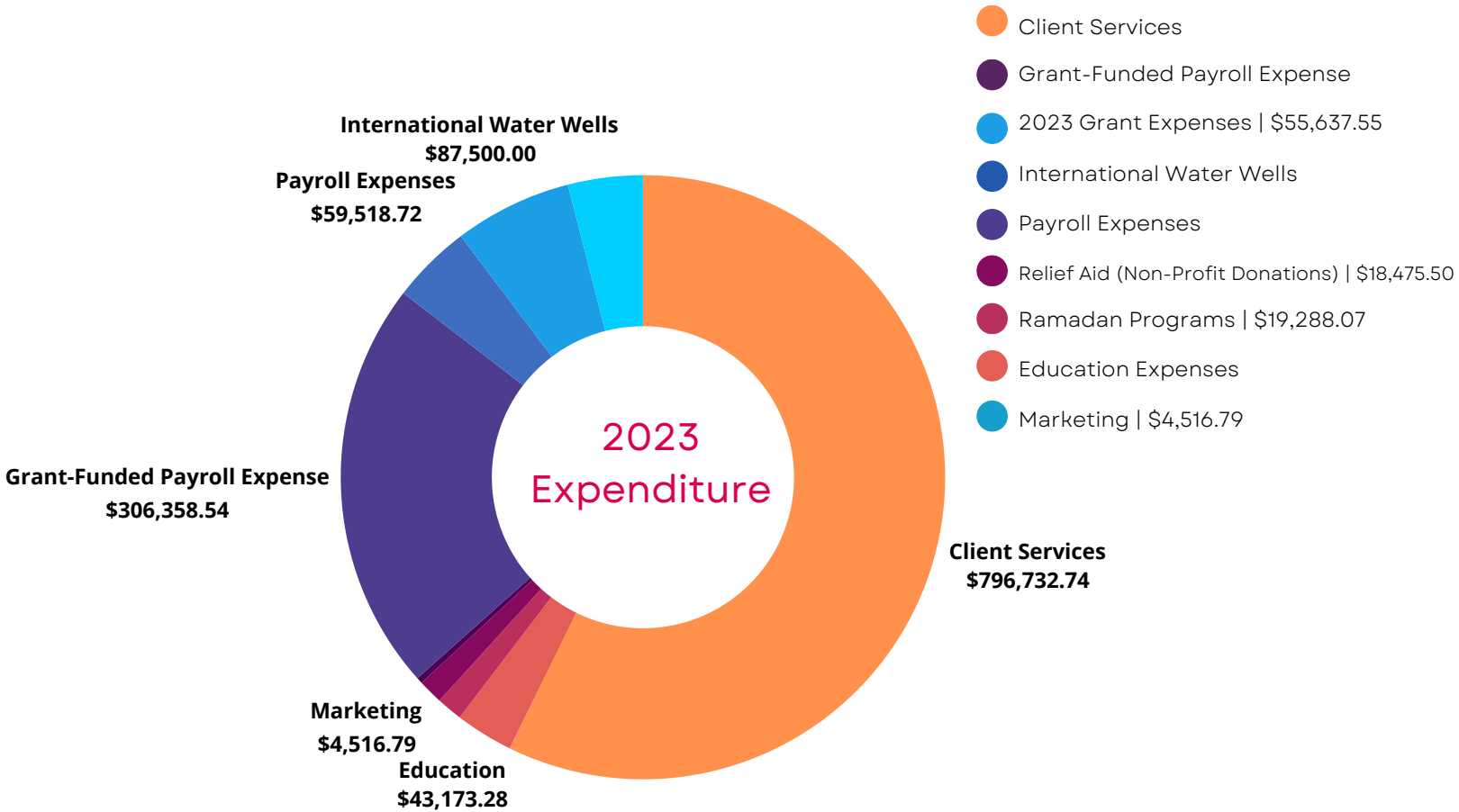
**The North Houston office location is open three days a week and offers the same services that we offer in our South Houston headquarters.**

This was a beautiful milestone that we were able to check off of our list. As we grow and expand, we would like to thank you all for your continued support.





Transparency is such an important value at An-Nisa. The information presented is based on the audited [Financial Report for 2023](#). We thank you for your continuous support.





**As we look forward to 2024**, we wish to continue to make strides in our innovative ways of educating, empowering, and enriching our community and communities outside of Houston!

**We are dedicated to engaging brothers within our community in actively addressing mental health concerns among men and boys.** Our strategy involves organizing awareness campaigns, conducting workshops tailored for brothers to break the stigma around mental health, and fostering open discussions to create a supportive environment for sharing experiences.

Additionally, **we aim to empower community members by offering workshops on “Knowing Yourself” and “Creating Healthy Boundaries”.** These sessions will focus on enhancing self-awareness and exploring personal strengths and weaknesses.

An-Nisa plans to expand our workshops to other cities, researching potential partners and developing a scalable program model. **Our commitment to empowering clients transitioning from married to single moms includes providing workshops on financial literacy, career development, and emotional well-being, as well as building partnerships with local agencies offering essential services.**

**An-Nisa aspires to intervene in the generational abuse cycle** by implementing educational programs in schools, hosting community events promoting positive family dynamics, and collaborating with local law enforcement and social services.

Lastly, to ensure social adjustment after the transition, we will organize social events, and support groups, and work closely with schools and community centers to provide resources for children's social and educational needs.

Through these initiatives, we aim to make a positive impact on mental health, empower individuals, and create a supportive community for all.



The roadmap to  
educate,  
empower, &  
enrich continues...



Thank you for your unwavering support to our mission & vision.



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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An-Nisa

Educate. Empower. Enrich.