



# Muslim Community Center News

*A Publication of the Muslim Community Center for Human Services*

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## MISSION & VISION STATEMENT

**M**uslim Community Center for Human Services (MCCHS) is a 501 (c)(3) non-profit organization founded in 1995 to meet the medical and social service needs of more than 100,000 underserved immigrants from South East Asia, the Middle East and Africa that reside in the Dallas Fort Worth Metroplex. MCCHS is dedicated to empowering underserved communities residing in the Dallas/Ft. Worth Metroplex, to face complex challenges created by duality of culture and lack of appropriate medical and social services. Our long-term vision is to develop a community of people who are thriving and striving to maintain a harmonious family structure by offering counseling and education to prevent marriage discord, domestic violence and child abuse. MCC plans to offer counseling services and shelter for the victims of domestic violence from Middle Eastern and South East Asian region for whom services are currently not available due to cultural and language barriers.

### Editorial

**Noorul H. Siddiqui**

Assalam Alaikum

This newsletter is a recap of the activities of MCCHS in year 2010. Medical and unemployment issues still remain as the top concern for most citizens. The current government administration is working on doing an overhaul of the US health-care system. 2010 was a challenging year for MCCHS; Alhumdolillah, the organization is doing its very best on a very tight budget, with limited resources. Roshni, one of the MCCHS' social services programs, has also made strides in 2010. MCCHS' Al-Shifa clinic is fully operational with the help of our God-fearing generous donors and volunteers at the Al-Shifa Clinic to serve those who are un-insured, under-insured and experiencing difficult times, by offering charitable medical care, mental health, vision and dental services. MCCHS is on the "air waves" on radio station 1220 AM, every Saturday from 2:00-3:00 pm, providing resource assistance and guidance to the community. In addition, questions can be addressed to and answered by MCCHS staff via email through the MCCHS website. Soon, MCCHS will be expanding its hours of operation for the medical clinic to include weekdays, as a result of a small grant. Please accept a sincere "Thank You", for your financial, and otherwise support of the Muslim Community Center for Human Services. Together, we will all be strong, Inshallah.

### Doctors Luncheon M. Basheer Ahmed, M.D.

MCCHS organized a Physician Luncheon on October 2, 2010. Thirty-five Tarrant County physicians attended the Luncheon. Dr. Ahmed gave a presentation on MCCHS and the Al Shifa Clinic, requesting physicians to volunteer at the clinic or support the clinic financially and otherwise. The Luncheon was sponsored through the efforts of Dr. Shadan Mansoor and held at The Cancer Center, Fort Worth. Dr. Hujefa Vora, past president of the Tarrant County Medical Society - Arlington Branch and Ms. Katy Dyslin of Tarrant County Medical Society also addressed the group about volunteering their services.



## Effects of Domestic Violence on Children

Lubna Khurshid

Children need a loving and nurturing environment to grow up as healthy human beings. They learn from what they see and hear around them. Their early experiences have a powerful impact on how they see their world, how they grow and who they will become. Every child has the right to grow up safe from harm and should feel that those they love are also protected. Violence in the home shatters a child's basic right to feel safe and secure in the world. Domestic violence is a global problem and can happen anywhere to anyone. According to McDonald et al. (2006), there are 15.5 million children in the United States that live in families in which partner violence occurred at least once in the past year and similarly seven million children live in families where violence occurred. According to the US Department of Health & Human Services Administration for Children & Families (2003), children who live with domestic violence are at greater risk of exposure to traumatic events, the risk of neglect, abuse and the risk of losing one or both of their parents. All of these may lead to negative outcomes for children and may affect their wellbeing, safety and stability. There is always a common link between domestic violence and child abuse. The question arises as to what could have been done to prevent family violence. As professionals, identifying the abuse and reporting it would be the first step. School counselors and social workers could educate teachers and other school officials regarding child abuse reporting. Medical and mental health professionals should be trained to report child abuse and should provide referral sources to abusive parents for help. Social workers and counselors could educate the abused parent by helping to recognize and educate her about the cycle of abuse, by discussing her well being and that of her children. These resources can improve her capacity to protect her children, by teaching safety planning, explaining that an abusive family environment could harm the children's emotional and physical health. This education and professional support may help the abused parent take steps to move out of the abusive relationship.



### Educational Program on Domestic Violence

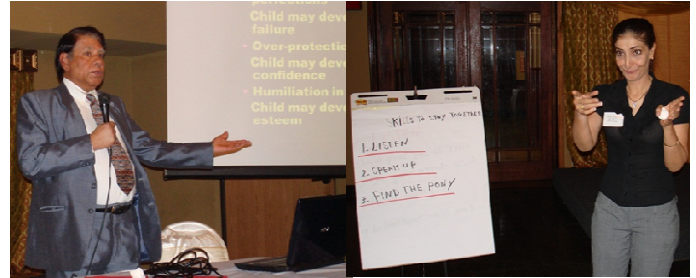
On October 19, 2010, Ms. Lubna Khurshid and Dr. Ahmed gave a presentation on domestic violence at Dar-El-Eman Islamic Center. It was an interactive program where the participants shared their concerns and were made to understand the ways they can help in eradicating this serious social problem

## Family Wellness Program

M. Basheer Ahmed, M.D.

Event Date: October 24th 2010

MCCHS presented a family Wellness Program at FunAsia in Dallas. Dr. Ahmed, Mrs. Lubna Khurshid, Ms. Nuha Rafeek and Mr. Noaman Azhar participated as presenters. The presentation topics included: the passages of life and family responsibilities, healthy communications, marital conflicts, parent/child issues and immigration for victims of domestic violence. The program was well attended and participants had an informative interaction with the speakers.



Dr. Basheer Ahmed & Ms. Nuha Almakhzoumi

## Fundraising Domestic Violence Program Luncheon

Tasneem Hafiz

The Muslim Community Center for Human Services (MCCHS) "Roshni" Domestic Violence Program Luncheon was hosted by Saleha Haleem and Tasneem Hafiz. MCCHS' "Roshni" Domestic Violence Program's main objective is to promote healthy and harmonious family relationships in the Asian, Middle Eastern, and African immigrant communities. The program provides community education, culturally sensitive peer counseling, professional counseling, case management, client advocacy and many other critical services. The luncheon was held at Saleha's residence. Very informative presentations were delivered by Talaun, Lubna and Saulet that enlightened the community about our specific domestic violence program, its mission and goals. People are not aware that it is not just a problem in foreign nations, as the issue of domestic violence occurs right here in our country, in our own surroundings, within our Muslim community. We all are ignorant to some extent and just assuming that all other Muslims around us are living safe, healthy and happy. However, there are victims of domestic violence and we must make an effort to reach out to them. Our ladies luncheon was a success and we raised \$1200.00 that will be used to support the "Roshni" Domestic violence program and hopefully will make a change in someone's life. I would like to thank all the ladies for their generous donations, time and efforts to make this event so successful and I hope we can continue this trend.



Ms. Saleha Haleem, Ms. Tasneem Hafiz & Ms. Saulet Kureshy at Domestic violence luncheon

*Our long time sincere and committed volunteer of AlShifa Clinic, Dr. Nikhat Qureshi has passed away. MCC AlShifa Clinic and our patients will miss her. May God bless her and give her a place in Jannah.*

*Our board member Farzana Mughals father has passed away may God bless his soul. Our prayers are with the family.*

*Our staff member Nuha Rafeek's father in law May God bless his soul. Our prayers are with the family.*



**Please mail your  
Tax Deductible  
Donation to:**

**Muslim Community Center for  
Human  
Services**

**P. O. Box 154658,  
Arlington, Texas 76015**

*Dr Basit Ghazali our long time supporter and husband of AlShifa volunteer Dr. Sobia Ghazali has been ill. We all pray for his rapid recovery and health. Our best wishes are with the family.*