

## **Suad Mohamed: A Journey of Service and Empowerment**

Suad Mohamed's story is one of unwavering dedication to serving her community, marked by a timeline that reflects her boundless commitment to making a difference in the lives of others.

Born and raised in Somalia, Suad's passion for helping others was evident from an early age. After completing her Bachelor of Science in Biology and Chemistry at the Somali National University, she began her professional journey as a Mental Health Psychosocial Support Case Worker in her native country. Her desire to contribute to the well-being of her community was ingrained in her every step.

In the year 2000, Suad embarked on a new chapter of her life as she sought refuge in the United States, carrying with her the hope for a better future for herself and her two children, with another on the way. Settling in Ohio initially, she later made her home in St. Cloud, Minnesota in 2001.

It was in St. Cloud where Suad's path intersected with that of Geneva Cole, marking the beginning of her impactful journey in her new homeland. As one of the pioneering members of SASSO (Somali American Social Service Organization), Suad advocated tirelessly for the rights and well-being of Somali women, drawing from her own experiences and challenges as a refugee.

Suad's multilingual proficiency became a powerful tool as she transitioned into roles as an interpreter, aiding fellow immigrants in navigating their new lives in the United States. Her compassion extended to expectant mothers as she served as a doula, offering support and guidance through the beautiful yet challenging journey of pregnancy and childbirth.

In 2003, Suad took a significant leap by opening her modest clothing store in Minneapolis, Minnesota. Recognizing the lack of options available to her community, she filled this gap by providing culturally appropriate clothing, fostering a sense of belonging and identity among Somali immigrants.

Yet, Suad's vision didn't stop at clothing retail. Witnessing the need for comprehensive support among women in her community, she founded the Somali Advocacy Literacy and Mentoring (SALAM) organization. Through SALAM, Suad aimed to empower immigrant families through education and advocacy, uplifting them to overcome barriers and thrive in their new environment.

Despite her entrepreneurial endeavors, Suad remained committed to education, returning to her roots by teaching Arabic to high school students in Minneapolis. It was during this time that she became aware of a neighborhood food shelf, prompting her to take on the role of a food shelf coordinator for two years, ensuring that families in need had access to essential resources.

Currently, Suad continues her noble mission by practicing as a mental health practitioner, recognizing the vital importance of psychological well-being in the journey of resettlement and adaptation. Through her services, she strives to enhance the mental health of individuals within her community, offering support and guidance to those in need.

Suad Mohamed's story is a testament to the transformative power of compassion, resilience, and service. From her humble beginnings in Somalia to her impactful contributions in the United States, she embodies the spirit of dedication and empowerment, inspiring others to embrace the call of service and make a difference wherever they may be.