

RAHAMMA:

RESOURCES AND HELP AGAINST MARITAL ABUSE

Founded on Islamic Principles



WHO IS RAHAMA

Working to empower women in need, we provide educational resources, emotional, material and spiritual support.

RAHAMA has been caring for victims, spreading awareness within our communities, collaborating with local agencies and representing the light of Islam since 2006.



Founded on Islamic principles, RAHAMA empowers women experiencing domestic abuse through education, advocacy, support, & housing.

Our vision is to be a guiding organization in a community where women are safe, know their rights, and live without abuse.

OUR SERVICES



Case Management



Transitional Housing



Education



Emotional/Spiritual Support



Financial Assistance (Zakat)



Trauma Counseling & Support Groups



Interpretation in 10 languages



Basic Necessities



Transportation



Advocacy and Legal Referrals



OUR IMPACT

in the past 12 months

700+

Women and Children

6,800+

Services provided for
clients

8,730+

Miles driven

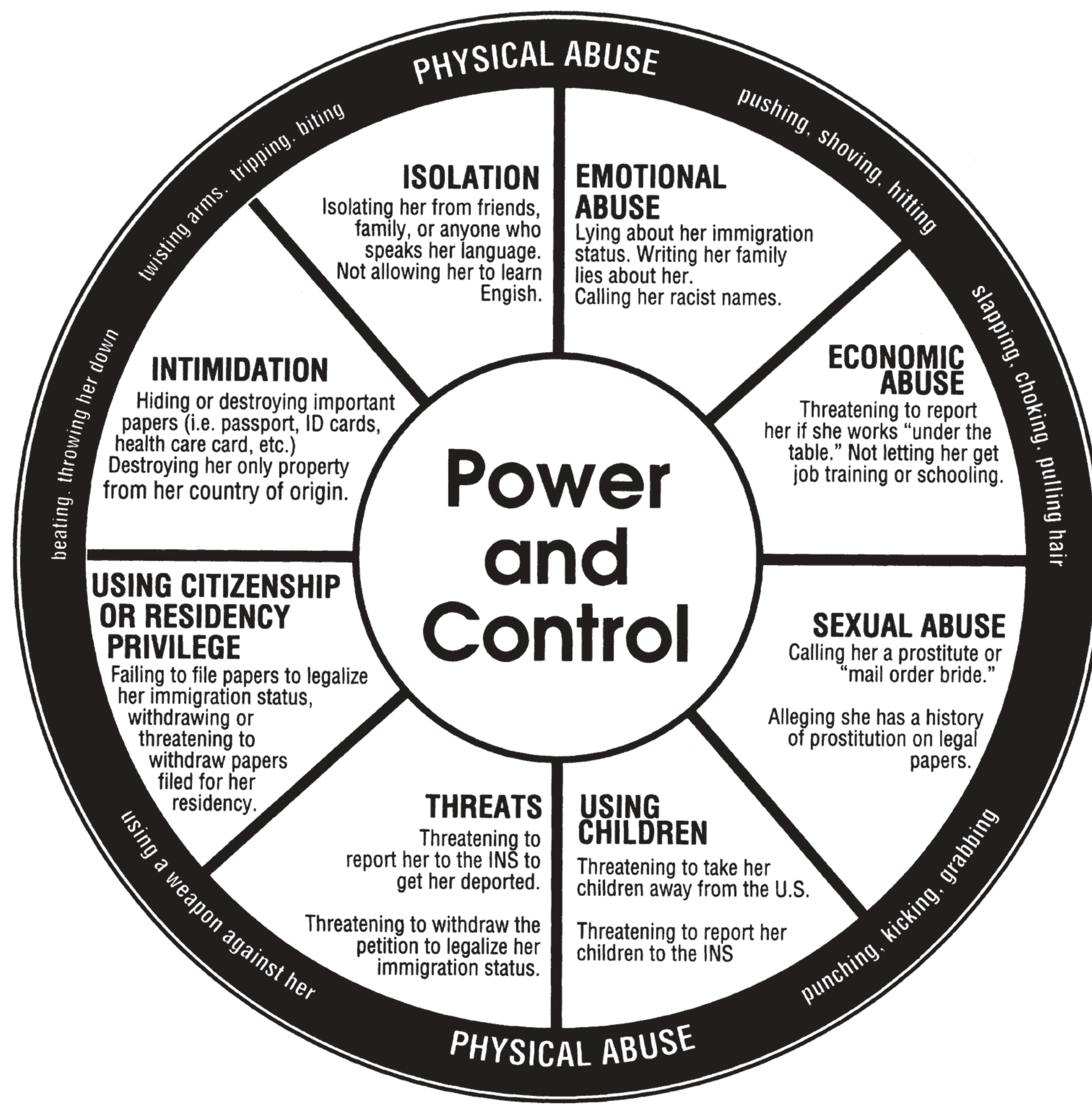


WHAT IS DOMESTIC VIOLENCE?

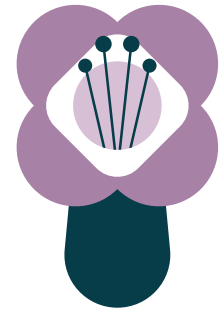
Domestic Violence is defined as any incident or pattern of incidents of controlling, coercive, threatening, degrading, and violent behavior typically involving the violent abuse of a spouse or partner.

Types of abuse includes:

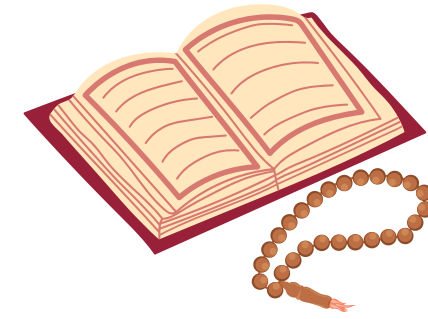
- Physical
- Emotional
- Economic
- Financial
- Physiological
- Technological
- Intimate



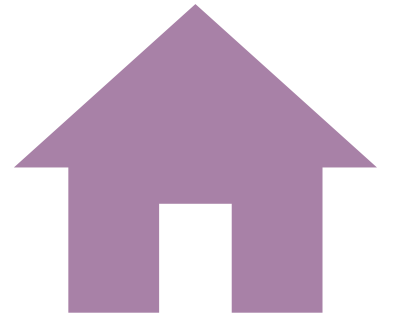
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**UNIVERSALS
OF ISLAMIC
LAW**



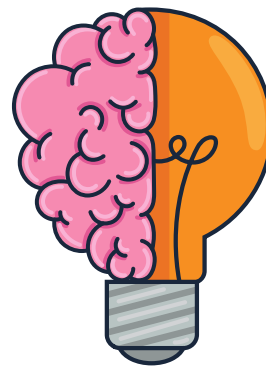
Right to life



Freedom of
Religion



Freedom to
own property



Freedom to use one's
intellect: responsibility
to go and seek
knowledge



Freedom of
Speech: Lineage,
honor and dignity

CULTURE VS RELIGION



Traditional Bound Ideas

- Women were created to serve men
- Men are superior to women
- Men make all family decisions
- Divorce is not allowed

Taken from Sharifa Alkhateeb, "What's the difference," Understanding Muslim & ME women in DV work.

Quran Based Ideas

- "I did not create human beings... except to worship Me." 51:56
- "Reverence your Guardian-Lord who created you from a single soul..." 4:1
- God rewards those who conduct their affairs "by mutual consultation..." 42:38
- Entire chapter in Qur'an about procedure of divorce.

OBSTACLES TO SERVICES FOR IMMIGRANTS/REFUGEES

Mistrust due to trauma/oppression experiences

Immigration issues/Fear of deportation

Language barriers

Discrimination/Profiling

Transportation

Fears/beliefs

Culturally biased interventions

Mental Health Stigmas

View of government agencies

MARRIAGE IN ISLAM



- An act of worship -- the goal of each person w/in the marriage is first and foremost to please God.
- Purpose of Marriage is to establish Sakinah – tranquility within one another. As mentioned in Quran 30:21, “And among his signs is this: that He created for you mates from among yourselves, that you may dwell in tranquility with them, and He has put love and mercy between your (hearts). Verily in that are signs for those who reflect.”
- Men and women are protectors of one another: They enjoin what is just, and forbid what is evil, they observe regular prayers, practice regular charity and obey God and his Messenger, on them will God pour His mercy. Surely God is exalted in power, All-Wise. (Quran 9:71)
- They are your garments and you are their garments. (Quran 2:187)
- Hadith: The best of you are those best to their families.



FACTS ABOUT DOMESTIC VIOLENCE

- On average, nearly 20 people per minute are physically abused by a partner in the United States.
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.
- 1 in 4 women experience severe physical violence and 1 in 7 women have been stalked by a partner.
- Women between the ages of 18-24 are most commonly abused by a partner.
- 1 in 15 children are exposed to domestic violence each year, and 90% of these children are eyewitnesses to this violence.

HOW DV AFFECTS THE MUSLIM COMMUNITY



- .And of His signs is that He created for you from yourselves mates that you may find tranquillity in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought.” [30:21].

RAHAMA
Resources and Help Against Marital Abuse

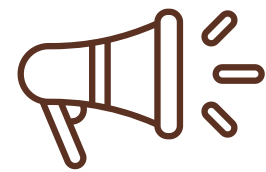
What can we do as a
community to help
survivors of domestic
violence?

Resources and Help Against Marital Abuse





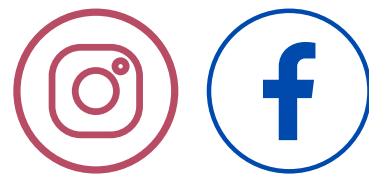
Educate yourself and spread the knowledge to others



Come to community events



Volunteer



Stay updated



Support fundraisers

UNDERSTANDING TRAUMA

- Definition of trauma: Trauma is an emotional response to a distressing event or experience that overwhelms an individual's ability to cope.
- Impact of trauma on the brain and body: Trauma can have profound effects on the brain's stress response system and can manifest physically and psychologically.
- Types of trauma: Trauma can be acute, resulting from a single event, chronic, involving prolonged exposure to stressful situations, or complex, involving multiple traumatic experiences over time.

MENTAL HEALTH EFFECTS OF DOMESTIC VIOLENCE

- Psychological consequences of domestic violence: Domestic violence can lead to various mental health issues such as post-traumatic stress disorder (PTSD), anxiety, depression, dissociation, and low self-esteem.
- Your experiences matter: It's essential to recognize that your feelings and experiences are valid, and you're not alone in what you're going through
- Long term effects

CULTURAL CONSIDERATIONS AND MENTAL HEALTH

- Understanding cultural values and norms is crucial in addressing domestic violence and mental health within specific communities, as these factors influence help-seeking behaviors and attitudes toward mental health.
- Impact on help-seeking behaviors and stigma: Stigma surrounding mental health and barriers to accessing support may be influenced by cultural factors, impacting individuals' willingness to seek help or disclose experiences of domestic violence.



EMPOWERMENT, SELF-CARE, & SAFETY

- Empowering yourself: You have the power to make choices that are best for your well-being and safety.
- Self-care: Taking care of yourself, both mentally and physically, is essential on your journey toward healing and recovery.
- Safety planning: Developing a safety plan can help you navigate difficult situations and ensure your safety and well-being.
- Planning for the future: Together, we can create a plan that addresses your immediate safety needs and long-term goals.

ANY QUESTIONS?



THANK YOU!

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