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Rise Above Abuse Now

Empowering Our Community

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INTRODUCTION

Welcome to Rise Above Abuse Now! We are dedicated to empowering victims, survivors, over comers, and allies whose lives have been touched by sexual trauma. We daily advocate for justice in the fight against sexual human trafficking, domestic violence, and rape. Our non -profit organization is committed to creating a safer, more compassionate world where every individual can rise above abuse and reclaim their lives. Through comprehensive support services, educational programs, and community outreach, we strive to raise awareness, provide essential resources, and foster a network of support for those affected by these heinous crimes. Together, we can make a difference and help survivors find their strength, resilience, and hope for a brighter future. Join us in our mission to end abuse and promote healing and empowerment for all.

Our Mission

“EMPOWERING A GLOBAL REVOLUTION: TOGETHER, WE RISE ABOVE ABUSE”
At Rise Above Abuse Now, we envision a world where every individual is free from the shackles of sexual exploitation, where survivors are empowered to reclaim their lives, and where respect, empathy, and kindness shape the fabric of our communities. We are committed to fueling this revolution through education, support, and advocacy, igniting a beacon of hope for a brighter, safer tomorrow.

Our Vision

To empower victims, survivors, over comers, and allies to rise above abuse and reclaim their lives, creating a world where justice prevails, compassion reigns, and every individual stands tall in their journey towards healing and freedom.

ORGANIZATIONAL ACTIVITIES

2 Times a Year - Empowerment Retreats

Our Empowerment Retreats support victims, survivors, over comers, and allies of human trafficking, focusing on healing, growth, and empowerment. Here's what you can expect:

Healing Space: A safe environment for healing.

Growth Workshops: Build confidence and new skills.

Supportive Community: Connect with others who understand.

Holistic Activities: Enjoy yoga, meditation, art, and nature walks.

Empowerment Sessions: Learn self-advocacy and goal setting.

Weekly - Art Activities

Our Art Activities help heal and relax victims, survivors, overcomers, and allies of human trafficking. Here's what you can expect:

Healing Through Art: Express feelings through creative arts.

Relaxing Environment: Unwind in a calm space.

Supportive Community: Connect with others who understand.

Personal Growth: Discover new talents and build confidence.

Weekly - Cooking Through Healing

Our Cooking Through Healing activities offer peace and relaxation. Here's what you can expect:

Healing Through Cooking: Express emotions by preparing meals.

Relaxing Environment: Enjoy a welcoming kitchen.

Supportive Community: Cook with others who understand.

Personal Growth: Learn new skills and find joy in cooking.

Weekly - Yoga Classes

Our Yoga Healing sessions support physical and emotional well-being. Here's what you can expect:

Healing Through Yoga: Gentle poses to release stress.

Relaxing Environment: A peaceful space for well-being.

Supportive Community: Practice with others who understand.

Personal Growth: Improve flexibility and find peace.

Weekly - Supportive Community Meetings

~~Our meetings provide a space to talk and heal.~~ Here's what you can expect:

Healing Through Sharing: Share and listen in a safe environment.

Relaxing Atmosphere: Open up in a calm space.

Supportive Community: Talk with people who understand.

Personal Growth: Build confidence through shared stories.

Weekly - Zumba Dance Classes

Our Zumba Healing classes offer fun and fitness. Here's what you can expect:

Healing Through Dance: **Energetic** routines to lift your spirits.

Relaxing Environment: Enjoy a lively, supportive space.

Supportive Community: Dance with others who understand.

Safe House Partnership:

We have partnered with a local safe house to provide shelter and protection for victims of human trafficking. Our partnership ensures that survivors have a secure and supportive environment where they can begin their healing journey.

WANT TO GET INVOLVED? HERE'S HOW!

Donate:

· Your donations help us support survivors and expand our programs. Make a difference by donating on our website or contacting us. Every contribution counts.

Advocate and Raise Awareness:

· Help us spread the word about our mission. Share our message on social media, join our events, and encourage others to support survivors and prevent exploitation.

Creating a Culture of Safety and Respect:

Join our events and workshops to learn about preventing exploitation and supporting survivors. Stay informed and involved to help create a safe and respectful community for everyone.

ABOUT FETIHYA REMENDAN AHMED



I am Fetiha Remendan Ahmed, originally from Dire Dawa, Ethiopia, and now a proud American citizen since 2012. As a mother of three wonderful children, I consider raising them to be my greatest achievement. My journey has allowed me to become fluent in five languages: Oromo, Amharic, Somali, English, and French.

Despite facing significant challenges, including domestic violence, emotional abuse, rape, and human trafficking, I have found strength in adversity. These experiences have fueled my passion for advocacy and led me to found RISE ABOVE ABUSE NOW (R.A.A.N.).

Currently, I am pursuing my degree in Culinary Arts at Coastal Carolina Community College with the dream of becoming a chef. My life's mission is to serve my Creator, family, and community. I am dedicated to supporting survivors of abuse and am actively involved in the daily care of the elderly.

My life is a testament to resilience and the power of rising above adversity to create positive change.