



4th Annual Family Symposium 2017: Growing Together

~ From dust to birth, youth, adulthood, elderly years, and to earth again ~

Quran, Ghafir 40:67

It is He who created you from dust, then from a drop of seed, then from a clinging clot; then He brings you forth as a child; then He develops you so that you reach your prime of maturity, then further that you become elders. And among you, some who die sooner, that you may reach a specified term, in order that you may learn wisdom.

هُوَ الَّذِي خَلَقَكُمْ مِنْ تُرَابٍ ثُمَّ مِنْ نُطْفَةٍ ثُمَّ مِنْ عَلَقَةٍ ثُمَّ يُخْرِجُكُمْ طِفْلًا ثُمَّ لِتَبْلُغُوا أَشَدَّكُمْ ثُمَّ لِيَكونُوا شِيوخًا وَمِنْكُمْ مَن يُوَفِّي مِن قَبْلُ وَلِيُبْلِغُوا أَجَلًا مُّسَمًّى وَلَعَلَّكُمْ تَعْقِلُونَ



11:00 to 1:00 Registration, Meet and Greet, Lunch

1:00 to 1:10 Dhuhr Prayer

1:15 to 1:30 Welcome and Opening

1:30 to 2:20 Panel Discussion 1: Establishing a Base of Resilience

As families are formed, their foremost task is to lay down a resilient foundation in order to set up their family for a lifetime of healthy growth. The components of a resilient family foundation are many, including religious / spiritual, educational, and psychological. Islamic scholars and mental health professionals explore spiritual, educational, psychological/mental building blocks for resilient family life.

Speakers: Munira Ezzeldine, MS MFT, Co-Author of **Positive Parenting in the Muslim Home**
Mohamad Nasser, President Muslim Family Foundation

Location: Prayer Hall

2:20 to 2:30 Coffee/Tea Break

2:30 to 3:30 Workshops A and B

A. Gender Equity: How culture and faith intersect to build resilience and support growth

Attendees ages 16 to 21 will explore Islamic concepts guiding gender roles within the American cultural context

Speaker: Duaa Alwan, MSN Muslim Speakers Network, a project of the Islamic Shura Council of Southern California

Location: ICR Multipurpose Room

B. Programming your marriage for growth: the components of a resilient foundation for marriage

Attendees will discuss how a combination of true and tried, predictable factors can set up a life-long foundation of resiliency which enables families to endure and thrive life's changes and challenges.

Speaker: Nacera Bendelhoum, LMFT Licensed Marriage and Family Therapist

Location: ICR Prayer Hall

3:30 to 3:40

Break

3:40 to 4:40

Panel Discussion 2: Maintaining a healthy family lifestyle during challenging times

Our current political climate is one of contention, fear, hope, and uncertainty over issues including access to healthcare, immigration, Islamophobia, etc – all of which bring new stress into family life. Families look to public officials, mental health professionals, and Islamic scholars to help identify and counter bullying, improve conflict resolution, increase spiritual focus, and to understand legal outcomes, options, and ramifications.

Speakers: Judge Roger Luebs and Sh. Mustafa Umar

Location: ICR Main Prayer Hall

4:40 to 4:50

Asr Prayer

5:00 to 5:30

Meet Our Government and Service Agency Officials

5:35 to 6:20 Parallel Sessions A and B

A. The impact of social media on teens and their families

The consequences of social media on the physical and mental health of children and teens has been well documented in numerous studies as experienced by most of today's families. Attendees will explore key outcomes of these studies as well as delve in to options to cope and navigate towards healthier lifestyles.

Speaker: Soulafa Massoud, MS, LCSW Licensed Clinical Social Worker

Location: Prayer Hall

B. Bullying and the Services of FSA Family Service Association (www.fsaca.org)

Our FSA expert from the front lines of the anti-bullying efforts will define bullying and its mental health ramifications, as well as how to identify the signs that a family member may be a victim. Attendees will explore strategies to support victims, and how to support efforts that prevent bullying.

Speaker: Carol Koshimizu, Master of Science in Marriage and Family Therapy, MFT Intern

Location: ICR Multipurpose Room

6:25 to 7:30

Dinner & Maghreb Prayer

7:40 to 8:50

Panel Discussions 3: What do I do now?

In order to build lifelong fulfillment, families seek out action items to transcend discord, anxiety, and challenges as they grow together through life phases including (1) early marriage/young children, (2) young adult children, and (3) empty nest/grandparents. Speakers will share how-to's related to both the family unit and also the family's external environment.

Speakers: Imam Mahmoud Harmoush (Early marriage)
Dr. Shamel Abd-Allah (Younger children)
Soulafa Massoud (Ages 13-18 young adults)
Ali Al-Saadoon (Empty nest/grandparents)
Facilitator: Dr. Nivein Behairy

Location: Prayer Hall

9:00 to 9:15

Pickup Children & Isha Prayer

9:20 to 9:25

Closing Remarks by MFF President Mohamad Nasser

9:30 to 10:30

Entertainment Location: Islamic Academy of Riverside

10:30 Symposium Ends