



Aug 2025

Stand With Isuroon! Your Support Matters Now More Than Ever



**MAKE A DIFFERENCE.
DONATE TODAY.**



ISUROON.ORG

In light of recent **federal budget cuts**, many vital programs that serve women, families, and immigrant communities are at risk. At **Isuroon**, our mission has always been to provide culturally-specific support, advocacy, and resources that empower women to thrive. But today, we need your help more than ever.

These cuts directly impact our ability to continue offering:

- Culturally-responsive health and education.
- Peer-led support groups for women and their families
- Emergency resources for those in crisis.
- Programs that build economic stability and independence.

You can make a difference! by donating today, you ensure that women and families we serve continue to have access to the resources, compassion and community they deserve!

Donate Here!

Upcoming Events



Save The Date! 11/11/2025 Isuroon's 15th Anniversary Gratitude Dinner

Mark your calendars!

Isuroon will be celebrating it's 15th Anniversary Gratitude Dinner celebration!

Join us for a heartfelt evening as we gather to celebrate Isuroon's 15th Anniversary. This special dinner is an opportunity to honor the strength, resilience, and unity of our community. Together, we'll reflect on our shared milestones and look forward to Isuroon's vision for 2030—a welcoming future where everyone feels seen, heard, and uplifted.

Stay tuned for more information on isuroon.org & isuroonevents.org and our Social media platforms!

Registrations will open soon!



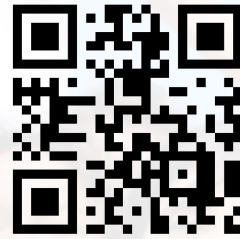
HERITAGE
HIGH SCHOOL

ISUROON'S FAMILY SAFETY NIGHT

A free family event with music, Food & refreshments
celebrating wellness, safety, and community.



**Sponsored by
Hennepin county**



**Book your
seat now!**



Wednesday, 17th September



03:00pm - 06:00pm CDT



Heritage Academy



Isuroon's Family Safety Night

Join us for Isuroon's Family Safety Night Event!

Wednesday September 17th 3-6 PM at Heritage Academy ,

3345 Chicago Ave Minneapolis MN, 55407

We will have music food and refreshments, celebrating wellness, safety and community! We also will have a Halal

Food Drive for families in need of Halal Food.

Scan or click the link to sign up now!

<https://bit.ly/46AG1ky>

Sign up Here!

You Are Not Alone!

September is Suicide Prevention Month



September is Suicide Prevention Month a time to raise awareness about a growing public health issue that affects families and communities everywhere. Rates of suicide have been rising in recent years, especially among young people, women of color, and immigrant communities. Too often, cultural stigma and silence make it harder for those struggling to reach out for help.

At Isuroon, we believe it's time to break the silence. Talking about mental health and suicide is not a sign of weakness—it is a step toward healing, connection, and hope. If you are struggling, please know that you are not alone. Help is available, and your life matters.

We encourage everyone to check in with loved ones, listen with compassion, and share resources that can make a difference. Together, we can create a community of care where no one feels isolated in their pain.

 Isuroon Crisis Hotline: **(833) 437-3463**

Available to support you with culturally grounded, confidential care.

This September, let's remember talking saves lives!

Community Highlights

**Isuroon Resource Table & Back
to School drive at Heritage
Academy**

We would like to extend our heartfelt thanks to Heritage Academy and to every single person who came out on Friday, August 29th to support and participate in our Back-to-School Drive and visit our community resource table!

It was such a joy to see students, parents, and community members come together to prepare for a successful school year. From distributing backpacks and supplies to sharing valuable resources, the day was filled with energy, excitement, and connection. Events like these remind us of the incredible strength and generosity within our community when we unite for a common cause.

We would like to thank **Greater Twin Cities United Way** for their contributions! Together we empower communities!

**Greater Twin Cities
United Way**



Staff Day at the Minnesota State Fair

We had such an amazing and memorable time together at the **Minnesota State Fair**! From indulging in all the delicious foods the fair has to offer to exploring the exciting attractions, rides, and activities, it was truly a day filled with joy, laughter, and connection. The energy and spirit of the fair brought everyone together, reminding us of the importance of celebrating community and creating moments of happiness.

A heartfelt thank you to our incredible staff for everything you do day in and day out to serve and uplift the community. Your dedication, compassion, and hard work never go unnoticed, and this well-deserved outing was just a small way to honor and celebrate all that you contribute.

Here's to more shared experiences, continued teamwork, and plenty of reasons to celebrate the



amazing people behind the work we do!

Staff Recognition

Thank you! Tami Noblet and Nimo Gedi!! You always family

We would like to thank Tami Noblet and Nimo Gedi for their outstanding work at Isuroon. The impact they have made to the community and our organization is unforgettable! we wish you both the best of luck on your future ventures!



Meet Our Staff

Welcome Brian Fruchtman To The Isuroon Family!

I am excited to be working at Isuroon and look forward to the opportunity to make a difference in the lives of Afghan refugees and other people served by Isuroon's ARMHS program as a clinical supervisor. I am a social worker. I grew up in Minneapolis, I obtained a masters degree in social work in 1994.

In the field of social work I have worked as a school social worker for Minneapolis Public Schools, as a Minnesota child protection worker, as a community social worker, and as a volunteer psychotherapist.

Other positions I have held in the health services and social services include a being a part-time counselor with adults with sever intellectual



challenges living in group homes, a job coach and assistant case manager for people with developmental disabilities attending day programs, and a nursing assistant for senior citizens and others living in assisted living facilities, nursing homes and transitional care centers.

I currently have a license as a social worker from the State of New York (LMSW) and a certificate as a nursing assistant from the State of Minnesota.

Join Isuroon's Board!

Are you passionate about uplifting women, advancing equity, and building stronger communities? Do you want to use your skills, leadership, and voice to make a real impact?

Isuroon is seeking dedicated and visionary leaders to join our Board. As a board member, you will:

- Help guide the mission and future of Isuroon
- Provide Strategic leadership and advocacy
- Support fundraising and community engagement
- Ensure culturally-specific programs continue to empower women and families.

By joining the board, you'll be part of a powerful movement to create lasting change and ensure that women in our community have the resources, dignity, and opportunities they deserve.



Apply today!

Email: Communications@isuroon.org



Get To Know Isuroon



Founded in 2010, Isuroon is a women-led nonprofit dedicated to empowering Somali women and their families in Minnesota. Our mission is to support women in overcoming barriers such as language challenges, racism, and religious intolerance. We offer access to health education, financial literacy, civic engagement, and leadership development programs. Through strategic partnerships, Isuroon provides culturally competent training and conducts community-centered research to improve health and social outcomes. We help women successfully navigate complex healthcare systems and advocate for their physical, social, and financial well-being. The name “Isuroon” signifies a woman who takes care of herself—reflecting our belief in self-empowerment as the foundation for strong families and communities. At Isuroon, we uplift voices, build resilience, and foster long-term change. [Read More](#)

Resources



Small Business Support



Youth Program

Isuroon’s Somali Youth and Young Adult Programs are designed to empower young Somali and East African



Housing Assistance

Our certified housing counselors will help you understand the process of buying a house from start to finish, without any cost to you.

We provide free legal, financial, and marketing resources, along with small business support for entrepreneurs at every stage

[Learn more](#)

students in middle school and high school.

[Learn more](#)

In our 1 on 1 pre-purchase counseling, you and your counselor will complete a budget and financial assessment that includes a review of your credit report to identify possible barriers.

[Learn more](#)



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