



The Muslim Community Empowerment Project

The Muslim Community Empowerment Project (MCEP) is a very important and timely healing initiative founded by Dr. Omar Reda, the founder of the Oregon Muslim Medical Association (OMMA), that aims to educate, support and empower Muslims through interactive presentations, group discussions, brain-storming sessions, and clinical services, and to also help local communities build psychosocial infra-structures like online resources, assistance hotlines and community empowerment centers.

Examples of the topics covered in the parenting workshops include:

- Stages of normal development
- Styles of learning
- The impact of abuse and neglect on families (DHS guidelines)
- Trans-generational transmission of trauma
- Coping with trauma
- Common Muslim youth struggles
- Improving family communication
- Reward vs. punishment
- The use of play and art therapy
- When to seek professional help

Some of the topics covered during the youth sessions include:

- A walking Quran (our prophet, the best role model)
- Walking the talk (practice what you preach)
- Be proud of who you are (Muslim-American identity)
- What are the Muslim youth wants and needs
- Meeting your full potential
- Stronger together (improving family dynamics)
- Religion of peace (non-violent conflict resolution)
- Youth leadership skills
- Out of the closet (real challenges facing Muslim youth)



About the founder and course director:

As a board-certified psychiatrist with extensive background and experience in the psychosocial healing and rehabilitation of traumatized population domestically and internationally, Dr. Omar Reda, the founder and director of the Oregon Muslim Medical Association (OMMA) and the Muslim Community Empowerment Project (MCEP) is launching a series of parenting and empowerment workshops throughout the country in order to help Muslim youth and their caregivers build bridges of communication and trust.

Dr. Reda is the founder of multiple healing initiatives both in the USA and overseas. Among these are OMMA, Libya Al-Shefa, Syria Al-Shefa and many others.

He is the author of Journey of Hope (book about finding meaning in the middle of war zone) and Worthy Investment (book about how to break the cycle of trans-generational trauma and dysfunction).

Dr. Reda is a graduate of the Harvard Program in Refugee Trauma (HPRT), the chair of the Arab Psychiatrists in the USA section of the Federation for Arab Psychiatrists, the psychosocial consultant for multiple NGOs including WHO, and a sought-after passionate and dynamic public speaker and youth motivator. Dr. Reda's style brings the best of evidence-based psychosocial interventions in an Islamically and culturally-sensitive way that leaves the audience feeling both empowered and motivated.

Omar has three daughters and lives with his wife Nura in Portland, Oregon. Together they lead many programs for empowering Muslim youth and the community at large.

To request a presentation or consultation with Dr. Omar Reda, please send an email to: ommacares@gmail.com

