



SHIFA FOR TODAY PROGRAM

Shifa (healing) for Today Program is an early intervention program that aims to reduce trauma, anxiety, depression, and suicidal thoughts among Muslim adults by:



Developing a culturally competent mental health workforce



Increasing access and utilization of mental health services



Incorporating psychoeducation and traditional, spiritual and religious Islamic content and practices



Increasing social support



Decreasing psychological distress



Using culturally, linguistically and spiritually/religiously appropriate approaches aligned with clients'/consumers' beliefs

MAS-SSF provides peer support counseling to individuals, families, couples, and teens.

PEER SUPPORT COUNSELORS

Our trained and certified peer support counselors are qualified experts in navigating life challenges. Drawing from their lived experiences, they serve as powerful examples of inspiring hope and courage in those they serve.

Peer Support Counseling is available to you by a counselor of your preference in the language of your choice and on your scheduled availability - virtual, phone or in-person at our office