



Islamic Social Services
ASSOCIATION

INSTITUTE FOR MUSLIM MENTAL HEALTH CANADA-IMMH THE CENTRE OF WELLNESS, RESILIENCY, AND HEALING



CONFERENCE KEY FINDINGS

We humbly acknowledge that we are gathered on Treaty 1 Territory - the traditional territory of the Anishinaabe, Cree, Oji-Cree, Dakota and Dene Peoples and the homeland of the Metis Nation.

THE TWO-DAY CONFERENCE WAS CONVENED WITH THE FINANCIAL SUPPORT OF:



TD **READY**
COMMITMENT



DAY 1 AGENDA: SATURDAY, NOVEMBER 12, 2022

7:30AM	BREAKFAST
8:30AM	WELCOME & INTRODUCTION: VISION/MANDATE INSTITUTE FOR MUSLIM MENTAL HEALTH Shahina Siddiqui, ISSA
9:00AM-9:20AM	SESSION 1: UNTANGLED: LAYING THE FOUNDATION Dr. Omar Reda
9:25AM-10:00AM	SESSION 2: TRAUMA, VICARIOUS TRAUMA PTS, PTSD: (WAR, RACISM, DIASPORA STRESS, HATE, GRIEF TRAUMA INFORMED CARE) Dr. Omar Reda, Dr. Andrew McLean
10:00AM-11:25AM	CONVERSATION CAFE
11:30AM-12:30PM	SESSION 3: IMPACT OF ISLAMOPHOBIA ON MENTAL HEALTH OF MUSLIM YOUTH Emad Alarashi THE CENTRAL ROLE OF RELIGIOSITY AND PSYCHO/ SPIRITUAL VARIABLES ON MENTAL HEALTH FOR MUSLIMS IN CANADA Dr. Farah Islam COPING WITH ISLAMOPHOBIA IN THE CANADIAN MEDICAL FIELD Dr. Katherine Bullock
12:30PM-1:15PM	LUNCH AND SALAH
1:20PM-2:40PM	CONVERSATION CAFE
2:45PM-3:45PM	SESSION 4: SPIRITUAL COUNSELLING, SELF CARE Shahina Siddiqui, Imam Abd Alfatah Twakkal
3:50PM-5:15PM	CONVERSATION CAFE
6:30PM	DINNER

DAY 2 AGENDA: SUNDAY, NOVEMBER 13, 2022

7:30AM	BREAKFAST
8:30AM-9:00AM	SESSION 1: MUSLIMS AND MENTAL HEALTH-RESEARCH Abrar Mechmechia, Shakil Mirza
9:10AM-10:10AM	SESSION 2: MUSLIM YOUTH – GENDER IDENTITY AND ORIENTATION, ADDICTIONS jeewan chanicka, Hira Rashid
10:20AM-11:30AM	CONVERSATION CAFE
11:35AM-12:30PM	SESSION 3: SOCIAL WORK AND MENTAL HEALTH:FAMILY BREAKDOWN, DOMESTIC VIOLENCE - PREVENTION AND SERVICES Dr. Aneesah Nadir, Imam Abd Alfatah Twakkal, Dr. Farah Abbasi, Brenda Viera
12:30PM-1:15PM	LUNCH AND SALAH; CHECKOUT
1:20PM-2:20PM	CONVERSATION CAFE
2:30PM-3:30PM	SESSION 4: ROLE OF IMAM: MENTAL HEALTH AND SOCIAL WORK Imam Mahdi Qasqas, Imam Yasin Dwyer, Imam Mohamad Abdelsatar
3:40PM-5:00PM	SESSION 5: ORGANIZATION DEVELOPMENT
5:00PM	WRAP UP

Institute for Canadian Muslim Mental Health Inaugural Conference Report

The Institute for Muslim Mental Health-Canada is a not-for-profit institute, Initiated by Islamic Social Services Association (ISSA) in collaboration with Muslims Social Workers, Mental Health Professionals, Imams, Practitioners, and Agencies across Canada.

About Islamic Social Services Association

ISSA is a not-for-profit social service organization that offers comprehensive social, family, and mental health supports that are culturally & spiritually relevant. ISSA offers anti-racism and anti-Islamophobia training, and sector-specific support systems navigation. ISSA has decades of experience in helping Muslims with their needs and challenges and has partners and resources from across Canada, the United States, and Europe that will be helpful in building the Institute for Muslim Mental Health-Canada.

ISSA serves the needs of the diverse communities that make up Manitoba's Muslim population. The Manitoba Muslim population consists of over 50 distinct cultural groups with many of its clients being recent immigrants to Canada or refugees. The vast majority of the population ISSA provides services to are visible minorities.

ISSA continued its work through the pandemic but had to shift most of its direct communication to online or over the phone and postponed large gatherings and events. However, the core client-based assistance remained the same as pre-pandemic levels of client participation. Looking more in-depth at ISSA's client numbers, ISSA has been tracking client caseloads for the past fifteen years and has experienced a steady rise of new clients over time. However, ISSA has not been able to expand mental health support to meet the growing need of Canadian Muslims in light of COVID-19 social isolation compounded by Islamophobia violence, and trauma. ISSA is hoping to assist in developing the Institute for Muslim Mental Health-Canada.

The Need for the Institute for Muslim Mental Health-Canada

For Muslims to have access to mental health support that is delivered in a culturally and spiritually safe setting is a resource for both Muslim and other social work and mental health providers and agencies.

Expanding access to culturally relevant mental health services will help level the playing field when it comes to accessing mental health support. ISSA's vision is specifically targeted at expanding access to culturally competent, diversity literate, trauma-informed, and spiritually resilient mental health support for the Canadian, Muslim community, which may otherwise face barriers to accessing such services.

For decades Canadian Muslims, who provide social and mental health services, have been raising deep concerns over the lack of a cohesive, professionally researched, and collaborative national strategy, to centralize resources and expertise that can be harnessed for services and program development, research, best practices, and professional development training.

One year of consultations with professionals, Imams, and practitioners across Canada and the USA has built consensus for an Institute that will incorporate the:

Centre of Excellence and Wellbeing:

Trauma-informed Community and Family health and healing to include best practices and spiritually infused therapeutic programming.

It would prioritize healing and resiliency against the many social and family challenges Muslims face.

Knowledge Hub:

Research, Data Gathering. Initiating Research on Issues of Concern. Accreditation of Institute curriculum. Bi-Annual Conference. Professional Development Workshops. Training for volunteer helpers and mental health First Responders.

College Islamophobia Study:

Anti-Islamophobia Workshops, Sector-specific Training. Develop a model for Mental Health Triage on the Impacts of Islamophobia violence. Develop a how-to toolkit for victims of hate crimes. Train volunteers to help with Systems Navigation. Empowering Diaspora suffering from vicarious trauma by building spiritual and emotional resiliency.

It is important to note that support for victims of hate doesn't fit the remit of present-day victim services programs offered by police and others. Canadian Muslim's experience of hate against them, their race, their faith, and their culture produce a legacy of trauma, grief, suppressed anger, and internalizing of negative stereotypes.

The impact on victims and the communities they are a part of (in this case Canadian Muslims especially women and children) are devastating and is leading to internalized and intergenerational trauma.

Additionally, the social restrictions during the COVID-19 pandemic coupled with the escalation of Islamophobia and violent attacks against Canadian Muslims, have strained the Canadian Muslim population disproportionately since 9/11 and have resulted in community-wide fear and trauma.

Many members of the community suffer from social isolation and alienation at the best of times and have suffered far more recently, and others have had to confront deep-seated trauma due to personal or vicariously experienced islamophobia. The combination has led to an increase in demand for mental health and family /social support.

It is imperative for Muslims to receive timely help and a safe space to voice their anxiety and receive support in addressing fears and grief in the form of culturally safe and spiritually compatible services.

IMMH-Canada

Vision for the Institute is to provide safe psycho-social supports that are culturally compatible and spiritually infused to meet the specific needs of the Canadian Muslim population.

Goal is to sustain and expand counseling and wrap-around support and trauma-informed programming nationally in collaboration with Muslim professionals in the field of social work and mental health to meet the growing needs and demands for their services. The proposed project will enhance and expand capacity. Two specific priorities assessed are that the Institute address developing community-based mental health support and campus-based support.

Mandate:

1. Conduct and gather research and statistics on the psychological, economic, and social impact of Islamophobia on Canadian Muslims, inclusive of the intersectionality of gender, age, race, socio-economic, special needs, and resident status.
2. To help and facilitate systems navigations with various social institutions including justice, policing, and court systems.
3. To facilitate and advocate for the reporting of hate crimes, hate speech religious profiling, and discrimination at schools, work-place, businesses and public service sectors, health, and social services.
4. To establish a hub for research, a clearinghouse of information, best practices, and service models from across North America, Europe, Australia, and New Zealand to develop and sustain a Canadian model.

IMMH Inaugural Conference Objectives

In response to the critical need for Muslim mental health support, a conference was organized to develop sustainable solutions and strategies and develop a systematic/systemic roadmap to respond to the above-mentioned challenges as a team and lay the foundation for the Institute for Muslim Mental Health and well-being.

This conference is a vision for both current and future generations and an opportunity to share, and exchange the knowledge of the many stakeholders who have been involved in Muslim social and mental health, to give them a platform to collaborate.

Through the conference, stakeholders were given the opportunity to exchange ideas, share best practices and research, and present ideas for service delivery, client advocacy, and sector-specific training.

The conference allowed stakeholders to exchange ideas on how to build capacity and help foster resilience within the community and raise awareness in wider society through the training of volunteers, practitioners, and professionals.

The Conference's goal was to provide a space to exchange knowledge that would ensure that the Institute for Muslim Mental Health-Canada could be developed in an evidence-based and culturally relevant way.

A call was put out to Muslim social services organizations, Muslim mental health professionals, practitioners, Imams, activists, and Muslims with lived experiences to be able to provide their expertise. Those invited to the conference would serve as a team of founders of the Canadian Muslim Mental Health Centre.

Conference Format

The conference was held November 12-13, 2022 in Winnipeg, MB Canada at the Hilton Winnipeg Airport Suites. It consisted of two full days of conference proceedings including speakers, presentations, discussions, collaborative planning, and shared meals.

The conference was well attended and succeeded in its goal of bringing diverse stakeholders within the Muslim community together to collaboratively work towards developing the Institute for Muslim Mental Health-Canada. The conference had 40 attendees. Attendees and speakers came from across Canada and the United States. Representation included Muslim social work and mental health agencies, physicians, psychiatrists, social workers, psychologists, counselors, activists, Imams, and practitioners.

Through the diversity of the participants and the topics discussed at the conference, **many common themes and needs were identified.**

At the conclusion of the conference, A final group discussion was held to identify the priorities of needs for the Institute based on the themes of the conference. This discussion also gave the opportunity for interested stakeholders to volunteer themselves and their organizations to partner with them and to work collaboratively.

Overall ISSA views the conference as a success as it did indeed bring stakeholders together to collaborate and share their ideas, thoughts, evidence, research, and best practices that are critical to inform and operations and programming of the Institute.

Organization Development: Key Consensus

In the final event of the conference, all conference attendees and speakers gathered in a circle to discuss and plan the future of the Institute for Muslim Mental Health-Canada.

This allowed the opportunity to work together and figure things out both personally and organizationally regarding who would be able to contribute to the new institute. In this way, all conference attendees are the founders and now felt that had a responsibility and ownership of the institute that will benefit the lives of Canadian Muslims for years to come. This sharing and collaboration will ensure that the institute would be accessible across Canada and draw from across the wide spectrum of mental health/ social work professionals, practitioners, and Imams.

While initiated by Islamic Social Services Association – the Institute is a shared service and not the ownership of ISSA. The Institute for Muslim Mental Health-Canada will be serving across Canada and will be based in Winnipeg Manitoba.

ISSA has applied for a 5-year grant for the institute from the federal government and other foundations. Staffing includes- Director and 3 staff. ISSA will be the organizer till the staff is in place similar to the setup that they did with the Canadian Muslims Women's Institute. What the organizers of the conference were looking for were organizations and individuals to lend their excellence and knowledge to build and run the Institute. The main goals for the institute were for it to be the Centre of Excellence, Knowledge Hub, and College for addressing the mental health impacts of Islamophobia.

The Institute is envisioned to be a licensing or regulatory body

The Centre of Excellence will focus on wellness, well-being, and empowering resiliency of Canadian Muslims. To respond holistically, professionally, and in a timely manner to the Muslim community for the various social and family challenges they are facing.

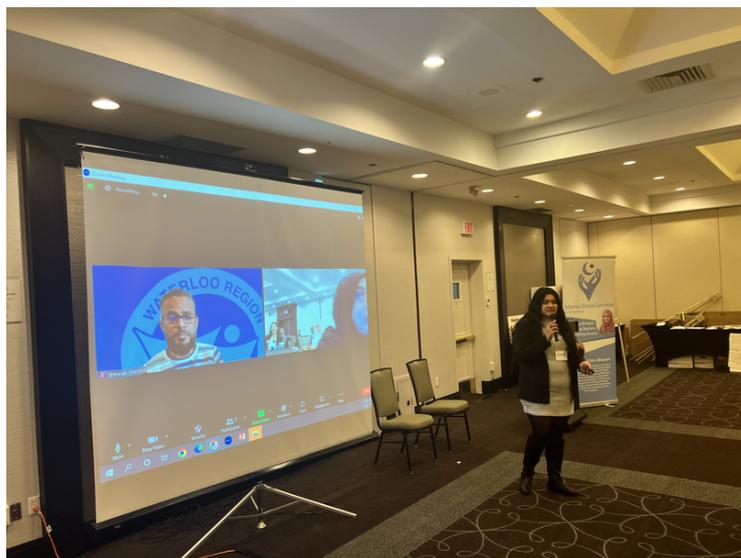
The Institute's knowledge Hub will promote gathering and initiate research that will be accessible and will be a database for professionals and academia. The Hub will best practice knowledge, conduct research, and act as a database for Muslim-specific resources and information.

College for Islamophobia Studies, the Institute's Islamophobia Studies will hold training and workshops, addressing sector-specific Islamophobia and caring for the Muslim community, addressing the mental health impacts of Islamophobia on Muslims visa we hate speech and hate crimes. Monitor and Confront Islamophobia when the human rights of Canadian Muslims are compromised within government apparatus such as the Intelligence Services, Security Services, CRA, Justice System, Immigration, and Policing.

- Network development. It was observed that this conference had already attendees had already the process. It was also suggested that people could coordinate with one another, meet virtually, and even meet regularly in the interest of building up the mental health institute. Two more suggestions for network development were the institute could have contact lists for those interested to offer mentorship to youth entering the field of Social work and mental health and wanting to help the community
- Professional development - It was suggested that care and development for imams, staff, school teachers, and spiritual counselors be offered.
- It was also stressed that this training should be research-informed to hold up to the standards of excellence the institute is striving for.
- Community Safety - Another suggestion was that part of the base structure of the institute be focused on community safety as it is a significant concern for Muslims.
- This would include safety from Islamophobia and discrimination, as well as internal safety from perpetrators to the vulnerable population within the community centers, mosques, and schools.
- Social Media - It was brought up that youth are a difficult demographic to reach with programs and services. In order to address this.

- It was suggested the institute explore using social media or an app for outreach. It was suggested this would be very important for outreach and it could foster a community around the institute as well.
- Accessibility - Concerns about accessibility were brought up as well. It was noted that Muslims all over Canada are in need of support so it is good that this will be a national institute.
- However, it was noted that it needs to be accessible in its services for those living with disabilities and special needs

***For these needs to be appropriately addressed and resourced, community-based solutions that involve a long-term commitment by the federal government are required.**





PRESENTERS AND ATTENDEES



Abrar Mechmechia

Abrar is a mental health counsellor and a member with CCPA (Canadian Counselling and Psychotherapy Association) with a passion for empowering marginalized youth and women. Abrar was born in Hamilton and raised in Aleppo, Syria.

When the civil war broke out, Abrar remained in Syria to volunteer and work with SOS, UNICEF, and UNHCR to provide children with trauma-informed mental health care. She is the Founder of ABRAR Trauma and Mental Health Services.



Abier Albarbary

A Registered Psychotherapist and Pastoral Counselor; she is the first Muslim student to graduate from the University of Toronto's Masters Program for Pastoral Studies (2014). This degree allowed her to combine Islamic Theology and Psycho-

therapeutic counseling, a marriage of areas that are vital to her career. Her long standing role as a psychological consultant, researcher, educator and counselor began around September 2001 (aka 9/11), when the divide between the West and East was peaking with hate crimes internationally. With over 20 years of experience in psycho-education, psychotherapy and support groups for Muslims and non-Muslims, both in North America and in the Middle East. Finding the Balanced Way between divergent cultures is the motto she prescribes to. Her efforts have increased to help raise awareness around issues concerning Muslim families, women and youth in public spaces within multicultural contexts. .



Imam Abd Alfatah Twakkal

Imam Abd Alfatah Twakkal was born and raised in Calgary, Canada. He holds a BA Honours in Religious Studies, a BSc in Zoology, and a Master's degree in Islamic Studies. Imam Twakkal has been engaged for several years in many aspects of

interfaith dialogue, the media, youth and family counseling and outreach. He lives in London, Ontario where he served as the Imam of the London Muslim Mosque for four years and its Director of Community Outreach and Engagement until June of 2018. He has been serving as the Muslim Chaplain for the London Police Services since July of 2019 and also volunteers as a chaplain and spiritual care worker with the Elgin-Middlesex Detention Centre and the London Health Sciences Centre. In January of 2022, he was appointed as the first Muslim Chaplain for the RCMP "O" Division.

Aisha Awan

Cst. Aisha Awan is a member of the Royal Canadian Mounted Police (RCMP), currently posted to 'D' Division (Manitoba). She was born in Pakistan and raised in Winnipeg, MB where her family maintained a strong foundation with the local Muslim community. Cst. Awan has been with the RCMP for over 12 years, first serving in an administrative capacity in a variety of units including Criminal Operations and Federal Policing. In 2017, she attended to the RCMP training academy known as Depot and graduated as an operational general duty member. Cst. Awan has since served in rural, urban and Indigenous communities in Manitoba, working on a wide range of investigations and initiatives including Mental Health and Equity, Diversity, and Inclusion (EDI) committees.



Amira Abutaa

Amira Abutaa is a passionate advocate and mental health professional. She is currently working as a Youth Counselor at Abrar Trauma and Mental Health Services. Amira provides services through one-on-one counselling, group counselling and workshop

facilitation, both online and in-person. She completed her undergraduate degree at the University of Toronto in Women and Gender Studies, Sociology and Psychology in 2018. In 2021, she completed the Addictions and Mental Health post-graduate certificate program at Humber college, and is currently a member of the Canadian Counselling Psychotherapy Association.



Athir Jisrawi

Athir Jisrawi, MA, RP(Qualifying), has been with Nisa Helpline since 2016 when she joined as a volunteer peer counselor. Currently, she is a Training Coordinator with the Nisa Helpline frontline services team, providing ongoing training and development for peer and mental health counselors. Athir is also a clinical counselor practicing community mental health, primarily focusing on violence and abuse prevention. Her approach to counseling is person-centered, trauma-informed, and anti-oppressive



Badiah Abdelnabi

Badiah Abdelnabi, Regional Manager of Nisa Homes Windsor, and the Lead for the Childcare Program, overseeing the childcare workers for Nisa Homes locations. I am a registered Early Childhood Educator.

I have been with Nisa Homes for three years. passionate about dispelling the myth and stigma of Mental health in our community and bringing awareness and education regarding DV and the effects of it on the whole family unit, especially the children.



Brenda Viera

Brenda Viera has been with Nisa Helpline since 2019. She started as a peer counselor and then moved into the admin role and has held this position for two years. She looks with optimism to the

future of Islamic Mental Health initiatives.



Emad Alarashi, MSW

Emad Alarashi is a Registered Social Worker (RSW) with the Ontario College of Social Workers and Social Service Workers (OCSWSSW). He holds a Masters of Social Work degree from University of Toronto Factor-Inwentash Faculty specializing in

Human Services Management and Leadership. Emad has ten years of experience working with diverse communities including those who identify as racialized, visible minority, newcomers, and marginalized populations and within Neighborhood Improvement Areas (NIAs) in the Greater Toronto Area. Emad works from a culturally safe, strength-based, anti-oppressive, anti-racism, human rights, and intersectionality framework to engage with and support communities' capacities.

PRESENTERS AND ATTENDEES



Farah Islam, PhD

Farah Islam, PhD, is a mental health advocate, educator, and researcher. Dr. Islam holds an Honors Bachelor's of Science in Neuroscience (University of Toronto), a Master's in Neuroscience and a Ph.D. in Epidemiology (York University).

She explores mental health and service access in Canada's racialized and immigrant populations using mixed methods research and orients her research and community work around breaking down the barriers of mental health stigma. Dr. Islam joined Yaqeen as a senior fellow and is now the Director of Psychospiritual Studies. She is a student in the Scholar of Islamic Sciences 'alimiyyah program at Mathabah Institute. Dr. Islam has taught courses in Muslim mental health at the University of Toronto, Islamic Online University, and the Islamic Institute of Toronto.



Dr. Farha Abbasi

Dr. Farha Abbasi is an Assistant Professor in the Department of Psychiatry at Michigan State University and core faculty member of the Muslim Studies Program. Her areas of interest are cultural psychiatry and teaching medical students how to provide

culturally appropriate care to Muslim patients. She works directly with Muslim American community to encourage integration rather than isolation from mainstream society. She is the founding director of the Annual Muslim Mental Health Conference.



Hanadil Ahmed

Hanadil started off as a volunteer for Nisa Helpline in the Research and Development department and is currently serving as Chair for the Foundation. Women's well-being drives Hanadil to advocate for women's right to live fulfilling and dignified

lives. She is the chair of Nisa Foundation.



Ibrahim Mohammad

Ibrahim Mohammad is a fourth year medical student at the University of Ottawa. He has extensive experience in community organizing, particularly through his involvement with the Justice for Soli movement since its inception.

He is currently the Mental Health Programs Consultant with the Muslim Medical Association of Canada, and he is currently working on multiple research projects addressing Muslim mental health, including one focusing on Islamophobia within psychiatric education.

Ismail Adigun

Adigun Ismail is a seasoned auditor and a qualified anti-money laundry specialist with deep knowledge and experience in Audit, Internal Control and Compliance. He worked in various banking departments (Audit, Investigation and Inspection, Internal Control and Compliance department) before migrating to Canada. Ismail had his 1st degree at University of Ilorin and 2nd degree at Obafemi Awolowo University, Ile-Ife with a Master's in Business Administration. He is a member of Al-Haqq Muslim group of Canada.



Jeewan Chanicka

Jeewan Chanicka is a global education leader, recognized provincially, nationally and internationally for his work in curriculum, innovation, anti-racism, human rights and social justice. In the education sphere, Jeewan has many years of experience as a support

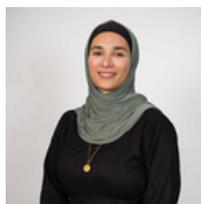
worker, teacher, administrator, principal and superintendent and prior to that in the social and community work sphere. He is currently the Director of Education at the Waterloo Region District School Board, one of Ontario's larger school districts. Jeewan has been a speaker and leader in a variety of organizations especially those focused on youth- including MYNA, MAC, MAC Youth, ISSRA, ISSRA Youth, TARIC Youth, Islamic Foundation and its youth circles, MSA, NCCM (formerly CAIR Can), CMCLA as well as a variety of smaller organizations and groups. He has run youth camps and halaqas for approximately 20 years.



Katherine Bullock, PhD

Katherine Bullock, PhD, is a TV host for Sound Vision Foundation's Canadian Muslim News and Director of Special Programs. She taught various courses on Islamic politics, Islamic civilisation, and media representation of Muslims for over

twenty years at the Department of Political Science, Katherine Bullock, PhD, is a TV host for Sound Vision Foundation's Canadian Muslim News and Director of Special Programs. She taught various courses on Islamic politics, Islamic civilisation, and media representation of Muslims for over twenty years at the Department of Political Science, University of Toronto, and Cal State, Fresno. Her research focuses on Muslims in Canada, their history, contemporary lived experiences, political and civic engagement, debates on the veil, media representations of Islam and Muslims. She is President of Compass Books. Her own books include Muslim Women Activists in North America: Speaking for Ourselves, and Rethinking Muslim Women and the Veil: Challenging Historical and Modern Stereotypes.



Leen Yaghi

After earning my degree in Biotechnology, I entered the non-profit world to explore my passion for supporting underprivileged and marginalized individuals. Currently I am the Calgary regional manager for Nisa Homes. Outside of work I usually spend my

time in the outdoors.



Lobna Mahdi

Lobna Mahdi is the Program Manager of Community Services at the National Zakat Foundation. She holds an MA degree in Adult Education and Community Development as well as a BSc in Equity Studies and Psychology, both from the

University of Toronto.

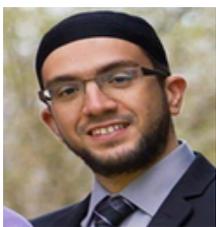
PRESENTERS AND ATTENDEES



Mahdi Qasqas, PhD

I am always a father of four and a Psychologist. But only sometimes, unnecessarily referred to as Dr. Mahdi Qasqas, as I have a PhD in Social Work from the University of Calgary. I am intrigued by three simple questions:

who helps the helpers, why do they do it, and how? I started my trajectory over 20 years ago and now my research, training, and passion orbit around helping the helpers; with an emphasis on the supervision of future mental health professionals, including imams who are transitioning into regulated mental health professions. Although my specialization is in what some refer to as Islamic Psychology and Muslim mental health, my focus lies more in perhaps Islamic Industrial and Organizational Psychology.



Imam Mohamed Moustafa Abdelsatar, PhD

The Imam of the (IAOS) Islamic Association of Saskatchewan, Regina since November 2013. RCMP Chaplain since April 2019. High school teacher. Graduated with honors from Al-Azhar University university in Cairo, Egypt.

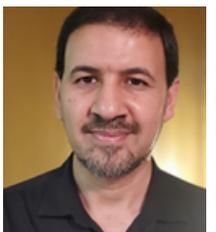
Completed a PhD in Islamic Studies from the GTF in the USA in 2017. Currently completing a second MA at the University of Regina, Canada. Represent the Muslim community on TV, radio and News. Has been featured on Huda TV in the 30-episod series "O you who believe" in Ramadan of 2021.



Naheed Amjad-Minhas, MPhil.

Naheed Amjad-Minhas was born and raised in Pakistan. She moved to Canada in 2002. She holds an MS in General Psychology and an M Phil in Applied Psychology from Pakistan and carries a wealth of experience in working with immigrant, newcomer, and

refugee families experiencing violence. Naheed has been involved with IFSSA since 2011 and is currently their Programs Lead. Naheed sits as chair of the Immigrant Family Violence Prevention Committee since 2017. In 2018, Naheed was the recipient of the Peace in Families Award for her outstanding work in ending family violence. She is the recipient of the Inspiration Award, 2022 by the Government of Alberta in the category of innovation. She is an Advanced Grief Recovery Method Specialist and supports those who are grieving any loss in their lives.



Dr. Omar Reda

Omar Reda is a board-certified psychiatrist, Harvard-trained trauma expert, the founder of Untangled and The Wounded Healer models of care, and the author of many books about healing trauma.

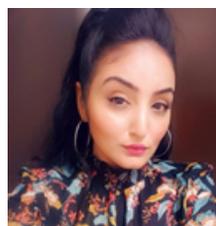
Maryam Einshouka

Maryam is graduated from medical school of Cairo University in Egypt. She completed a Master's of Health Science (MHSc) with Epidemiology specialization from Lakehead University, Thunder Bay, ON. Currently, she is completing a post-graduate degree in Psychotherapy at the Toronto Centre for Counselling and Psychotherapy Education, is an intern Psychotherapist at Canadian Muslim Counselling, and is a research fellow at Thunder Bay Regional Health Science Centre (TBRHSC).



Samira Laouni

Samira Laouni, a long-time Quebec activist since her arrival in Canada in 1998 is originally from Morocco and lived in France for more than a decade. She holds a doctorate in International Economics and a DESS in International Trade and Marketing from the Sorbonne. She is also a graduate of the Ecole Nationale d'Administration Publique of the city of Quebec with a certificate in political studies. Her activism is as varied as it is extensive with the aim of improving communication and thus minimizing confrontation between minority and majority Quebecers. She is the founder and president-director of C.O.R. (communication, ouverture, rapprochement interculturel). As a feminist, she has been active for many years within the Fédération des femmes of Quebec, pushing for equality between men and women, as well as members of the majority and minority populations.



Shabnam Mahboobi

Shabnam Mahboobi is the Project Lead for Dil Ba Dil at ABRAR Trauma & Mental Health Services. She arrived in Canada in the early 2000s with her family. She graduated with honors with a Bachelor of Science specializing in Kinesiology.

In addition to working in Operations by trade, Shab is a poet, published author, mental health and human rights advocate, public speaker and spoken word artist. Shab has been publishing her poetry online since 2019 and has competed in several slams, been a performer and panelist on several platforms including podcasts, radio shows and online events like In This Together Conference for mental health. In 2019 she joined ABRAR as a volunteer in order to help newcomer communities.



Shaheen AuckbarAllee

Professional, Passionate, and Driven in helping others achieve their success story. She's been in the HR corporate world for over 15 years. She focused her studies in HR Management and Business. She's taught numerous motivational and

and personal development workshops and loves to support women conceptualize their vision and inspire progress. She manages a community via Facebook; called together we support and uplift. She currently works with Nisa Helpline as their Service Delivery Manager and Consultant to the Being ME team. Her modo, "Let's make your struggles a source of strength as you step into your best-self and elevate your passion into success!"



Shakil Mirza

Shakil Mirza holds a bachelors in Psychology from York University and Masters in Public Health from Queens University, his extensive experience in research, mental health and health policy have tremendously contributed to Naseeha's education and training departments. As a shift and program manager at Naseeha, Shakil helps lead major projects and overseas peer-support counsellors on the helpline. Shakil ensures peer support counsellors are well-supported and addresses any challenges that arise with daily operations of the helpline. Aside from his meaningful contributions at work, Shakil enjoys listening to self-development podcasts, exploring new cafés and playing basketball.

PRESENTERS AND ATTENDEES



Tanweer Ebrahim

Tanweer is one of the pioneers in community service. Her latest role for the last 8 years with Nisa Helpline has been exemplary in the growth of this essential support service for vulnerable women in the community. Nisa Helpline, under her direction, now serves

thousands of women across North America, with up to 500 calls received every month. Tanweer has empowered Muslim women in the community with her encouragement, her leadership, her intervention and support in distressed women's lives. Her efforts have been acknowledged and appreciated by other organisations and political figures. She has been a wonderful face portraying the beauty of Islam through her work and passion at every opportunity along her journey.



Tariq Tyab

Tariq Tyab has 25 years' experience in community service. He has built interfaith bridges and helped empower IBPOC communities. Tariq is co-founder of the first Faith Based Community Convener for Anti-

Racism Initiatives in the Province of British Columbia, Foundation for a Path Forward. He is also co-founder of the Muslim Food Bank and Community Services, the Muslim Care Centre and Islam Unravelled. Tariq is a former executive with the BC Muslim Association.



Yusuf Siraj

Yusuf Siraj has 10 years experience supporting IBPOC student, faith, and community organizations. He is co-founder of the first Faith Based Community Convener for Anti-Racism Initiatives in the Province of British Columbia Foundation for a Path

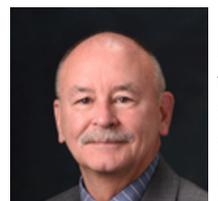
Forward as well as a former executive with the BC Muslim Association and a co-founder of the Muslim Care Centre.



Zainab Manjra

My passion for serving and empowering women and girls has become my mission and goal. I'm always looking to identify needs in the community and networking to fill those needs. I've been with Nisa for over six years in different capacities, bringing my education and interest in psychology and experience in the business world to serve the unique needs of Muslim women.

I dedicate my free time to studying the Qur'an and spending time in nature with my husband and kids.



Dr. Andrew McLean

Dr. McLean is Clinical Professor and Chair of the Department of Psychiatry and Behavioral Science at UND School of Medicine and Health Sciences.

He obtained his medical degree from the University of North Dakota School of Medicine,

completed a Psychiatry Residency at the University of Wisconsin and an M.P.H. degree from the University of Minnesota. He has received the American Psychiatric Association Bruno Lima award for outstanding contributions to Disaster Psychiatry, and has been conferred with numerous teaching excellence awards, as well as distinguished alumnus recognition. Dr. McLean has an interest in collaborative models of care, as well as individual and community resilience.



Hira Rashid

Hira Rashid is a Pakistani-Canadian Muslim social worker. She has attained her Bachelors of Social Work and is pursuing her Masters in Intergenerational Trauma in South Asian

Diaspora Families. She has worked in the field for over 10 years and has worked with various vulnerable communities such as Black/Indigenous and communities of colour, refugees, immigrants, LGBTQ, people with addictions, domestic violence survivors, and children. Hira works for the Ministry of Child and Family Development and sits on the Multicultural Advisory council for British Columbia. Hira created an online support service called Himmat, Taqat, Sabr (Courage, Strength & Patience) for South Asian and Muslim youth and families who are facing turmoil. Her goal is to create safe space for people from all walks of life and follow her mother and grandmother's values that all individuals are human before they are anything else and thus deserve respect and decency.



Dr. Aneesah Nadir

Dr. Aneesah Nadir, M.S.W., Ph.D. is an incredibly accomplished academic and social justice advocate who emphasizes in culturally competent social work, family and relationship work for Muslims in America. After teaching Social Work at Arizona State

University for 17 years, Dr. Nadir began serving as the President of the Islamic Social Services Association - USA. Dr. Nadir is a leader in the burgeoning field of Muslim mental health care with publications on cross-cultural understandings of spirituality and family.



Asmaa Ellithy

Asmaa Ellithy, Casework supervisor at National Zakat Foundation, with five years of experience as a senior caseworker. Currently overseeing the Zakat distribution department of the organization.

Passionate about creating a change and having an impact on the Canadian Muslim Society.



Imam Yasin Dwyer

“Imam Yasin Dwyer was born to parents of Jamaican heritage in Winnipeg. He is the executive director of Muslim Chaplaincy of Toronto. Before joining Muslim Chaplaincy of Toronto, he was a part of the multi-faith chaplaincy team at Queen’s University in

Kingston, Ontario. Imam Yasin has lectured extensively on topics such as religion and the arts, Black Canadian culture and the history of Muslims in the West. As well as working alongside many non-profit organizations in Canada, Imam Yasin was the first full-time Muslim chaplain to work with the Correctional Service of Canada, a position he held for 12 years. He is also a board member of the Montreal-based Silk Road Institute.”

Shahina Siddiqui Conference Chair



Shahina Siddiqui is the co-founder of Islamic Social Services Association (ISSA) of USA and Canada and serves as the volunteer executive director of ISSA Canada. She has been widely recognized for her work in antiracism advocacy, social justice and combatting extremism and Islamophobia. For over two decades, Shahina has worked to highlight the growth and impact of Islamophobia by way of her writings, community organizing, media engagement, public speaking and training various sectors of service providers on Islam and Muslims. She has developed a professional, sector specific training on Islamophobia, Islam and Muslims and regularly conducts Anti Racism Training. She has produced booklets on all the sectors directly serving the Muslim community.

She is a recipient of many local and national awards including, of the Queen Elizabeth Diamond Jubilee Medal (2013), the Canadian Red Cross Humanitarian of the Year (2016), and an Honourary Doctorate of Laws, University of Manitoba (2019).

Now a grandmother of three, she continues to strive for a hate free Canada.

CONTACT ISSA:

Shahina Siddiqui

Volunteer Executive Director
email: ssiddiqui@issacanada.com
Phone: 204-944-1560

Sarah Parkar

Executive Assistant
email: executiveassistant@issacanada.com
Phone: 204-944-1560

www.issacanada.com

PARTNERS:

