



Family ~ Where Love and Compassion Grow[®]



Who we are.

The Muslim Family Foundation- California (MFF-CA) is a unique, all-volunteer organization with a special focus on **family social, mental, and behavioral health issues**.

Founded in 2012 and officially incorporated as a 501(c)(3) nonprofit in 2015, MFF-CA is guided by a dedicated volunteer Board of Directors composed of diverse community professionals and leaders. The organization operates without paid staff, driven entirely by a passionate team committed to community well-being.

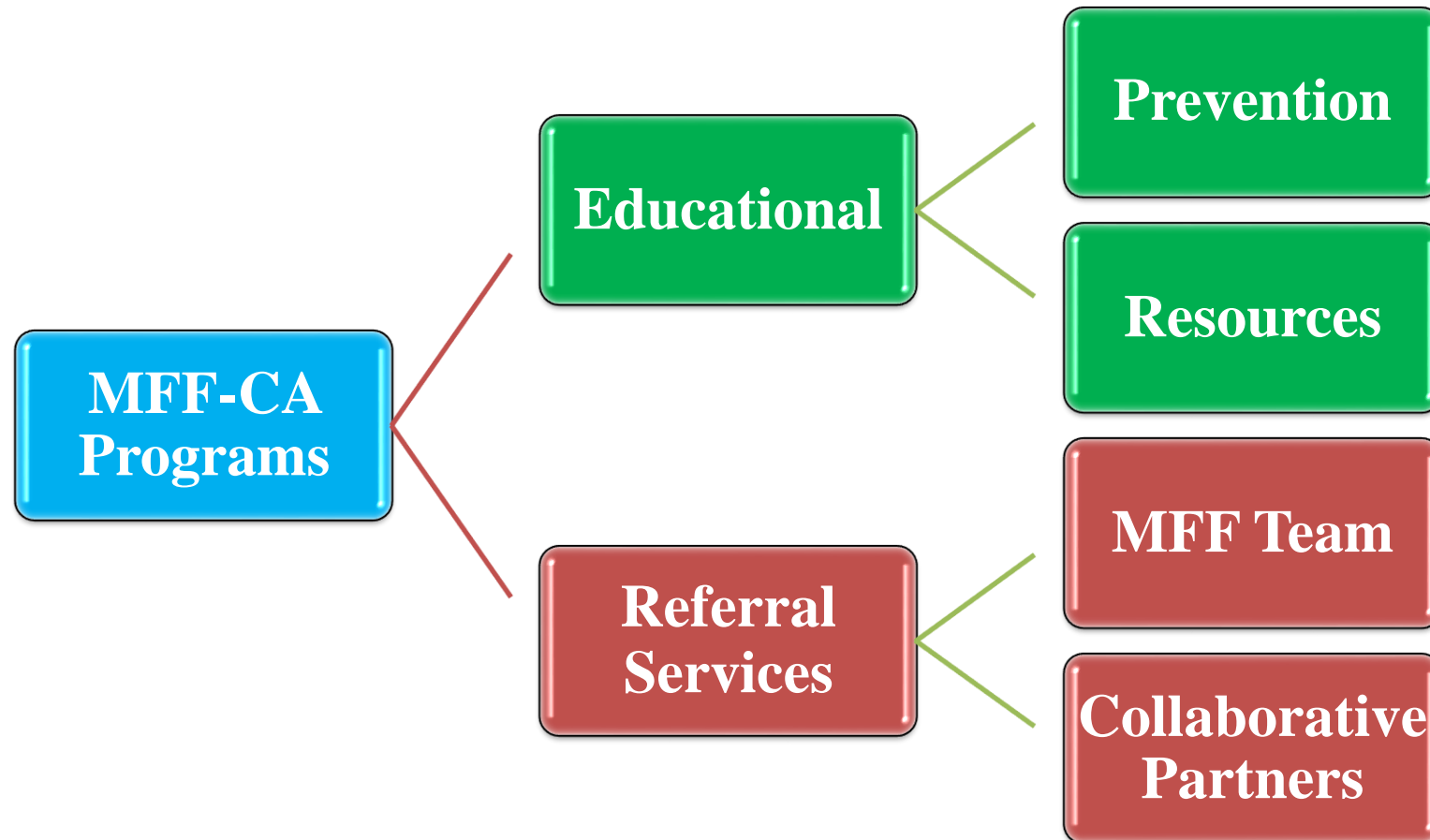


MFF- CA Mission and Vision

MFF Mission: To assist families and individuals in finding support for issues that challenge their mental and emotional wellbeing.

MFF Vision: To empower strong and thriving families by promoting health, balance, and resilience through every phase of the family life journey.

MFF-CA Programs





Mental Health Service

Educational Programs: This is an essential and effective factor in our programs. It is designed as a prevention, to **reduce stigma** around mental health, to **increase awareness**, to improve health, and to enhance quality of life.

Referral Services: This is MFF's cornerstone! Facilitating a referral program for mental health services to connect uninsured and underinsured with the right sources or provider. We made the process easy and accessible.

Mental Health Service



We can provide **referrals** in the following areas:

- ✓ Family Counseling
- ✓ Depression
- ✓ Stress
- ✓ Anxiety
- ✓ Parenting
- ✓ Self-Esteem
- ✓ Mental Health
- ✓ Relationships
- ✓ Grief
- ✓ Anger
- ✓ Islamic counseling

Support in Many **Languages:**

- ✓ Arabic
- ✓ Armenian
- ✓ English
- ✓ Farsi
- ✓ Pashto
- ✓ Punjabi
- ✓ Spanish
- ✓ Tagalog
- ✓ Urdu



People Served in 2025

Referral	48
Friday Khutbah	9,270
Annual Family Symposium	33
Annual Friendship Dinner	93
Premarital Group Session	26
Food Bank	50
Total	9,4520



Disability Support

At MFF-CA, we are passionate about supporting families and individuals by providing compassionate, culturally responsive services that promote mental wellness, strengthen communities, and ensure that no family faces life's challenges alone.

Disability can impact family mental and behavioral health by increasing stress, anxiety, caregiver burden, and changes in family dynamics. **However, with love, compassion, support, and healthy coping strategies, families can build resilience, strengthen relationships, and improve overall wellbeing.**



Disability and Mental Health

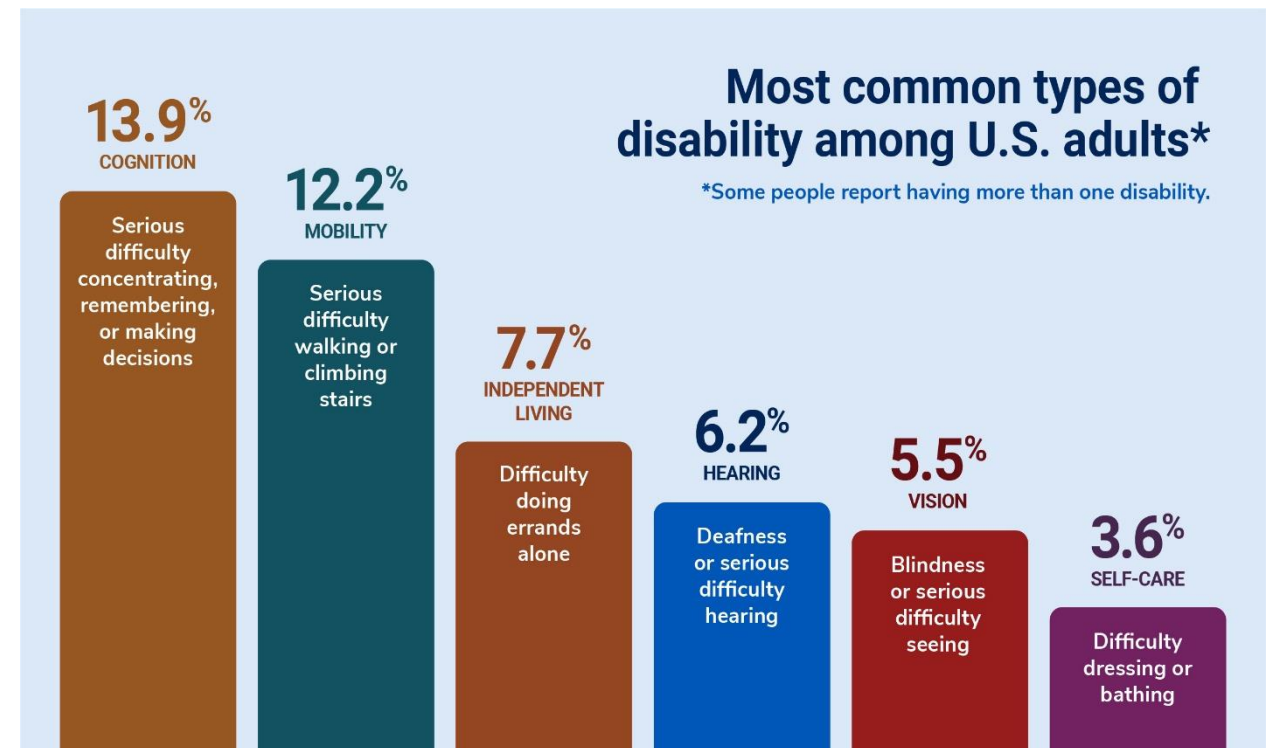
According to the CDC “More than 1 in 4 U.S. adults have some type of disability.” About 28%





Disability and Mental Health

According to the CDC “Most common disabilities include those that affect cognition, mobility, independent living, hearing, vision, and self-care.”





Disability and Mental Health

According to the CDC, there are 6 functional disability types used to measure disability among U.S. **adults**:

1. **Cognitive disability:** Serious difficulty concentrating, remembering, or making decisions.
2. **Hearing disability:** Serious difficulty hearing or deafness.
3. **Mobility disability:** Serious difficulty walking or climbing stairs.
4. **Vision disability:** Blindness or serious difficulty seeing, even with glasses.
5. **Self care disability:** Difficulty dressing or bathing.
6. **Independent living disability:** Difficulty doing errands alone, such as shopping or visiting a doctor.



Disability and Mental Health

CDC estimates the prevalence among **adults** as:

- Cognitive: 13.9%
- Mobility: 12.2%
- Independent living: 7.7%
- Hearing: 6.2%
- Vision: 5.5%
- Self care: 3.6%

Upcoming Event



3rd Annual Cultural Humility Training

July 18, 2026

7th Annual Friendship Dinner

November 7, 2026

The flyer has a decorative top with blue, orange, and green curved shapes. The title "Cultural Humility In Working With Muslims" is in blue. Below it, "3rd Annual Training" and "Certificate will be provided" are in smaller text. The date "JULY 18 2026" is prominently displayed, with "SATURDAY" on either side. The time "10:00AM TO 2:30PM" is below the date. A paragraph describes the workshop's purpose. Two circular portraits of speakers are shown with their names and titles. A QR code is in the center. The location and contact info for Family Service Association are at the bottom left. The text "Free Admission with Registration Refreshments will be served" is at the bottom right. The footer includes "Please arrive 10 minutes early", "Hosted By MFF-CA" with the MFF-CA logo, and "Presented By AMALY" with the AMALY logo.

Cultural Humility In Working With Muslims
3rd Annual Training
Certificate will be provided

JULY 18 2026
SATURDAY 10:00AM TO 2:30PM

This workshop is intended for professionals who want to expand their knowledge and cultural humility in working with the Muslim population. Attendees will have the opportunity to engage in discussions among other professionals and will be provided with a case study based on a collection of real experiences.

Amira Abudiab, LPCC
Amaly, Co-Founder

Yasir Hamideh
Amaly, Data & Research Intern

Family Service Association
21250 Box Springs Road Suite 214
Moreno Valley, CA, 92557

Free Admission with Registration
Refreshments will be served

Please arrive 10 minutes early

Hosted By MFF-CA

Presented By AMALY

Join Our Mission



3-Easy To Support Us:

1. Mail Check to:

Muslim Family Foundation
21250 Box Springs Rd. Suite 102
Moreno Valley, CA 92557

2. Online at www.mffie.org

3. Zelle: info@mffie.org

Please Scan The QR Code





*Thank
You*