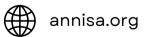
About Us

We are a non-profit organization working to empower, educate, and enrich our 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.

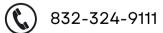


An-Nisa has available programs that are designed to do everything from making your relationship healthier or getting you to a safer place. Our culturally-sensitive and trauma-trained approach has helped over 5,000 individuals to reach the outcomes they wanted for their relationships.





@annisahouston



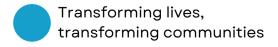
AnNisaHouston





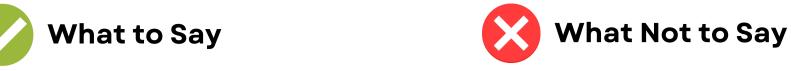


The Guide to Helping a Victim of Domestic Violence











personal

If you suspect that someone you know or love is going through an abusive situation, here's how to handle it. Call An-Nisa for more information. We are here to help.	Don't Place Blame - Do not blame the victim for the abuse or find excuses for the abuse ex.) don't ask questions such as "What did you do for him to treat you like that?"
Listen - listening without any judgment in a safe and confidential environment,	
Believe what they tell you - even if it sounds impossible, and understand that it has taken a lot for them to open up	Don't be critical or judgemental
	Don't criticize the abuser - criticize the behavior but not the person
Offer support - guidance, assurance, validation, and letting them know you're there for them Ex) "I am here for you. Tell me what I can do to help"	Don't force your advice or opinions onto them - guide them towards information and resources, not persona advice
Safety Plan	Don't pressure them to make
for safety planning information, please visit annisa.org/familyviolence	immediate decisions
Provide resources when they are ready	Don't try to make decisions for the victim Ex.) This includes pressure to leave or
Respect their choices - don't pressure them into leaving or make judgements	stay in that situation
about what they may decide	Remember, a victim in a domestic violence situation

Remember, a victim in a domestic violence situation only needs your support and may not want to be saved.