



Afghan American Women's Association

LIFE & COPE

February 25, 2024 | 6082 Franconia Rd Ste
From 2:00 PM - 5:00 PM | C&D Alexandria, VA 22310

روان سليم . جسم سالم

Healthy Mind, Healthy Body

روغ ذهن . روغ خان



Dr. H. Ilohrzai-Wall
ND, MIFL



Dr. Nahid Nasrat
Professor of Clinical Psychology



Khatera Bahrami
PhD Candidate, Drexel University
Psychology



Light refreshments will be provided



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FEBRUARY 25, 2024
AAWA'S LIFE AND COPE PROGRAM



AAWA held a Life and Cope session presented by Dr. Nahid Nasrat, Khatera Bahrami and Dr. Homaira Behsudi-Wall to discuss the importance of forgiveness and stress management in the community. Dr. Nahid Nasrat led the presentation and it was followed by a Q&A directed by Dr. Behsudi-Wall. Lastly, there was a mini guided session on practical stress-relief methods by Khatera Bahrami.

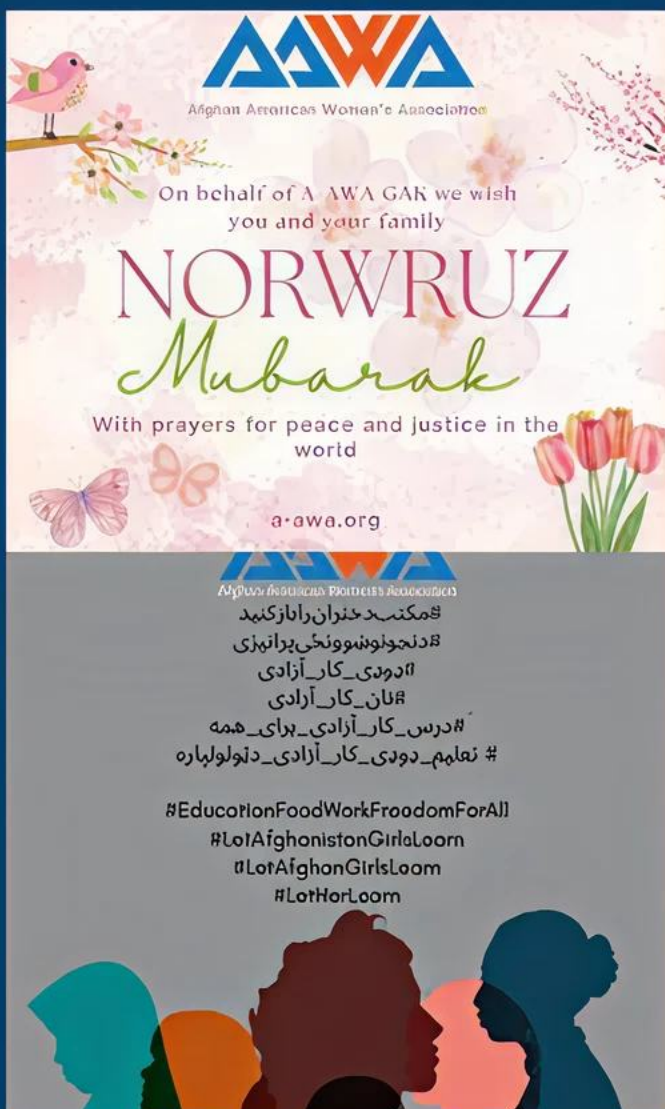
A-AWA Humanitarian Projects Update:

A-AWA worked with Rabia Balkhi High School to provide Zameen with financial support and medical treatment. Zameen lost his foot in an explosion that happened a week before the fall of the Afghan government. With the help of RBHS and A-AWA, Zameen was able to get a leg amputation and prosthetic legs. Following his surgery, Zameen could go back to school and continue his education.



A-AWA Humanitarian Projects Update:

Walking to school with prosthetic legs became a struggle for Zameen because the roads were not even. A-AWA and the RBHS group worked to get Zameen's dad a motorcycle truck called the Zarang. His dad began to give him rides to school on the Zarang and uses the motorcycle to help with vegetable delivery at work.



On February 27, 2024, Nillab Pazhwak, Co-founder, attended Afghan Women's Economic Resilience Summit at the State Department. This was a great opportunity for voicing concerns regarding Afghan women's lack of access to education, employment and overall dire poor economics for Afghan families. The summit aimed at supporting workable solutions for small businesses run by Afghan women.

First Picture: Nowruz Mubarak from A-AWA. We wish you all a happy and peaceful Nowruz.

Second Picture: International Women Day