

Emotional Wellness and Support Programs for Individuals from Afghanistan

Background

Since 1979, Washington state has welcomed refugees who flee persecution in their home country to rebuild their lives in our local communities. Today, Washington state continues to be a welcoming place and is supporting individuals and families arriving from Afghanistan. Culturally and linguistically relevant emotional wellness and support programs are one important resource for new members of our communities.

This document was developed by the Washington State Afghan Health and Behavioral Health Workgroup as a resource for health care providers, community-based organizations, and partners to share local resources for community support groups and counseling.

This document will be updated regularly. To suggest an additional resource, please email refugeehealth@doh.wa.gov.

Definitions

Community support groups are safe gatherings where people meet and connect with each other about a certain topic or shared interest, culture, religion, or situation in life. They are organized by community organizations in community centers, religious centers, or offices. Community support groups may be private and closed to the public, or they may be open and allow members to join at any time. Community support groups meet regularly to develop relationships and trust.

Counseling is a safe place to talk with a professional about your emotional health and wellness. The professional is also called a counselor and is trained to help you. The counselor will keep your information private and is not allowed to share any information about you with others. They will meet with you on a regular basis to listen and talk with you about life events that may be causing you stress or anxiety. Each counseling program is different with the goal to help you find internal peace and emotional support.

Community Support Groups – King County, WA

Program	Details	Location and Time	Contact Information
Afghan Youth Support Group	<p>A place for youth to connect and share successes and challenges in their daily life. Also, a place to develop friendships and share information with each other about experiences as an Afghan youth growing up in the US.</p> <p>Languages: Dari, Farsi, Pashto</p>	<p>Location: 20225 108th Ave SE Kent WA 98031</p> <p>Meeting Date/Time: Every Second and Last Friday from 4:30-6:30pm & special events as planned</p>	<p>Afghan Health Initiative To join, email info@afghanhealth.org</p> <p>Contact Name: Murward Sayed Contact Email: murward@afghanhealth.org</p>
Afghan Women’s Support Group	<p>A group of Afghan women who meet once a week to talk about life events, coping skills, emotional support, and community resources. The group can also connect to other programs to help with basic needs and questions about living in the US.</p> <p>Languages: Dari, Farsi, Pashto</p>	<p>Location: 20225 108th Ave SE Kent WA 98031</p> <p>Meeting Date/Time: Every other Saturday from (12pm-2pm) & special events as planned.</p>	<p>Afghan Health Initiative To join, email info@afghanhealth.org</p> <p>Contact Name: Lina Bayat Contact Email: lina@afghanhealth.org</p>

Program	Details	Location and Time	Contact Information
Afghan Men’s Activities and Support Group	<p>A group of Afghan men who meet weekly to talk about life events, coping skills, emotional support, and community resources while engaging in an activity ranging from sports, to skill building workshops, barbeques and more. The group can also connect to other programs to help with basic needs and questions about living in the US.</p> <p>Languages: Dari, Farsi, Pashto</p>	<p>Location: 20225 108th Ave SE Kent WA 98031 (varies based on activity)</p> <p>Meeting Date/Time: Every week. Registration required, dates vary.</p> <p>& special events as planned.</p>	<p>Afghan Health Initiative</p> <p>To join, email info@afghanhealth.org</p> <p>Contact Name: Adam Hamidi</p> <p>Contact Email: adam@afghanhealth.org</p>
Centering Pregnancy Support Group	<p>Support group for pregnant mothers by talking about important topics related to pregnancy, such as breastfeeding, postpartum, delivery, and more. Meets once a month and then every 2 weeks when closer to due date. Currently virtual only.</p> <p>Language: Dari</p>	<p>Location: Healthpoint Midway Clinic, 26401 Pacific Hwy S, Des Moines, WA 98198</p> <p>Meeting Date/Time: Varies, contact for more information</p>	<p>HealthPoint Midway Clinic</p> <p>To join, participant must be enrolled as a patient at the Healthpoint Midway Clinic</p> <p>Contact Name: Xiomara Pocasangre, Healthpoint Midway Clinic</p> <p>Contact Number: (206) 870-3590</p>

Program	Details	Location and Time	Contact Information
Women’s Empowerment Group	<p>A group for women 18 years or older who meets for 6 months to develop goals together. There are guest speakers, workshops, goal setting, case management, and more. Some topics will include how to support family needs, driver’s license, etc.</p> <p>Language: Dari</p>	<p>Location: Jewish Family Services, 841 Central Ave N suite c-220, Kent, WA 98032</p> <p>Meeting Date/Time: Contact for more information</p>	<p>Jewish Family Services To join, contact agency for availability</p> <p>Contact Name: Tahera Mohammadi</p> <p>Contact Email: tmohammadi@jfsseattle.org</p>

Counseling – King County, WA

Program	Details	Current Wait Time	Contact Information
Counseling for Adults	<p>Two Dari and Farsi speaking counselors who will work with Afghan and SIV clients to support emotional health and wellness through individual appointments.</p> <p>Languages: Dari, Farsi</p>	<p>1 week</p>	<p>Lutheran Community Services NW – Refugees Northwest To make an appointment, contact Galina Kharo</p> <p>Contact Name: Galina Kharo Contact Email: gkharo@lcsnw.org</p>
Counseling for Adults and Teens (14 years and older)	<p>Two Dari and Farsi speaking counselors who can support emotional health and wellness through individual appointments. Includes case management and connection to other services at ReWa and the community.</p> <p>Languages: Dari, Farsi, Pashto</p>	<p>5-7 days</p>	<p>ReWa To make an appointment, contact the following:</p> <p>Dr. Azmi Jafaar (azmi@rewa.org) Maryam (maryam@rewa.org) Call 206-496-4330</p>

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