


Afghan American Women's Association

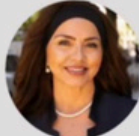
## LIFE & COPE

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. Behsudi-Wali  
MD., MPH.



Dr. Nahid Nasrat  
Professor of Clinical Psychology




Khatera Bahrami  
PhD Candidate, Developmental Psychology



Light refreshments will be provided

Contact Person

 (703) 624-8616 || info@a-awa.org || a-awa.org



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-Wali 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-Wali. Lastly, there was a mini guided session on practical stress-relief methods by Khatera Bahrami.

## A-AWA Humanitarian Projects Update:

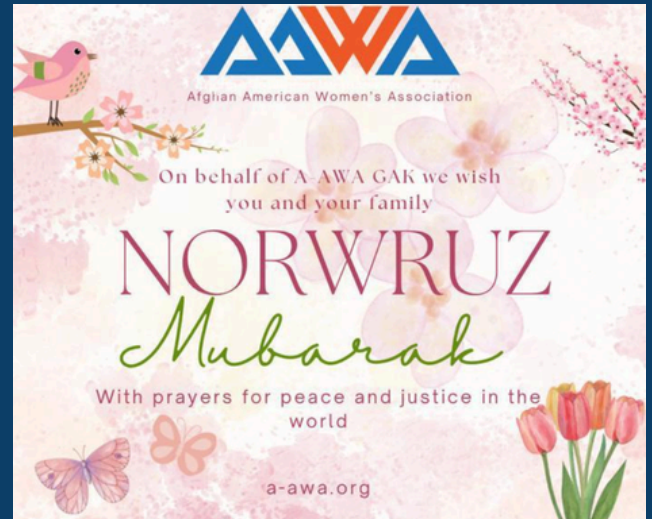
A-AWA worked with Rabia Balkhi High School to provide Zameen with financial support and medical treatment. Zameen lost his foot in an explosion that happened a week before the fall of the Afghan government. With the help of RBHS and A-AWA, Zameen was able to get a leg amputation and prosthetic legs.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





Afghan-American Women's Association

#مکتب دختران رابازکتید

#دنجونونوونځی پرائیزی

#دودی کار آزادی

#نان کار آزادی

#درس کار آزادی برای همه

#تعلیم دودی کار آزادی دتولوباره

#EducationFoodWorkFreedomForAll

#LetAfghanistanGirlsLearn

#LetAfghanGirlsLearn

#LetHerLearn



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



## Settlement team

In a deliberate effort to extend support to families grappling with adversity, the collective decision was made within AAWA to procure essential household items. These items, meticulously chosen to encompass groceries, kitchen essentials, bedding, and other necessities, were selected with a keen eye towards addressing the specific needs of each family. Following the careful procurement process, arrangements were diligently made for the delivery of these items to the families in need.





**5/19/24**

Save the Date: Join Us for a Vital Community Discussion

We invite you to be part of an important conversation tailored to address the unique challenges facing our community. Your presence and support are crucial in helping us spread the word and encourage as many families as possible to participate in this culturally responsive, professional program.

The event will be held at a central location with ample parking. In addition to the discussion, we'll be offering a variety of resources and settlement services to assist families in need. If transportation is a concern, please contact us in advance so we can arrange assistance.

We look forward to your involvement in making this event a success.

Warm regards,  
The A-AWA Team

## LIFE & COPE

May 19, 2024

From 1:00PM-5:00 PM

Courtyard by Marriott Tysons

1960-A. Chain Bridge Rd, McLean,  
Virginia 22102

### Insights on Nurturing Children and Youth in Displacement

بینش‌ها در مورد پرورش کودکان و جوانان در مهاجرت  
به مهاجرت کې د ماشومانو او ځوانانو د لویولو په  
هکله بصیرت



Khatera Bahrami  
Developmental Psychology



Dr. H. Behsudi-Wall  
MD, MPH



Dr. Nahid Nasrat  
Professor of Clinical Psychology



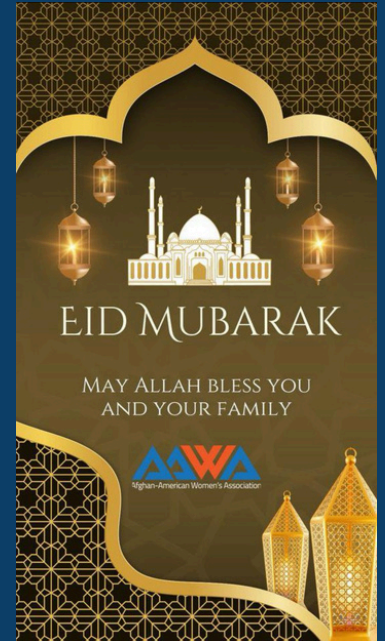
## AAWA's Impact: Fundraising Success for Ramadan and Baghlan Relief Efforts

We are pleased to announce that AAWA successfully raised \$3,800 for our Ramadan Fundraiser and over \$7,000 to assist those affected by the tragic flooding in Baghlan. Every dollar collected has been sent to Afghanistan, where our ground partners are actively distributing aid through a dedicated team of doctors, AWN sisters on the ground, and direct donations to families in need. These funds are being used for essential medicines, food supplies, and the repair of damaged homes.

In addition to our efforts, our partners, Daughter of Rabia Balkhi and Malali School Girls, have generously contributed further donations. These have also been sent to Afghanistan through AAWA's volunteer team, who work tirelessly to manage, process, and document these critical relief efforts.

We extend our heartfelt gratitude to all who contributed and supported these vital initiatives. Your generosity is making a real difference in the lives of those who need it most.

With thanks,  
The AAWA Team



We warmly invite you to join AAWA's Annual Ramadan Fundraiser. Your generous contributions will directly support our income-generating small business projects, including ventures in the cow, chicken, and food industries. Additionally, your donations will aid in providing higher education opportunities in nursing and IT for Afghan girls, widows, single mothers, and families facing illness or disability.

Every dollar you donate will go directly to those in need, delivered by our dedicated and trustworthy volunteers on the ground. We are deeply grateful for your ongoing trust and support.

Thank you for standing with us in making a meaningful difference.



## MAKE A CHARITABLE DONATION

The funds raised will support income-generating projects and natural disaster relief in Afghanistan. Additionally, your kind donation will support mental health programs as well as aiding disabled families. It is vital that we stand together as a community and help those in need.



7004 Highland Meadows Court,  
Alexandria VA 22315



A-AWA.ORG



(703) 901- 4583



(703) 901- 4583



## Fundraisers:

- Natural Disaster Relief in Afghanistan
- Mental Health Programs
- Aiding Disabled Families
- EID Fundraiser





Afghan American Women's Association

## LIFE & COPE

August 18, 2024

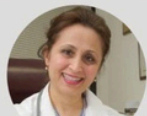
From 1:00PM - 5:00 PM

Courtyard by Marriott Tysons

1960-A. Chain Bridge Rd, McLean, Virginia 22102

### Healing Through Narratives

تسکین روان با روایات و قصه ها  
د روح تسکین له کیسو له لارې



Dr. H. Behsudi-Wali  
MD., MPH.



Dr. Nahid Nasrat  
Professor of Clinical Psychology



Ms. Mary Akrami  
AWNI



Khatera Bahrami  
Developmental Psychology



Dr. Shafiq Qureshi  
Senior Community Health Specialist

A-AWA Life and Cope Updates: AAWA held its third L&C event of the year this past August. Thank you to everyone who made this event a success and possible. A-AWA has expanded its platform and now provides tea and refreshments during the event. We hope to see you at our next Life and Cope event in November!

We would also like to share the good news that our hardworking proposal team was able to receive Inova's small funding for equitable health community services that will allow AAWA to cover the cost of Life and Cope events for a year and continue helping our community to heal and get stronger.



Afghan American Women's Association

## LIFE & COPE

August 18, 2024

From 1:00PM - 5:00 PM

Courtyard by Marriott Tysons

1960-A. Chain Bridge Rd, McLean, Virginia 22102

- Refreshments, finger foods, and tea will be provided.
- Special door prizes will be available.
- New attendees will receive gift cards.
- Transportation will be provided for qualified families.
- Enjoy a great networking opportunity from 1 PM to 2 PM.

RSVP @ +1 (703) 624-8616 | info@a-awa.org





**WHILE THE WORLD WATCHES**

A TIMELY CONVERSATION ON GENDER APARTHEID WITH U.N. SPECIAL RAPPORTEUR ON AFGHANISTAN RICHARD BENNETT

Moderated by Nadia Hashimi, AAF Board of Advisors

**Friday, July 12**  
5:00pm - 7:00pm  
Pre-registration required: [bit.ly/SRBennett](https://bit.ly/SRBennett)

Logos for Women for Afghan Women, Afghan-American Women's Association, U.S.-Afghan Women's Council, and Afghan American Foundation.



AAWA was able to participate in a successful event in an effort to keep the Afghan community connected with an individual like Richard Benett who has taken the right stand with the Afghan people and does a sincere job within his power. In this community discussion, Mr. Benett provided updates on the ongoing situation, and shared his insights on why there has not been marked improvements in the lives of Afghans.

We are also glad that AAF included us in the partnership and hope it will continue because joint advocacy efforts are effective for Afghan diaspora in America for the common cause of human rights, education and freedom for Afghan people. Our main contribution is our humanitarian projects and sincere grassroots work! Thank you for the ongoing support.



**Community Announcement:**  
The Aghaaz Fellowships partnered with A-AWA will provide a unique and high-impact opportunity for Afghan women to have their voices heard, while getting training, networking and mentoring around community empowerment, mental health awareness and advocacy and humanitarian projects.

We remain grateful to VitalVoices for offering this extraordinary program, and partnering with A-AWA. We are excited to be working alongside great partners at @womenforafghanwomen, @miniaslist, the Afghan American Foundation and Counterpoint International. A-AWA would like to welcome Shallah Shaiq and Madina Talash to the AAWA family. Congratulations for your fellowship positions with AAWA as part of Vital Voices "AGHAZ" Program to empower newcomer Afghan women.

## AAWA GAK UPDATES:

WE WOULD LIKE TO SHARE WITH YOU AN AMAZING ACT OF KINDNESS THAT TWO MEMBERS FROM AAWA GAK HAVE DONE TO SUPPORT A NEWLY ARRIVED AFGHAN FAMILY IN ORLANDO. EMAN AND EMAD ALI PURCHASED A BRAND NEW TV, SCHOOL SUPPLIES, AND OTHER NECESSITIES FOR THE FAMILY AND HAVE HELPED THEM ADJUST TO THE NEW LIFE.



## AAWA GAK UPDATES:

AAWA GAK HAS CONTINUED ITS EFFORTS IN PROVIDING GOODIE BAGS FOR THE CHILDREN AT AAWA LIFE AND COPE EVENTS. WE HOPE TO CONTINUE AND EXPAND OUR EFFORTS FOR HELPING THE THE NEEDS OF THE AFGHAN CHILDREN IN OUR COMMUNITY.

THE AAWA TEAM PRESENTED IN THE APPRECIATION EVENT FOR LAILA EBADI, WHO HAS SUPPORTED AAWA TREMENDOUSLY ALONG WITH WELL RESPECTED COMMUNITY MEMBER, DR. EBADI.



We are thrilled to share an insightful recent interview featuring Dr. Nasrat conducted by Dr. Garrison, The Dean of The Chicago School's College of Professional Psychology.

In this powerful conversation, Dr. Nasrat explains the pressing issues of inequality and inequity faced by marginalized communities. This interview is a must watch for anyone committed to understanding and addressing these challenges.

It is great to see two of the Life and Cope members appearing on Ashna TV show at Voice of America.



Congratulations and best wishes for a married life filled with love, happiness, health and contentment for Hannah Hopkins!

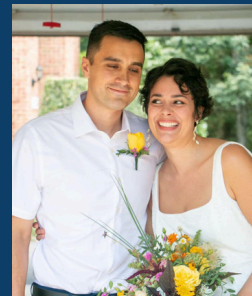


Professional Psychology at  
**TheChicagoSchool®**



## **Perspectives in Professional Psychology**

The Power and Importance  
of Liberation Psychology in Modern Life





As we celebrate Thanksgiving, let's reflect on all we've accomplished together. Your kindness and generosity inspire us.  
Wishing you joy, blessings, and success!



### LIFE & COPE

November 17, 2024  
From 1:00PM - 5:00 PM

Courtyard by Marriott Tysons  
1960-A. Chain Bridge Rd, McLean, Virginia 22102

**Healing Through Narratives**  
تسکین روان با روایات و قصه ها  
د روح تسکین له کیسو له لارې



H. Behsudi-Wali, MD, MPH  
Board Certified Family Physician



Dr. Nahid Naerat  
Professor of Clinical Psychology



Homal N. Todd Hershman, MD  
Board Certified Otolaryngologist



Khatera Bahrami  
PhDc in Developmental Psychology



Shady Qureshi, MD  
Senior Community Health Specialist  
Fairfax County Health Department

A huge thank you to everyone who made our recent program a success! From the seamless execution to the engaging panel discussion and beautiful setup, every detail was exceptional. Special thanks to Nahid Jaan and Khatera Jaan for making it fun and engaging, and to the outreach, production, and AAWA-Gak teams for your hard work! Though some couldn't join us, their presence was felt in spirit.



Dr. Homaira Behsudi Wali was the guest of honor for the virtual graduation event for Afghan girls inside Afghanistan who completed medical programs offered by the Online Eagle Academy. Dr. Behsudi Wali's remarks were inspirational! AAWA congratulates OEA team under the leadership of Mozghan Alokozai for this important educational program.

## October, November, December 2024 Quarterly Newsletter



A- AWA helped a family in Herat after the earthquake left them with nothing. The mother, caring for her blind husband and sick daughter, was struggling.

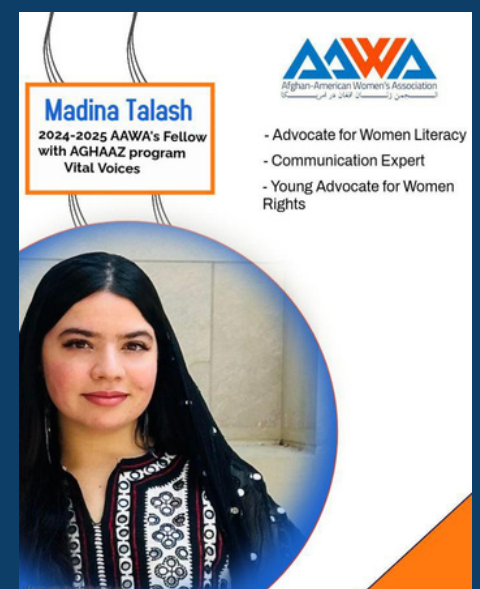
Thanks to Malal Jan Nezam's \$2,000 donation, the family received a cow and calf, securing a steady income and helping two more families, benefiting 20 people! AAWA also provided \$500 for medical expenses and winter essentials.

Your support continues to transform lives—thank you!



Welcome Shallah Jan and Madina Jan to A-AWA family line!

Congratulations for your fellowship positions with A-AWA as part of Vital Voices "AGHAAZ" Program to empower newcomer Afghan women. We are very happy to have this opportunity to work with you closely and looking forward to productive work during next 6 months! 🙌🙌



We're excited to share "My Body, My Home", a beautifully written book by Emad Ali, one of our dedicated youth group members. This inspiring guide introduces teens to human anatomy-making science both accessible and meaningful. You can order your copy directly on Amazon, and to ensure the proceeds benefit AAWA, please email your name to [info@a-awa.org](mailto:info@a-awa.org) after your purchase. A heartfelt thank you to Emad Jan for donating the proceeds to support our mission!



This image shows A-AWA's sponsored kids through our partnership with Kindness Sharing (Alaha Ahrar). These students receive a monthly \$50 support throughout the year, and we get such reports to be sure our help reaches them. This is the third year we have been able to support them so they can study and avoid low-paying jobs on the streets. The boy, Safiulla Jan, was very ill but thankfully recovered now. This was the only stable source of support for his family. We provided additional funds for his medical treatment. Thank you all for your support. We would not be able to do this without you.



A-AWA volunteers collaborating with other kind volunteers delivering furniture to new Afghan families.





We are proud to celebrate Palwasha Hassan for her groundbreaking research on Afghan women's rights and peacebuilding. Her recent study amplifies the voices of Afghan women, highlighting their resilience and advocating for their inclusion in decision-making, governance, and reconciliation efforts. Her work serves as a vital roadmap for international support and lasting peace in Afghanistan.



As the year 2024 is coming to an end, this is yet another reminder of the difference we make as a team of compassionate and powerful individuals. Thanks to your membership fee, which has made this possible!! So proud of you all. Thank you for being part of this journey. Together, we are stronger.

Together, we are building a brighter future.

With gratitude and warm wishes,

Board of Directors, Afghan-American Women Association (A-AWA) 🙏👐🇺🇸

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