



Community Wellness Program for Afghan Refugees Impact Report

To learn more about Safe Haven Space's future, please visit our strategic plan [here](#).

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Mission Statement

Safe Haven is committed to offering mental health and well-being programs to refugee students.

Program Objectives

The Community Wellness Program aimed at educating and providing resources to refugee and immigrant youth from Afghanistan in the USA.

Project Details

- There were 5 sessions spanning over 2.5 months, comprising of 1 in-person orientation and 5 virtual sessions.
- The sessions were divided into 2 groups, group 1 aged 16-18 year old boys and group 2 aged 19-25 year old boys.
- The sessions were provided by professionals in the field and interpreters were provided wherever needed.

Achievements

- 100% participants reported they :
- Felt they were at a better place in dealing with daily challenges
 - Felt supported by the community
 - Are better equipped to manage emotions
 - Feel more confident they can overcome barriers and settle in the USA

Outcomes

- All participants have been provided with access to mental health providers.
- Participants have learned what psychological well-being looks like, the different ways it can affect the human body, and the consequences when young people do not get the mental health care they need.
- Participants have learned the skills required to help them identify and cope with daily stressors.



"From the initial in-person meet-up to the very last virtual session, Egette and her team held space for participants and volunteers alike to bring their authentic selves to the table. Their commitment to reducing the stigma of mental illness, compassion, and genuine positivity created a safe environment to dive deep into the science behind mental health and wellness. Participants will take the skills they learned home with them to cope with daily stressors, share with their family members, and into their careers as doctors and more. I am honored to have been able to share my clinical knowledge within such an intentional setting and look forward to working together for many programs to come!"

- Cori Guevara - Therapist ;Specializes in Trauma Informed Art Therapy

