FEB - MAR 2026 VOL 5

BCAP NEWSLETTER

FEBRUARY - MARCH 2026

Dear Readers,

Our community grows stronger when we care for and support one another. As we begin this new month, we want to highlight the importance of mental health and overall well-being for you and your family. We know that transitions, technology, seasonal changes, daily challenges, and events around the world can sometimes feel overwhelming and stressful.

We are proud to share the programs and events we recently organized to support and empower our community. These include International Women's Day celebrations, Women's Support Group sessions, ongoing yoga classes, and educational programs through Penn State Extension, including Dining with Diabetes training and healthy aging workshops for seniors. We also hosted a colorectal cancer awareness session with AHN. Our after-school programs continue at four locations, featuring STEM Night every month, while citizenship classes helped four attendees successfully pass their tests. We also continued civic engagement initiatives to empower community members.

Looking ahead, we are excited to offer mental health training in May, participate in various cultural events, and host a health fair with AHN, among other programs designed to support well-being and community engagement. Through these efforts—along with home visits, referrals, and ongoing engagement—we strive to support individuals and families with compassion, respect, and dignity. We are here to listen, guide, and walk alongside you, helping everyone feel heard, supported, and connected. Together, let's continue building a healthy, empowered, and supportive community.

Thank you for your continued trust and participation.

Sincerely,
Benu Rijal, Health Coordinator

FEBRUARY HIGHLIGHTS

WOMEN'S VIRTUAL SUPPORT GROUP

On February 23rd, BCAP hosted its Virtual Support Group session with guest speaker Elizabeth Kocsis. The topic in February's session was Emotional Overload. During this virtual group, we came together to create a safe space to learn about managing and healing from overwhelming emotions. When we share our feelings with one another, it lessens the weight and power it can have over us. We are stronger as a community.

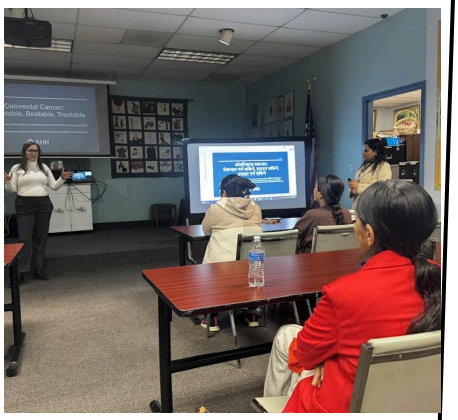
YOGA SESSIONS

Starting in February, Omkar Pariwar of Pittsburgh in collaboration with BCAP, launched a series of weekly yoga sessions. These classes are aimed at promoting health, wellness, and community connection. It is held at Omkar Hall every Saturday morning from 9:00 to 10 am, providing a consistent and welcoming space for participants of all experience levels.

The initiative began in February with great enthusiasm, as community members gathered in a lively and positive atmosphere to kick off the program. The energy in the room reflected a shared commitment to well-being and togetherness. Everyone is warmly encouraged to join these ongoing sessions and take part in this enriching community effort.

MARCH EVENTS

COLORECTAL CANCER AWARENESS SESSION

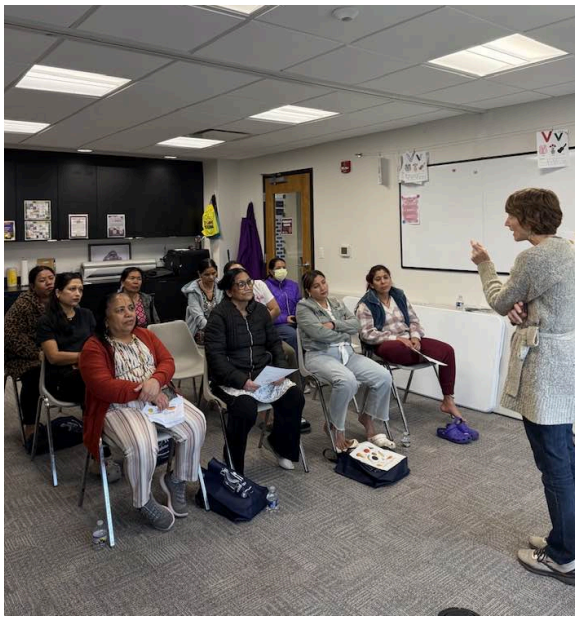


We're thrilled to have hosted a Colorectal Cancer session at Brentwood Library, empowering our community with vital health knowledge and fostering meaningful connections. We extend our heartfelt gratitude to Dr. Samantha Lasko and the AHN team for their enlightening presentation. Community health worker Prita Pradhan played a pivotal role, sharing her expertise with attendees. Furthermore, participants were given the opportunity to participate in the sessions complimentary health screenings, which included blood pressure, cholesterol, and blood sugar tests.

INTERNATIONAL WOMEN'S DAY CELEBRATION

Community members came together this past Saturday at Lutz Elementary School (BWSD) to celebrate International Women's Day 2026 through a variety of engaging and meaningful activities. The event provided a platform to recognize and honor the achievements of women while fostering a sense of unity, empowerment, and community spirit.

We extend our heartfelt gratitude to the Baldwin Whitehall School District for providing the venue and supporting this celebration. We are especially thankful to PA State Representative Jessica Benham (36th District) for joining us as a distinguished guest and sharing in this special occasion. Our sincere thanks also go to all invited guests for their presence and encouragement. We deeply appreciate the efforts of everyone who contributed to making the event a success—including panel speakers and moderators who led insightful discussions, participants in the quiz contest, talented performers who presented dance pieces, and the many volunteers who worked behind the scenes. Their collective contributions created a memorable and inspiring celebration for all.



DINING WITH DIABETES

We successfully completed a four-session “Dining with Diabetes” program on March 19th, featuring informative and engaging discussions on diabetes management. Participants gained practical knowledge on maintaining balanced nutrition, monitoring blood sugar levels, and making healthier lifestyle choices to support overall well-being.

We extend our sincere thanks to Baldwin Library for providing a welcoming space for these sessions, and to Elizabeth from Penn State Extension for leading and delivering this valuable program. Their support and expertise made this initiative both impactful and educational for all participants.

WOMEN’S VIRTUAL SUPPORT GROUP

Community members are invited to join the upcoming Women’s Group Session on Monday, March 23rd at 4:30 pm, focusing on understanding and navigating crisis situations. This session will provide valuable insights into what constitutes a crisis—an event or period that creates instability or potential danger for individuals or groups.

Learning to identify and manage crises is essential for personal and community well-being. Recognizing early warning signs, responding calmly, and knowing when and how to seek help can significantly reduce risks and improve outcomes. Building these skills empowers individuals to support themselves and others during challenging situations, fostering resilience and preparedness within the community.

Participants are encouraged to join via the provided link and take part in this important and informative discussion.
https://paimmigrant.zoom.us/j/84086658557

HIGHLIGHTING A BCAP PARTNER

Hilltop Urban Farm is a working farm nestled in the Hilltop neighborhoods of the City of Pittsburgh. They are dedicated to educating youth in the community with hands-on, seasonal activities that encourage an interest in agriculture.

Students at our Concord After School location began receiving visits from Sophia Sanders, Youth Programs and Volunteer Manager, in the spring of 2025.

Our summer campers were able to take a field trip to Hilltop Urban Farm to participate in activities on site. Ms. Sanders continues to visit our Concord students with the hopes of a field trip for those students as well. We are grateful for the opportunity to work with this organization.

Visit there website with the link attached below.

https://www.hilltopurbanfarm.org/

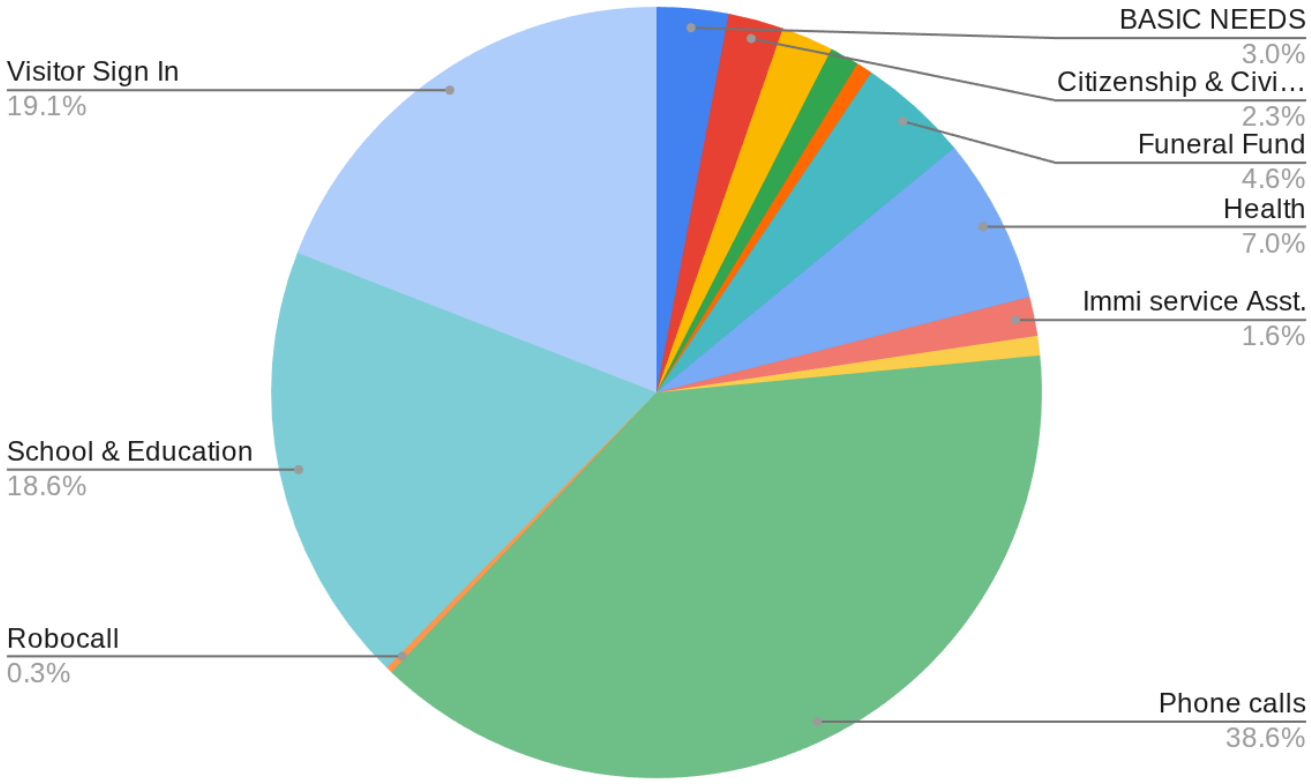
HILLTOP URBAN FARM

OFFICIAL DATA REPORT

WHAT SERVICES WERE UTILIZED DURING THE MONTH OF FEBRUARY

The pie chart below illustrates how BCAP's services were used throughout the month of February. The data highlights how our community members accessed and utilized BCAP's programs throughout the month. The largest share of interactions came through phone calls (38.6%) and visitor sign-ins (19.1%), showing that many individuals rely on both remote and in-person support to connect with services. Other key areas of assistance included basic needs support (3.0%), school and education services (18.6%), citizenship and civic services (2.3%), funeral fundraising (4.6%), and health-related support (7.0%), with additional help provided for legal issues, immigration services, employment and volunteer opportunities, and community outreach.

Sharing this information is important because it helps BCAP understand how our community engages with our services, identify emerging needs, and evaluate where support is most in demand. By reviewing these trends, we can adapt our programming, strengthen outreach efforts, and allocate resources more effectively to ensure we continue meeting the evolving needs of the community.



FEBRUARY - MARCH 2026

THANK YOU!

Our sincere gratitude is extended to the following funders:
The Jefferson Regional Foundation, The Pittsburgh Foundation, The Mary Hillman Jennings Foundation, The Posner Foundation of Pittsburgh, The Grable Foundation, United Way of SW PA, FISA Foundation, Jewish Women Foundation, The Staunton Farm Foundation, The Opportunity Fund, McElhattan Foundation, PNC Charitable Trusts, Community Foundation for the Alleghenies
, Allegheny County Department of Human Services, Allegheny County Department of Children Initiatives, Pennsylvania Commission on Crime and Delinquency, Eden Hall Foundation, Dollar Bank, S&T Bank, City of Pittsburgh, Adams Foundation, Four Freedoms Fund, Asian Americans Advancing Justice, PA Alliance Foundation, Center for Empowered Politics
and all our individual donors and calendar sponsors.

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
Follow us on Facebook
Donate