



# Insights into *Happiness and Love* in your Marriage

**Sunday, April 17th 2011**

MET Educational and Community Center: 10330 SW Scholls Ferry Road, Tigard, OR 97223

## Community and Online Resources

### Professional

#### Female Medical Doctors

Name	Specialty	Address and Phone #	Email and Website
<b>Dr. Rohina Azizi, DMD, PC</b>	Dentist and Naturopathic Medical Doctor	<b>Southwest Medical Dental</b> 2350 SW Multnomah Blvd, Portland, OR, 97219 <b>Phone:</b> (503) 244-2432	<b>E-mail:</b> info@pdxdnc.com <b>Website:</b> www.pdxdnc.com
<b>Dr. Shukri A. Osman, MD</b>	Internal Medicine	<b>Northwest Renal Clinic, Inc.</b> Providence St. Vincent Office 9155 SW Barnes Road, Suite 330 Portland, OR 97225 <b>Phone:</b> (503) 292 - 7704	<b>Website:</b> www.nwrc.com/index.html
<b>Dr. Eman Lutfi, MD</b>	Pediatrician	<b>Westside Pediatric Clinic PC</b> 17895 North West Evergreen Parkway Suite 110 Beaverton, OR 97006 Phone: (503) 297-1025	<b>Website:</b> www.westsidepediatrics.com
<b>Dr. Shagufta Hasan, MD</b>	Family Doctor	<b>Family Medical Center</b> 10175 SW Barbur Blvd, Portland, OR, 97223 <b>Phone:</b> (503) 531-3858	
<b>Ms. Samira Godil</b>	Executive Director	<b>Southwest Community Health Center</b> 7754 SW Capitol Highway Portland, OR 97219 <b>Phone:</b> (503) 977-0733	<b>Email:</b> samiragodil@hotmail.com <b>Website:</b> www.swchc-pdx.org

#### Nurses and Midwives

Name	Specialty	Address and Phone #	Email and Website
<b>Ms. Shafia Monroe</b> Founder of International Center for Traditional Childbearing	Certified Midwife since 1982	<b>International Center for Traditional Childbirth</b> 2823 North Rosa Parks Way Portland, OR 97217 <b>Phone:</b> (503) 281-1688	<b>Website:</b> www.ictmidwives.org
<b>Ms. Elizabeth Anne Ribbeck, CNM, RN</b>	Registered Nurse and Midwife since 2008	<b>Salem Hospital</b> 1285 Liberty Street South East Salem, OR 97302 <b>Phone:</b> (503) 562-4040	

## Professional (Continued)

### Counseling

Name	Specialty	Address and Phone #	Email and Website
Ms. Sukayna Ronda Mau, LPC	Licensed Professional Counselor	<b>Counseling Connection PC</b>	<b>Email:</b> rjwmau@yahoo.com
Dr. Nancy Rogene, Ph.D., LPC, LMFT	Licensed Professional Counselor	8855 SW Holly Lane, Suite #112 Wilsonville, OR 97070  1745 Willamette Falls Drive West Linn, OR 97068  <b>Phone:</b> (503) 682-0957	<b>Email:</b> nrogene@gmail.com nrogene@msn.com
Dr. Roberta Deppe, M.A.	Individuals, Group, and Couples Therapy	<b>Phone:</b> (503) 956-5393	<b>Email:</b> roberta@bridgetowntherapist.com <b>Website:</b> www.bridgetowntherapist.com
Ms. Tina Gilbertson, LPC	Licensed Professional Counselor	<b>Individual &amp; Group Therapy</b> 1235 SE Division St., Ste. 207, Portland, OR 97202 <b>Phone:</b> (503) 544-6179	<b>Email:</b> tinagilbertson@gmail.com <b>Website:</b> www.tinagilbertson.com

### Real Estate

Name	Specialty	Address and Phone #	Email and Website
Rubena Faruqui	Real Estate Professional	<b>Windermere Cronin and Caplan Realty Group</b>	<b>Email:</b> rubenafaruqui@gmail.com

### Law

Name	Specialty	Address and Phone #	Email and Website
Joanna Marie Wagner & Jonah Yunus Paisner	Attorney at Law	<b>American Law for Muslims (A.L.M.)/Paisner Law</b> <b>Phone:</b> (503) 777-1737	<b>Email:</b> joanna@paisnerlaw.com <b>Website:</b> www.paisnerlaw.com

## Recreational

### Swimming and Exercise

Name	Specialty	Address and Phone #	Email and Website
Buckman Pool, Portland Parks and Recreation	Swimming	1120 SW 5 <sup>th</sup> Avenue, #1302, Portland OR 97204 <b>Phone:</b> (503) 823-6972	
Curves	Gym	Various locations	<b>Website:</b> www.curvesforwomen.com
Butterfly	Gym	2296 Gable Road, Ste #210 St. Helens, OR 97051 <b>Phone:</b> (503) 397-9771	<b>Website:</b> www.butterflylife.com

### Beauty and Spa

Name	Specialty	Address and Phone #	Email and Website
Kaniz Shah Silk Stone Henna	Henna	7317 SE Claybourne Street, Portland, OR <b>Phone:</b> (503) 342-6859 <b>Cell:</b> (503) 888-5808	<b>Email:</b> kaniz@silkstones.com <b>Website:</b> www.silkstone.com
Sefana Wilde, LMT Moon Dance Massage	Massage Reiki Spa Treatments Movement Classes	4475 SW Scholls Ferry Portland, OR 97225 <b>Phone:</b> (503) 707-7953	<b>Email:</b> moondancemassage@ymail.com <b>Website:</b> www.moondancemassage.vpweb.com
Neehaz Sohail Nature Spa		<b>Phone:</b> (503) 531-0910 (503) 267-6962	<b>Email:</b> NatureSpa2010@gmail.com
Ms. Samar	Beauty Salon	<b>Phone:</b> (503) 348-5774	
Ms. Aishah Kante	Beauty Salon	Phone: (503) 453-2216	<b>Email:</b> wenkante@msn.com

### Catering

Name	Address and Phone #
Ms. Saida Salad	Phone: (503) 645-2709

### Child Care

Name	Address and Phone #
Ms. Huma Ali	Phone: (503) 591-7821
Ms. Kauser Mounir	Phone: (503) 579-3562

### Magazines and Publications

Name	Website
Sisters	www.sisters-magazine.com
Muslimette	muslimette.com
MB Muslima	www.mbmuslima.com
Muslim American Girls	www.muslimamericangirls.com
Azizah	www.azizahmagazine.com
Islamic Horizons	www.isna.net/ Islamic-Horizons/ pages/ Islamic-Horizons.aspx

## Online Resources

### Contemporary Muslim Scholars to ask questions and seek advice from

Name	Phone #	Email
Dr. Jamal Badawi	(902) 445-2494	jamalbadawi@hotmail.com
Dr. Muzammil Siddiqi		email@drsiddiqi.com
Dr. Ahmad Sakr	(909) 594-1310	drahmadsakr@hotmail.com ahmadsakr@yahoo.com

### National Resources

Name	Website
Muslim Educational Trust	<a href="http://www.metpdx.org">www.metpdx.org</a>
The Fiqh Council of North America	<a href="http://www.fiqhcouncil.org">www.fiqhcouncil.org</a>
Islamic Society of North America	<a href="http://www.isna.net">www.isna.net</a>
Islamic Circle of North America	<a href="http://www.icna.org">www.icna.org</a>
Islam Online	<a href="http://www.islamonline.net">www.islamonline.net</a>
Islam Web	<a href="http://www.islamweb.com">www.islamweb.com</a>
Islam 101	<a href="http://www.islam101.com">www.islam101.com</a>
Islam Today	<a href="http://www.islamtoday.net/istesharat/queslist-70-2836-1.htm">www.islamtoday.net/istesharat/queslist-70-2836-1.htm</a>
Islam Way (English)	<a href="http://www.english.islamway.com">www.english.islamway.com</a> <a href="http://www.sisters.islamway.com/index.php">www.sisters.islamway.com/index.php</a>
Islamic Finder	<a href="http://www.islamicfinder.org">www.islamicfinder.org</a>
Gender Equity in Islam	<a href="http://www.islam101.com/women/equity.html">www.islam101.com/women/equity.html</a> , <a href="http://www.jannah.org/genderequity/">www.jannah.org/genderequity/</a>
Jannat	<a href="http://www.jannat.org">www.jannat.org</a>
Kenana	<a href="http://www.kenanaonline.com/zwag">www.kenanaonline.com/zwag</a>
Muslim Advocates	<a href="http://www.muslimadvocates.org">www.muslimadvocates.org</a>
Muslim Women Lawyers Association	<a href="http://www.karamah.org">www.karamah.org</a>
Peaceful Families	<a href="http://www.peacefulfamilies.org">www.peacefulfamilies.org</a>
Seekers Guidance	<a href="http://www.seekersguidance.org">www.seekersguidance.org</a>
Sunni Path	<a href="http://www.sunnipath.com">www.sunnipath.com</a> ( <a href="http://www.qibla.org">www.qibla.org</a> )

### Books and References

- **The Muslim Marriage Guide** by Ruqayyah Waris Maqsood
- **Blissful Marriage: A Practical Islamic Guide** by Ekram Beshir and Mohamed Rida Beshir
- **Gender Equity in Islam** by Dr. Jamal Badawi
- **Islamic Marriage: Initiating and Upholding** by Hedaya Hartford
- **Your Islamic Marriage Contract** by Hedaya Hartford
- **Islamic Guide to Sexual Relations** by Mufti Muhammad Ibn Adam Al-Kawthari
- **iCover: A Day in the Life of an American Muslim COVERed Girl, Photo documentary** by Sadaf Syed
- **Men are from Mars, Women are from Venus: How to Get What You Want in Your Relationships** by Dr. John Gray