




Happy New Year to all our beloved AWA family. We wish you all a healthy, happy, and peaceful 2023!

WE ARE EXCITED TO ANNOUNCE THAT THE LIFE AND COPE MENTAL HEALTH PROGRAM WILL BE RESUMING IN-PERSON SESSIONS! AFTER A PERIOD OF OFFERING VIRTUAL SESSIONS DUE TO THE PANDEMIC, WE ARE LOOKING FORWARD TO WELCOMING INDIVIDUALS BACK TO OUR SAFE AND COMFORTABLE SPACE TO PROVIDE THE SUPPORT AND GUIDANCE THEY NEED TO MANAGE THEIR MENTAL HEALTH.

WELCOMING THE ADDITION OF KHATERA BAHRAMI
PHD CANDIDATE DEVELOPMENT PSYCHOLOGY

WE HOPE TO SEE YOU THERE!






Afghan-American Women's Association

Life and Cope
Community Sessions

"Healthy Family and Healthy Society"
Parenting (Part II)

مواظبت از صحت جسمی، روحی و محیطی قایل و جامعه ما
رهنمایی به والدین در رابطه به پرورش اطفال در محیط امریکا

 Date: January 28, 2022
Time: 2:00 – 5:00 PM
Address: Peace Lutheran Church 6362
Lincolnia Road, Alexandria, VA 22312
Contact: rohina@aa-awa.org



Life and Cope January session



Girls' education means prosperity for Afghanistan

#AllOrNone



PenPath with #AllOrNone

Let's all stand together supporting the hashtag



INTERNATIONAL DAY OF EDUCATION

24 January

January 24th was International day of education!

The State Department unveiled a new program to allow groups of private citizens to sponsor refugees from around the world to live in the United States.

The program is called the Welcome Corps.

AAWA signed the press release by Welcome US and is listed as an agency supporting it. We are grateful to have Nillab Pazhwak who has been serving for their council for the past 2 years.



Afghan women attending higher education:

2001: 5,000
2021: 103,854
2023: 0

It is crucial for each and everyone of us to support and take action on women and girls education in Afghanistan. Let's all stand in solidarity and continue to support women and girls education.

#EducationDay



A-AWA HAS CONTINUED WITH SUPPORTING SEVERAL FAMILIES THIS MONTH IN DIFFERENT PARTS OF AFGHANISTAN INCLUDING MAZAR, BADAKHSHAN, TAKHAR, SHEBERGHAN, HERAT AND KABUL. THIS INCLUDED FEW CIVIL SOCIETY WOMEN, TEACHERS, AND SMALL INCOME GENERATING PROJECTS. WE ALSO SUPPORT A FEW WOMEN STUCK IN PAKISTAN. A-AWA IS PROUD TO CONTINUE THE SPONSORSHIP OF TWO KIDS FOR 2023 THROUGH KINDNESS SHARING . ABOVE ALL, ANOTHER ROUND OF OUR LIFE AND COPE PROGRAM IN KABUL CONTINUED ITS MEDICAL AND THERAPY SERVICES TO MORE THAN 20 PARTICIPANTS THROUGH OUR PARTNER ON GROUND. FORTUNATELY, THEIR MEDICAL SERVICES HAVE NOT BEEN STOPPED SO FAR.



Further, our partner agency diligently continued with their survey of victims of the Kaj bombing tragedy and have identified ten most eligible survivors that A- AWA will start supporting in February, 2023. Finally, a new tailoring project is in progress with the hope to provide steady income to women participants who support their families.





AAWA GAK UPDATES

- Educational pamphlets project
- Gift bags for kids
- Sponsorships

We have been working hard to reach out to various companies in search of sponsorships and kind donations. With the help of our dedicated team, we have sent out countless letters to companies across various industries, sharing the details of our projects and the impact we aim to make.

We are grateful for the opportunity to connect with them

We are proud to introduce our latest project aimed at promoting well-being and growth among children. With the help of the community, we have created educational pamphlets covering a range of important topics such as bullying, school, friendships, and more. These pamphlets are designed to educate and empower kids, providing them with the knowledge and resources they need to navigate the challenges they may face.

As a special treat, each pamphlet will come with a gift bag filled with fun and exciting surprises. Our goal is to make learning and growth a positive and enjoyable experience for kids. We believe that every child deserves the opportunity to lead a happy and healthy life, and with your support, we can make this a reality.



Middle East Club at Woodson High School,
Fairfax.

Winter donations secured by
Lemar Pazhwak.

What's Included in This Month's Newsletter

- A-AWA's Forgiveness Lesson
- Donations to Turkia & Syria
- And More!



The many women who helped out and were at the Life and Cope Forgiveness Lesson



Shahla Azizi and Nilab Pazhwak of A-AWA's Board supported the American University of Afghanistan educational event organized by TriVision

At the Life and Cope Forgiveness Lesson people learned about different ways to be kind to people around them and, of course, about forgiveness



The Life and Cope Forgiveness Lesson flyer



The Life and Cope Forgiveness Lesson from the audience point of view

A-AWA members and volunteers celebrated Nowruz with Afghan food and music in solidarity with many newly arrived families including the civil society activists/ advocates in the DMV area. #UniteAfghans 🇦🇫 #AllOrNone



Alghan-American Women's Association
PRESENTS

محفل بزرگداشت از جشن نوروز باستان
به اشتراك آواز خوانان محبوب محترم
غزال و اسد انيل
نوی کال مو مبارك

NOWRUZ

SPONSORED BY WelcomeUS
MARCH 19, 2023
4-8 PM

THE ROYAL BANQUET & EVENT CENTER
6355 ROLLING RD, SPRINGFIELD, VA 22152
RSVP: ROHINABP@GMAIL.COM

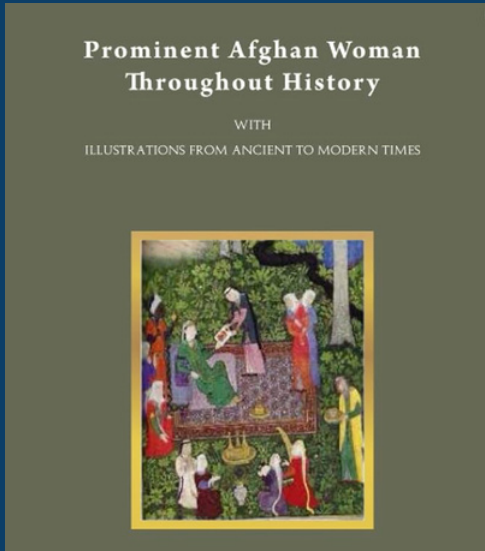




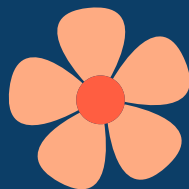
A-AWA's April Life & Cope Session



In celebration of this year's #InternationalWomensDay theme of #EmbraceEquity, A-AWA collaborated with REACT DC to explore and define what equity means and how we can achieve it. Nilab Pazhwak from the A-AWA team was featured in a series of videos released on equality and equity throughout the month of March. Happy International Women's Day!



Congratulations to A-AWA's supporter, dear Fawzia Abbas Etemadi for publishing this book when Afghan women need the most support!





Eid Mubarak from A-AWA members and volunteers! With prayers for peace unity, freedom, and justice in Afghanistan! 🤝🙏

The Afghan American Women's Association demands the immediate release of an Afghan award-winning education activist arrested by the Taliban. The Afghan American Women's Association (A-AWA) is a nonprofit run by a group of volunteers committed to facilitating community services, integration support, and cultural programs for Afghan women and displaced families. On November 03rd, 2022, A-AWA had its annual award ceremony recognizing the organization PenPath for their efforts to promote girls' education in the most remote and strict communities in Afghanistan. The A-AWA family is shocked and saddened by the Taliban's arbitrary arrest of PenPath's founder, Matiullah Wesa, an educator who remained apolitical and tried to inspire the traditional community to be more inclusive. We call on the international human rights and humanitarian community to support his release. Building inclusive and just communities is impossible without free dialogue, tolerance for debate, and nurturing safe ground for engagement. Afghan American Women's Association Board of Directors and A-AWA Members. [#پسارآزادکنید](#) [#PenPathGirlsEduCampaign](#) [#PenPath](#) [#LetAfganGirlsLearn](#) [#LetHerLearn](#) [#ReleaseMatiullahWesa](#)





A-AWA received the Kindness Sharing Project award for participating in their kids' sponsorship program (sponsoring two kids in 2022 and 2023 to go to school and avoid child labor.

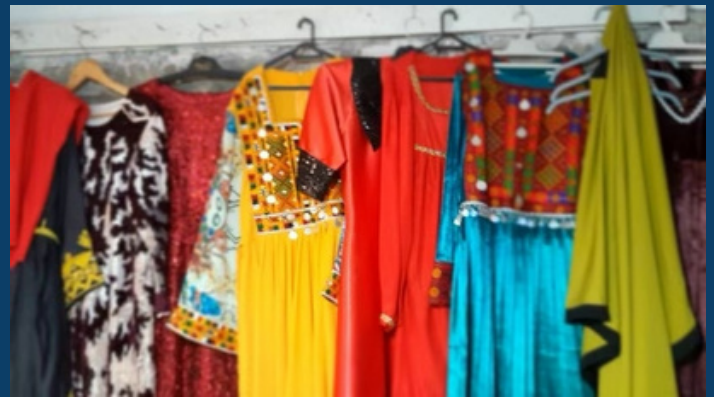
A-AWA IS ON THE NEWS! Featured on Voice of America

انجمن زنان افغان واشنگتن تجلیل موفقانه و بسیار عالی را از سال نو با دعوت نو رسیدگان افغان ما برگزار نمود که در حلقه های مهاجرت بی سابقه می باشد. انجمن زنان افغان واشنگتن نوروز را با بیشتر از دو صد اشتراک کننده گان بشمول مهاجرین جدید وطن و فامیل های شان تجلیل نمود. انجمن برای جاگزینی و کمک دوامدار به بسیاری از تازه واردین به تلاش های خود ادامه میدهد. این محفل خانم های جامعه مدنی را به دور همدیگر جمع نمود که مثال خوبی از اتفاق و همبسته گی عده پی از زنان افغان به همه اجتماع افغان بوده میتواند.

[Link to Video](#)



A-AWA raised money to send to 70 girls in the Urzgan province, it was used to provide clothes, notebooks, and pens for the girls. Amazing work!



A-AWA bought the sewing machines and other materials to start a small tailoring project where around 8 participants are learning the skills from 2 masters and they hope to earn for their families through their finished products.

A-AWA continues to support a small factory in Herat that supports around 40 women workers who are the breadwinners for their families. All of these women received financial assistance in the wake of the Eid festival this year. A-AWA remains grateful for your donations and can give you more specific information by request due to security concerns we avoid publishing full reports.

Thank you all for reading A-AWA's Quarterly Newsletter.
Be sure to look out for the next edition!

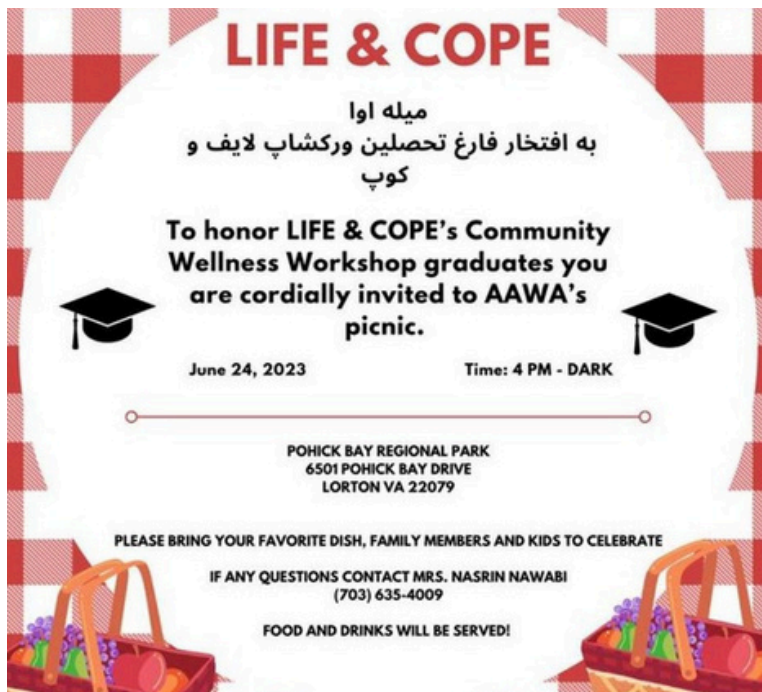
SUMMER NEWSLETTER

JUNE, JULY, AUGUST 2023



Afghan American Women's Association

Life and Cope Picnic



Salam all, A-AWA BOD represented AAWA for a documentary screening arranged by Afghans Living in DC and ICNA. Bibi and Dr. Nader Bahrami are our own Afghans with such an inspiring story and service to community. Watch it for yourself! It's around 30 minutes and won Oscar nomination in 2023. It was great to meet them in person.

Congratulations to Khatera Bahrami and Meena Abedi as the facilitators of the 8- weeks Interactive Health Workshop as part of A-AWA's LIFE & COPE Program. This workshop is a research based curriculum taught in 8 weeks. The team work was incredible to ensure professional sessions, coordinate participants transportation, childcare, and program evaluation. The settlement team tried to add holistic services as some of the participants needed support in many other areas such as job search, social services, education, etc.

One Journey Festival

One Journey Festival was a festival to raise awareness and advertisement for AAWA and it was really successful.



It has been so good to have Heela Jan's help and we wish her all the best in her studies and volunteering with AAWA.

Collaboration with Nancy Pascal to promote her children's book



Ahmad's Fundraiser



AFGHAN AMERICAN WOMEN'S ASSOCIATION



SAVE A CHILD IN NEED



Your compassionate support has the power to forever change the trajectory of Ahmad's young life.



At the age of 13, Ahmad finds himself battling a critical heart condition that weakens his health day by day.

However there is hope. A specialized surgical procedure, the key to Ahmad's recovery, awaits him in Iran. But there lies the challenge: this surgery necessitates a significant financial commitment.

We are immensely grateful for the support of our incredible Iranian community members, who have dedicated their efforts to coordinate every aspect of this intricate surgery.

Ways you can donate today:



(703) 901-4583



A-AWA.org



(703) 901-4583



7004 Highland Meadows Court, Alexandria VA, 22315



Info@a-awa.org



Happy Fathers Day!

A quick note to say thanks for your hard work and dedication. Your efforts don't go unnoticed. Your commitment is the bedrock of our lives. Appreciate you every day. Happy Fathers Day!



A-AWA's medical team in collaboration of Dr. Haddad, Mrs. Maryam Mashouf, and their team members was able to help Ahmad with his life-changing surgery. Ahmad's journey was a testament to the compassion and solidarity that binds us all.

Thank to your support, Ahmad's plea was answered swiftly, reuniting him with his family in Afghanistan after a successful surgery.

AFGHANISTAN PROJECTS



A-AWA continued to support several income generating assistance in Afghanistan. This included helping sick and disabled women and children. A mother and sick child were funded to go to Pakistan for urgent critical treatment. Special thanks to several partners inside Afghanistan for facilitating this effort with A-AWA.

A-AWA facilitated fundraising drive for several imprisoned educators and their families including the ones who were released and need medical treatment. Thanks to Together Stronger network for supporting this effort.

Chicken eggs and chicken raising project in Herat Province with Hami Institute continued with great success!

ADVOCACY

A-AWA participated and promoted the survey (voices of women inside Afghanistan), and several other initiatives as part of the Together Stronger Network where AAWA's BOD participated.

A-AWA signed yet another Open Letter in support of Freedom Mattiullah Wesa

AFGHANISTAN PROJECTS



LIFE & COPE



CONGRATS TO:



Nillab Pazhwak, A-AWA's Board Member and Co- Founder for getting promoted to the Executive Director of A-AWA. This is a fully volunteer role. She received warm welcome by A-AWA members as they appreciated her years of selfless dedication to community service, leading various A-AWA's efforts, and empowering Afghan community here and humanitarian assistance inside Afghanistan.

Sabrina Wali, Youth Group member for becoming President of A-AWA GAK, Youth Group , with special thanks to Eman Ali for her effective service and dedication as the former President of A-AWAGAK and congratulations for her graduation from HS.

CONGRATS TO:



Dr. Nahid Nasrat for her chapter on “Refugees from Afghanistan” published in the book, titled the Psychological Experiences and Adjustment of Migrants – Coming to the USA (add link to the book)

Khatira Bahrami, one of the Facilitators of the Life and Cope Program, for her research and new finding in the field of psychology and publishing her book.

Lemar Pazhwak of the Youth Group for graduating HS and starting his higher education.

Sarah Arsala of the Youth Group for highest donation collection for Ahmad’s fundraising



AAWA and Rabia Balkhi HS members joined forces, raising \$7,400 (\$5,000 RBHS, \$2,400 AAWA) for Herat earthquake victims. AAWA's colleagues in Kabul were able to buy 75 solar panels and solar batteries to provide electricity for more than 150 tents in the village. Essentials including, cooking stoves and storage boxes were also purchased and sent to provide relief. Financial aid supported families, \$1,400 aided for victim support, while \$1,000 went for our ground partners for our upcoming Chicken project.

This past December, our cherished team member, Najia Arsalayee, journeyed to Afghanistan, representing AAWA, to contribute and give back to our brothers and sisters inside Afghanistan.



Najia Arsalayee was awarded by Rabia Balkhi High School for girls. We are grateful for her continued support and work.



Afghan American Women's Association 2023 RECAP

-A-AWA reached out to at least 20 families in need of help with their resettlement and challenges face acculturating to their new lives. This included provided household items.

-LIFE & COPE program piloted an interactive health certifications program here in the United States, delivering several in person sessions bringing the community together.

-Life & Cope program in Afghanistan supported close to fifty women through delivering psychiatric and psychological treatment and counseling

-AAWA secured \$15k capacity building fund to be used for services in the US

-HELP a CHILD fund, raised \$12649 for Ahmad's heart surgery that was successfully completed and coordinated

-AAWA collected \$50,880 in fundraising for humanitarian projects inside Afghanistan. This fund is supporting AAWA's income generating projects including small factories run by women in Herat, cow/ chicken and tailoring projects, buying a taxi and two Zarang, starting a shop for a family, supporting teacher salary and food for a home school in Kabul, two girls schools nursing school fees for a couple of girls and covering medical treatment for several kids facing blindness.

-AAWA also used these funds to evacuate one Afghan woman at great risk, to Pakistan/ Germany, sponsoring a couple of families to support their kids and start small business and helping imprisoned educators and women rights' activists in need of medical and financial assistance.



With lycee Malali group assistance, a young Afghan boy in his 20s has started his small business and is now in Mazar Sharif. He has two young sister- both in their 20s- and in dire need of help as both sisters got sick and are struggling after loosing their parents. We sincerely appreciate everyone who has helped.





We're delighted to share in this newsletter that Ahmad's life-saving heart surgery has enabled his safe return to his family in Afghanistan. This achievement wouldn't have been possible without our incredible community and support. Ahmad, picture here with his family, is now back home, embracing a healthier and content life with a brighter smile.



AFGHAN AMERICAN WOMEN'S ASSOCIATION

SAVE A CHILD IN NEED



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-  (703) 901-4583
-  A-AWA.org
-  (703) 901-4583
-  7004 Highland Meadows Court, Alexandria VA, 22315
-  Info@awa.org

2023 SEP- DEC ADVOCACY & FUNDRAISING

ADVOCACY EFFORTS

-AAWA promoted the advocacy letter by youth to PM of Canada in support of Afghan refugees.

-AAWA participated in social media campaign in support of Afghan refugees in Pakistan including signing a letter in partnership with Together Stronger and many other agencies that went to Pakistan government, UN secretary General, UNHCR, IOM, OIC, and UN Women. Board members attended several policy making meetings arranged by Together Stronger.


FUNDRAISING

-A-AWA launched fundraising for imprisoned educators in Afghanistan, in partnership with the AWN and Together Stronger Network, A-AWA facilitated this for free and covered the transfer cost and coordination through ground partners.

-Among many other families, A-AWA helped a blind little girl to go to Pakistan for treatments with her disabled mother

-A-AWA extended its sponsorship of two kids to go to school through Kindness Sharing agency.

Meanwhile, A-AWA would like to congratulate the head of this organization, Ms. Alaha Ahrar for her recognition by the Rotary Club, NGO in Washington DC, that planted a tree in the national mall to honor her, as part of their program appreciation community organizations and volunteers.




تأثيرات اسیب روحی پیچیده بر
سلامت کلی


Life & Cope

د بیجدلی روحی ضربی شدید اغیزی

**THE IMPACT OF
COMPLEX TRAUMA**




Dr. Nahid Nasrat
Professor of Clinical Psychology
A-AWA Board of Directors



Meena Abedi
Organizational Psychology

IN-PERSON PRESENTATION
October 22, 2023 | 2:00PM- 5:00PM EST
6140 Rolling Road, West Springfield, VA 22152

 CONTACT: ROHINA@A-AWA.ORG



In October, Life and Cope hosted its recurring community sessions. Join us at the next one - we look forward to seeing you there!

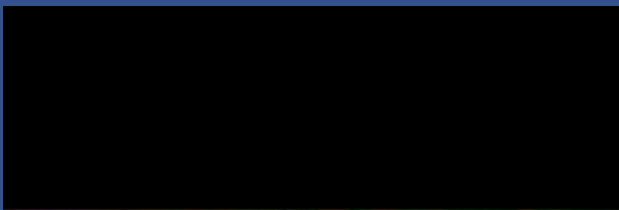
AAWA was graciously invited to the launch of Defenders of Equality Freedom and Advancement for Women's organization, where the community experienced an informative and engaging event. Your participation made it a great success, contributing to the overall educational experience for everyone involved.

AAWA supported this in coordination and guest list of this event, because of its contacts in the community.





We had a big loss for the Afghan women movement for freedom and education. May Princess India's soul rest in peace



The release of Mr. Wesa is great news for everyone and strongly shows how advocacy efforts/ social media can play a powerful role. A-AWA has actively taken part in this campaign in partnership with other groups leading it as Mr. Wesa was awarded with our 2022 Resiliency award.

AAWAGAK

September - December 2023 Quarterly Newsletter

