

“ Grab five things before five others: your youth before your decrepitude, your health before your illness, your wealth before your poverty, your leisure before your work, and your life before your death. ”

**Al-Hakim**

“ The Prophet (peace and blessing be upon him) instructs us to: “Pray God for forgiveness and sound well-being. No blessing other than faith is better than well-being. ”

**Sahih Al-Bukhari**



## Contact Us

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## How to Help

If you would like to help sponsor MoH projects, please contact us. If you would like to donate to MoH, our account details are:

Commonwealth Bank of Australia  
Mission of Hope  
BSB: 062-191  
ACC: 10300318

We greatly appreciate your assistance.

# mission of hope



## About Mission of Hope

 **mission of hope**

Muslim Community Solutions for Health and Well-Being

## About us

Mission of Hope (MoH) is a not-for-profit, non-sectarian, community organisation with a focus on health and community welfare.

MoH's aim is to create a health and community welfare service that is available to the wider community, which caters chiefly for the unique culturally-sensitive needs of the Muslim population. It was developed (and is currently managed by) Muslim health and welfare professionals who are dedicated to increasing harmony in a culturally diverse community through community health and welfare education seminars and projects.

The community, service providers, and policy makers face many challenges in providing quality health care for Australia's multicultural community. MoH is committed to addressing cultural diversity within mainstream health service provision. Its main goal is to increase awareness among health and welfare organisations regarding the needs of Muslims within the community. This will be achieved through programs designed and communicated in a culturally sensitive manner to effectively meet the needs of the community.

## Management committee

Mental Health Representative - Hanan Dover, Psychologist  
Medical Health Representative - Dr. Magedy Hawi, GP  
Public Health Representative - Inshirah Khan  
Community Welfare Representative - Nouredine Bader

## Working group

MoH has over 30 health and welfare representatives in their Working Group (WG), who aim to educate health, welfare and legal organisations about Muslim practices. The WG helps shape and give advice about MoH programs. Their efforts are not limited to undertaking projects solely surrounding Muslims, but rather to increase the effectiveness of service delivery by mainstream organisations to the Muslim community.

Marketing and Financial Advisor - Samiya Elbeb

## Our services

All programs by MoH are designed and communicated in a manner which is culturally appropriate, to help meet the needs of the community effectively.

**MoH Counselling and Psychology Service:** Dedicated to meeting the cultural needs of the Muslim community, as well as servicing the wider community. The psychology/counselling service has been in operation since May 2002 and applies modern psychological/counselling methods. Costs apply - talk to your doctor about the Medicare Plus II referral whereby Medicare pays for your session.

**MoH Self-Development Seminars:** Currently held at the UMA Centre once a month for females (we also facilitate seminars for organisations). Issues discussed revolve around psychological health matters where the seminar is tailored towards the needs of the Muslim community. Recent seminar topics have included: self-esteem, goal setting, sexuality, anger management, depression, stress/anxiety, grief, reflective thinking and contemplation.

**The Fatiha Project:** A drug awareness and prevention project that is culturally appropriate for the Muslim community. It attempts to bridge generational, communication, and responsibility differences between youth and parents. Strong networking and liaising has been sought within the Muslim community to support this.

**MoH Consultants or Guest Speakers:** Available for consultation or discussion on issues regarding Muslims, health and welfare.

**MoH Health and Well-being Seminars:** Lectures/workshops/forums for community leaders and the public. They cover essential information about everyday health, well being, and welfare issues.

## Future projects

**MoH Parenting Classes:** Parenting forums that will include topics such as behaviour management and modification techniques, communication techniques, childhood developmental stages, needs assessments, stress management, etc. This will give practical strategies for parents, with emphasis placed on single parents.

**MoH Positive Change Program (for men):** Facilitated as a group and/or a one-on-one program where violent partners learn techniques to help them understand their emotions and modify their behaviour towards a positive lifestyle change.

**MoH Women's Empowerment and Support Group:** For women experiencing domestic violence (DV). The service (commencing shortly) will offer short-term counselling, referrals, suicide prevention, positive self-development programs on issues of self-esteem and parenting. The project aims to clarify the needs of these individuals and to develop appropriate responses. Also, training for health professionals working with women experiencing DV, and provision of culturally appropriate DV resources will be arranged.

**MoH Family Planning Education:** An area currently being researched in the hope of developing health education material specific to the Muslim community. Research will be undertaken in areas such as contraception, family roles and importance of women in society. The results will then assist in developing health education pamphlets to be distributed among Sydney health services.

**Positive Muslims Australia:** An HIV/AIDS awareness and prevention campaign for the Muslim community that seeks to re-integrate HIV/AIDS sufferers back into the community and provide them with support services and health advice. A prevention tool kit is also being developed that can be distributed among the Muslim community.

## How you can help

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