



Muslim  
Family Foundation

## 7th Annual Family Symposium

# YOU ARE NOT ALONE

### Resources to Thrive and Succeed

On site consultation available

### SPEAKERS & PRESENTERS



Dr. Jenn Carson, DSW.  
Mental Health Advocate



Sh. Hasan Radi  
Religious Advisor



Maryam Jibaly  
Mental Health Advocate



Sh. Mahmoud Harmoush  
Religious Advisor



Abdallah Jadallah  
Youth Advocate



Dr. Ali Al-Saadoon  
Mental Health Advocate



Ustadh Tabari Zahir  
Chaplain at CSUSB

**SATURDAY, MAY 13, 2023**  
**12:00PM TO 5:30 PM**

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## 7<sup>th</sup> Annual Family Symposium

**YOU ARE NOT ALONE**

Saturday, May 13, 2023

1:00 PM to 5:30 PM

Life is full of surprises, some pleasant and others challenging. We all need to be ready to manage stressful events. We wish for a happy and easy life for ourselves and those we love, but we all should expect to experience some difficulties here and there along the way. Coping with challenges can make us feel isolated and ashamed.

Understanding and dealing with stressful events may not be an easy task for some individuals, and facing them alone can lead to anxiety, anger, depression, or even suicidal thoughts. These feelings should not be ignored, and anyone experiencing them can get help. It is important to address these challenges as soon as possible by reaching out to professionals who can recognize symptoms and help with recovery and stress management.

Individuals and families should not feel alone. As they say, there is always light at the end of the tunnel. This year's theme, "You Are Not Alone", aims to focus on individuals and families who feel isolated in coping with stressful events. The purpose of this year's symposium is to provide preventative educational and referral resources to deal with these challenges in a healthy way to thrive and succeed.

### Our Program

**1:00PM - 1:30PM**      **Welcome and Opening**

**1:30PM - 2:30PM**      **Thrive and Succeed Session 1: Self-Awareness and Self Care Tips**

Providing practical tips on how to identify negative thoughts, emotions, and behavior patterns, and how to create positive changes.

Speakers:      Huma Manjra & Mahmoud Harmoush

Location:      Ball Room A

**2:40PM - 3:45PM**      **You Are Not Alone: Navigating Problems and Changes**

Navigating through life's difficulties can be a daunting task. Sometimes we feel stuck and alone, but we have the power to seek help and thrive.

#### **Youth Session:**

Speakers:      Abdallah Jadallah & Huma Manjra

Location:      Ball Room B

#### **Adult Session:**

Speakers:      Dr. Jenn Carson & Tabari Zahir

Location:      Ball Room A

**3:50PM – 5:30PM**      **Thrive and Succeed Session 2: Ensuring Long-Lasting Change**

Summarizing topics and reinforcing practices of optimistic thinking, healthy decision-making, and managing adversities.

Speakers:      Dr. Jenn Carson, Hasan Radi, Tabari Zahir

Location:      Ball Room A

**Closing Remarks**