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# ANNUAL REPORT

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2025



Nadiah Mohajir, MPH

## A NOTE FROM OUR EXECUTIVE DIRECTOR

As we celebrate those making the long journey to Hajj and welcome Eid al-Adha, we are reminded that this blessed time of year is grounded in one mother's resilience and commitment to ensuring her child was nourished: Hajar (may God be pleased with her). Hajar - a Black woman who was once enslaved and was the wife of Prophet Ibrahim (AS) and mother of his son, Prophet Ismail (AS) - was left upon divine instruction in a barren valley where she ran from Mount Safa to Mount Marwa looking for help so she could feed her small child. Prophet Ismail kicked the earth and an angel came to create the sprouting well of ZamZam which still flows until today. Allah (swt) sent the miracle fountain of ZamZam to help replenish Hajar's milk supply.

Today, as we continue to fight for reproductive justice and the right for parents to parent their children in safe and sustainable environments, Hajar's story is a powerful reminder of Allah's mercy and that reproductive justice is not only a part of our history, but something that God Himself granted.

Because of this miraculous event, our beloved Hajar - a nursing parent who struggled to nourish her child - is honored every year at Hajj by the pilgrims who follow in her footsteps.

This Eid, our hearts are with parents who are struggling to access the necessary supports for their families to thrive all over the world:

- With mothers in Gaza, Sudan, and Congo, gathering all they can to ensure their babies are nourished, knowing that the very existence of their children is an act of resistance;
- With Dr. Noor Abdalla who has been forced to start her journey as a parent without her partner and father of her child by her side;
- With Adriana Smith, who was declared brain dead more than 3 months ago but is being kept artificially alive for her pregnancy against her family's will;
- With mothers who are resisting oppressive policies, policing, and surveillance every day

May we all build a world in which Muslims are safe and can exercise self determination over their reproductive lives in the communities they work, live, and pray.

We invite you to learn more about our work and progress over the past year and our various calls to action to you, our community. Later this year, we celebrate fifteen years, mashallah, and we cannot wait to share the impact of this powerful work with you.

On behalf of the entire team at HEART, we wish you and your loved ones a blessed Eid Mubarak.

In solidarity,



Nadiah Mohajir, Founder  
and Executive Director



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## OUR MISSION, VISION, AND VALUES

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**Mission:** To advance reproductive justice and uproot gendered violence, by establishing access and choice for the most impacted Muslims

**Vision:** A world where all Muslims are safe, can exercise self determination over their reproductive lives and thrive in the communities they live, work and pray.



## **Notable Accomplishments:**

1. Reproductive Agency Honoring Impacted Muslims (RAHIM) being featured in Times Square
2. Publishing five chapters featuring our research in Sexual Violence in Muslim Communities: Toward Awareness and Accountability.
3. Three mutual aid funds are distributing more than \$350,000.
4. Expanded our staff by two, and welcomed 4 interns.
5. Finalized our fifteen-year documentary.
6. Updated our strategic plan to envision the next 15 years.
7. Partnered with the University of Michigan at Ann Arbor to create resources on our RIDHA framework and Sex Talk book, reaching close to 10,000 incoming students per year.
8. Trained several service providers and Muslim institutions on our gender-based violence and reproductive justice curriculum.



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# TESTIMONIALS

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## Health Education:

Equipping people with critical health information to make informed decisions

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“In the midst of deep confusion and crisis, reaching out to the HEART team was one of the greatest blessings from Allah. I hesitated so many times to contact them because I was afraid and unsure how they could help. Not only did they respond quickly, they were professional in their communication and efficient in their support, spending hours of one on one time to witness my story, explore my fears and concerns, and draw a plan that felt safe for me and aligned with my goals. I openly and gladly refer others to HEART, and I'm immensely grateful to Nadiah and Navila and the entire team for their tireless work in the unfortunate reality of abuse.”

- Survivor

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“

Being a Virtual Peer Educator has been incredible. I didn't realize the need for this in our community until I started doing it. I believe that we need to do preventative work to combat patriarchal values and sexual & domestic violence, and empowering people through education has been a large, significant part of this. **When we educate community members and they pass the education forward, we can slowly start to break stigmas and change norms.**



Kinza Khan

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# Individual Advocacy

## Enhancing safety for survivors of violence as they seek healing and justice

### REFERRAL NETWORK

We are committed to connecting people to information and a network of excellent practitioners and professionals, including direct service organizations, lawyers or legal clinics, and mental health services or practitioners. We have curated a list to reach across about eight cities nationally. The network is a thoughtful list where we have built a relationship with the organizations or individuals and continue to work with them to ensure that they are trauma informed, survivor centered, and have a shared understanding of what it means to serve Muslim communities.



“

HEART has been a great resource and an incredible source of support. It has helped me incredibly on my path toward healing... I honestly don't know where I would be if it weren't for Muslim orgs that take this issue head on with openness, honesty and respect.

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## Research:

### Bridging the gap between research and practice to better understand the needs of Muslim communities

This is really groundbreaking work that is being done right now. As someone that treats sexual dysfunction in Muslim women - 30-40% of my patients are Muslim and we don't have any studies right now to go off of...Community organizations like HEART can go in and educate. And this is what needs to be done to reduce the burden of sexual dysfunction and sexual violence to destigmatize a lot of this so that women can get help for what they experience... Once this is out there, this is really going to be the study that is quoted, particularly for this area.



**Dr. Sameena Rahman, Principal Investigator**

To do the work, we need data specific to Muslim communities to be able to develop effective, sustainable programming. We partner with universities and research institutions to deepen our understanding of the sexual health and sexual violence needs of Muslim communities.

Our partners include the Center for Urban Research and Learning (CURL) at Loyola University and the University of Illinois at Chicago.

We use our findings to further improve our own programming, contribute to peer-reviewed literature, and make informed policy and programming recommendations.

# Training:

## Building the capacity of leaders and communities to build safe and inclusive spaces.

Everyone can play a role in responding to and preventing sexual violence and building safer communities. Our trainings aim to build the capacity of Muslim leaders, institutions, and mainstream professionals to more effectively meet the sexual health and anti-sexual violence advocacy needs of Muslims. From local social services organizations to mosque leadership and Islamic colleges, we've trained over 750 of professionals. Using a public health framework, our trainings provide an in-depth understanding of gender based violence across the lifespan, the root causes of violence, and practical tools and frameworks on how to respond to, address, and prevent gender based violence in their communities.



“ I believe that this course was exactly what I needed, at the exact moment it was necessary for my community. We are struggling with issues of spiritual abuse and I feel like I have been armed with the knowledge I need to speak to it with confidence and competence. ”

“ It has equipped me with knowledge, tools, resources and more importantly, a support network of outstanding committed Muslims doing the work who are resources in themselves. This course experience has empowered me to make more of an impact helping people than I could have made had I not gone through this course. ”

# **Internal Organization Work:**

## **Reimagining workplaces to be people-centered and free of harm**

HEART's creation and growth was a direct response to the organization's founders not seeing themselves (Muslim women survivors and caregivers) represented authentically in positions of leadership in either mainstream movements or in Muslim institutions. The very structure and culture at HEART was put in place to create a safe and dignified workplace grounded in racial, gender, and economic justice. At every stage in our growth, we've been intentional about building a workplace that challenges "traditional workplace culture"--which we understand as being grounded in white supremacy, patriarchy, and capitalism. And with the guidance of partner organizations beautifully modeling this way of being--like Move to End Violence--we've been able to deepen and expand our efforts to build a people-centered organization.

As a commitment to leading with *adalah*, We are invested in sharing power, responsibility, and labor to build safe and secure workplaces, communities, and relationships. We practice shared decision making for small and large decisions alike, and we collaborate closely with community members to ensure our programming is curated to meet the unique needs of the communities we serve. Our transition to a co-directorship was a step in establishing the organizational infrastructure to support the culture we've cultivated and hope to continue to build on.

As a previous intern and now employee at HEART, I have seen the ways HEART is dedicated to creating safe, nourishing, and trauma-informed workplaces for everyone involved in their organization, at all levels. Everyone approaches the work with kindness, rahma, and humility. From individual check-ins, to dominant check-ins, to all the ways we center relationality, HEART truly practices what it preaches. HEART doesn't just theorize about a world without violence, it builds it, even in the workplace.



**Kiran Waqar**

Additionally, our core team met every quarter to put our heads together and identify workplace habits that are disruptive to creating an organization that is people-centered and prioritizes building a culture of care. Through these conversations, we were able to better understand the needs of our staff and instead identify and implement practices that were supportive of collaboration, spaciousness, and accountability to the people who are doing the work. While we've come a long way, this work is ongoing and evolving. We're excited to continue to build on the strong foundation we have established since HEART's founding.

Interested in our journey? We're excited to document the strides that HEART has made to cultivate a workplace that imagines and embodies ways of being and working beyond the traditional models we've been offered.

Welcome  
DINNER & A MOVIE

HEART'S 15<sup>TH</sup> BIRTHDAY  
PARTY FUNDRAISER



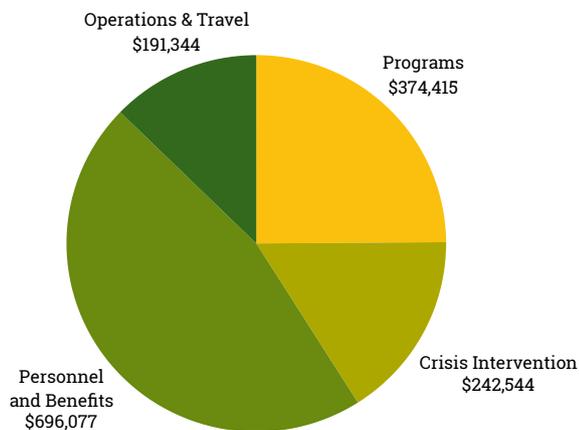
October 18 | 6:00 PM | Silver Spring, MD  
[www.heartstoday.org](http://www.heartstoday.org)

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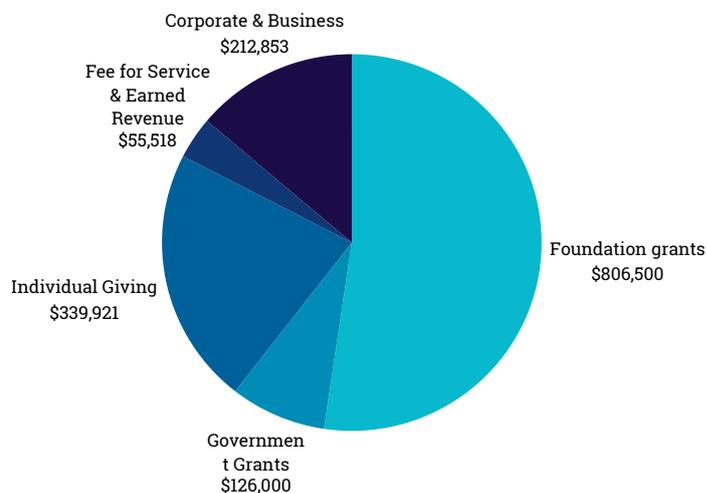
# FINANCIALS

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## 2025 PROJECTED EXPENSES



## 2025 PROJECTED REVENUE



### BECOME PART OF OUR MONTHLY DONOR COMMUNITY

Our monthly donors are a community of fierce supporters who've committed to supporting HEART on a monthly, ongoing basis. Our monthly donors ensure that we sustain the funds to support our programming year-round. Join this community of monthly supporters who show us what's possible when we come together to make change.

### SURVIVOR CARE FUND

Earlier this year, we re-launched our Survivor Care Fund--a pool of funding that is solely reserved to directly support survivors of violence to ensure that they have access to critical services. Since the year started, we've been able to redistribute over \$50,000 to survivors to help them access the resources they need to get and stay safe like legal fees, housing and rent support, immigration fees, transportation fees, and household fees like utilities.

We invite you to join the hundreds of community members who have contributed generously to this fund and community care.

### REPRODUCTIVE JUSTICE FUND

After supporting our community for the past decade in navigating reproductive and sexual health systems, it is apparent that resources are scarce. We need access to support in all its forms and oftentimes on an urgent basis. In response to this urgent need, HEART launched its first ever Reproductive Justice Fund.

Join us and invest in the Reproductive Justice Fund today. Every donation will go towards critical services and support for people in our communities that are challenged with access to services in the reproductive and sexual health systems like fertility, sexual dysfunction, pregnancy support, abortion access, and miscarriage, pregnancy & infant loss care and support.

# Support HEART

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@hearttogrow

And sign up for our newsletter!

## Get Involved

Check out our paid & unpaid positions



Sign up to volunteer



Be an intern



Get trained to teach our material



## Donate

Donate to keep the work going! Check out our different programming, including our mutual aid funds