

BCAP NEWSLETTER

December - January 2026

Dear Reader,

Our community is feeling frustrated and worried with everything that is going on now in the country. The community is reminded of what happened back in the country in the late 1980's and early 1990's. Some have been sent back, while others are facing the detention of loved ones, causing painful separation. This ongoing uncertainty has created anxiety for us all. In times like these, it is essential that we stand together and support one another. Even small acts of kindness can make a meaningful difference. As someone working closely with the community, I kindly ask everyone to remain aware of the situation and act responsibly within the law. Staying informed, calm, and lawful will help protect our families and strengthen our community. Please remember that you are not alone. Together, through compassion, awareness, and mutual support, we can face these challenges with resilience and care.

As we begin 2026, we move forward with hope and renewed energy. The year ahead gives us the opportunity to continue learning, improve on our work, and better serve our community with care and dedication. We plan to strengthen our programs, stay connected with community members, and support solutions that respond to real needs. Thank you for your trust, support, and partnership. Your involvement and feedback help guide our work. As we step into the new year, we invite you to stay connected and work alongside us toward positive change. Thank you for being part of our journey. We look forward to another year of collaboration, growth, and shared impact.

Sincerely,

Lila Adhikari, Administrative and Program Assistant

DECEMBER HIGHLIGHTS

Adult Mental Health First Aid Training



We at BCAP are truly grateful for the community members that were able to attend this event! Congratulations to all who completed the training and received their certification. Our community became stronger through the continued efforts of members ready to assist those undergoing mental health issues. Together, we can strive for a better future.

Our own Benu Rijal, now a certified MHFA instructor, co-facilitated the two day MHFA training on December 18th and 19th, with Melissa Williams. Over the course of these two days, the attendees learned more about adult mental health and put to practice their skills in navigating real-life scenarios.



GRATITUDE TO THE BOROUGH OF MOUNT OLIVER

On December 29th, 2025, BCAP had the wonderful opportunity to formally express our gratitude to the Borough of Mount Oliver. Our community has prospered from the support they have provided us over the years.

Having given a few minutes at their regular Council Meeting, we sincerely thanked the Borough and its residents for a decade long Community Gardening partnership that benefited our community.



BCAP awarded them a Certificate of Appreciation in recognition of their commitment in supporting our community as we built the foundation of this new chapter in our lives.

Their unwavering support signified the warm welcome we continue to receive in the Greater Pittsburgh region.

Thank you, Mount Oliver Borough.

DECEMBER HIGHLIGHTS

STEAM Youth Program



Before the schools went on winter break, our BCAP team planned a few end-of-year events. One specific event was a wonderful STEAM based activity on December 17th.

The project consisted of creating snowflakes using toothpicks and marshmallows. The students learned about the structures of snowflakes and how each one has six sides. Each child and their family made a "Snowball" catapult with craft sticks, rubber bands, and bottle caps.

Afterwards, they participated in a friendly competition to see which child could hit the target with their pom-pom 'snowballs' using the catapults. Before the night came to a close, the kids decorated felt Christmas trees with sticker ornaments.

Our new staff member, Timothy Reidell, met with the parents of the youth in the program and shared our goals and listened to their feedback. We wish all of our young members a greater After School Program time in 2026.

CHRISTMAS CELEBRATION

As the year came to a close, we wanted to share our gratitude for each member of our community. Therefore, BCAP decided to host an event to share food, listen and dance to music, and play games in celebration of the winter holidays. It was located at the Zion Lutheran Church from 11:00am to 1:00pm.

Seeing our community come together to celebrate has brought us immense joy. We are so thankful to wrap up the year of 2025 with such a joyous event. Thank you all who attended and celebrated with us!



NEW MONTHLY EVENT

Virtual Support Group for Women of 2026

Information About The Women's Group

This new program is going to occur on the last Monday of every month.

Each month will focus on a new topic of interest in the community. There will be a variety of workshops, activities, and expert presenters that this group will provide.


This program is intended to provide a supportive and informative community for women in Pittsburgh.

Information About The Group

We encourage you to attend our first gathering. It will be held on Monday, January 26th. It will begin at 4:30pm.

January's group topic will focus on tax filing. We have invited a Tax Expert from our community to teach us all on the importance of proper tax filing and how to do it correctly.

If you are planning to attend this first group meeting, please be ready to learn about tax filing in 2026 and with any of your potential questions and concerns.



BCAP

VIRTUAL SUPPORT GROUP

LAST MONDAY OF EVERY MONTH

JANUARY 26TH, 4:30PM
TAX FILING

Join us in a meeting to learn the importance of proper tax filing and how to do it correctly.

TAX \$

Join today and discover that together it's easier to move forward!

CONTACT US

📞 412-668-3197
📍 3000 Brownsville Rd, Pittsburgh PA 15227
🌐 <https://bcapgh.org/>

GROUP BENEFITS:

- Listening and support in a respectful environment.
- Reliable information about various topics.
- Workshops and activities that strengthen self-esteem.
- A supportive community for women in Pittsburgh
- Learn new things every month
- Every month with different educational topic virtually



JANUARY EVENT

Mid Year Re-orientation to OST Program Tutors

BCAP's Program Coordinator, Katie Mirt, provided a mid year re-orientation to our current OST program tutors. Our OST Program Coordinator, Tim Reidell, assisted Katie with the information provided in the presentation.

The meeting began with a refresher of the weekly schedule, how to check in with the kids regarding their day, mood, and feelings, and how to best increase engagement with the activities.

Other topics that were discussed throughout the presentation included behavior management, enrichment activities, and how best to work with our students with autism and ADHD.

Reward the **POSITIVE** behavior!

Redirect the **NEGATIVE** behavior!



Important Things To Remember about Behavior Management:

- Always listen!
- When a student is experiencing big emotions, you must stay calm and use your presence to assist in co-regulating them. If you are getting overwhelmed, see if you can find another tutor to step in.
- If they express not wanting to talk, give them space. Sometimes, they just need time to self-regulate and process their emotions.
- If their behavior is negative, try to distract and redirect them first instead of punish.
- Drawing or writing can assist in regulating emotions and managing behavior.
- Problem-solve with the child, if you are unsure of what to do, don't be afraid to ask another tutor for another perspective.
- Remember: ALL feelings are real, valid, and okay. Giving a child a safe space to express and process those feelings is our duty as the adults in their lives.
 - Sometimes what we deem as "bad" behavior is due to them not knowing a healthier way to express their big feelings. Let's work together to redirect negative behavior and teach positive outlets!

JANUARY UPCOMING EVENT

Teen Voices by Sharing Our Story

The second round of the screening of Teen Voices by Sharing Our Story that BCAP has been a partner is coming this month.

As adults we tend to assert our opinions on our youth, but you really have to attend this second and the last of the two shows to understand our youth better. What they say comes in their story telling videos with related pictures and imageries brought to life with sound. The stories are from diverse communities in the Greater Pittsburgh region. There are three story tellers from our community alone.

There will be free food from different ethnic communities for the attendees, but you have to register to get admission into the event.

The registration is also free!

Details below:

You can call us at 412-668-3197 or write to us at contact@bcap.us if you need help with registration.

All family members can attend.

Exploring Identity

Join this Community Teen Voices Celebration!



Hear powerful digital stories created by Pittsburgh teens—refugee, immigrant, African American, and Jewish—as they share how they define themselves. Enjoy multicultural performances, sample global flavors, and be part of a unifying experience that uplifts teen voices.

Scan to RSVP



Celebration 1

November 2, 2025
2–4 PM
Levinson Hall, The Squirrel Hill Jewish Community Center of Pittsburgh



Celebration 2

January 31, 2026
2–4 PM
St. Pauls Episcopal Church

Sponsors:



Caroline Fredricka Holdship Charitable Trust



For more info, contact:

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THANK YOU!

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and all our individual donors.

WHAT IS BCAP?

The Bhutanese Community Association of Pittsburgh is dedicated to improving the quality of life for all Bhutanese/Nepalese Americans and that of other residents in the greater Pittsburgh region. We work to support the transition into better informed and contributing community towards nation building through culturally-informed programs and services.

Visit our website www.bcapgh.org

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