

BCAP NEWSLETTER

JANUARY - FEBRUARY 2026

Dear Readers,

January brought with it some rough winter weather. The month ended with the first large snowstorm that the Pittsburgh area had seen since 2010. The uncertainty of that approaching storm was much like the uncertainty that many individuals were, and still are, facing daily due to what has been happening in our country. BCAP joined other community organizations and individuals to become a beacon of support for our community members and neighbors. Over the past few months BCAP has remained a reliable source of information and presented Community Empowerment Sessions to ensure that everyone is as informed and prepared as possible. Mental health support has also been a large focus as the current events continue to bring up past trauma. Our staff has not only been dedicated to meeting the needs of the adults in our community but also our youngest members. While the current events are not an easy topic to talk about with children, we have kept an open line of communication with the students and families in our after-school programs as well as provide them with resources for talking with their kids at home.

As February comes to an end, we are all looking forward to longer days, milder weather, and bluer skies. Spring brings new life, new opportunities, and new chances to spread kindness. BCAP will continue to educate and provide resources and programs while advocating for the rights and needs of every person. All are welcome here.

Before reading our monthly updates below, I would like you to check our Annual Report 2025 here:

<https://mailchi.mp/c30951222b33/bcap-annual-report-2025>

Sincerely,

Katherine Mirt, Youth and Families Coordinator

JANUARY HIGHLIGHTS

STEPS TO STARTING A COMMUNITY ORGANIZATION



On January 31st, BCAP's Executive Director, Khara Timsina, had the honor of speak to the Afghan community in Pittsburgh. He presented an informational slideshow regarding the process of how to start a community organization. Thanks to Elizabeth Ringler-Jayanthan at Bethany Christian Services, we were able to provide the training of

this process to those who are new to the entrepreneurial community. Khara displayed his leadership skills by guiding this informational session. He has over a decade of experience working in nonprofit. His goal during this presentation was to encourage others to join him in pursuing and advocating for a cause they are passionate about.

ICE SKATING HIGH SCHOOL EVENT

On January 24th, BCAP hosted a high school ice skating event. We went to Mt Lebanon Ice Skating Rink for approximately two hours. Afterwards, we went to Chick-Fil-A for a late lunch. We socialized over food for about an hour. The discussion were focused on the students' interests and goals for the future.

This event had a great turn out! There were 9 high school students total. We want to thank everyone who made it. We know that high school is a busy time, so we are very thankful that you were able to make time to attend.

We are working on creating a stronger high school based after school program. We are working on creating more diverse programming, with a mixture of fun events like this and informational sessions that can provide further support for future planning.

BCAP Presents

ICE SKATING HIGH SCHOOL EVENT

January 24th @ 1:30pm \$10 fee

SIGN UP HERE

MEET AT 3000 BROWNSVILLE ROAD PITTSBURGH, PA 15227

FEBRUARY EVENTS

STUDENT SUCCESS PROGRAM: COLLEGE VISITS



BCAP's Student Success Program planned two college visits in February!

Carnegie Mellon- Saturday, Feb 14th @ 9:30

University of Pittsburgh- Thursday, Feb 26th @ 10:45

The first college visit occurred on January 17th. This event went to Point State Park University.

Any high school students who are interested in attending college should attend these events. We encourage attendee to come with potential questions about the universities.

VIRTUAL SUPPORT GROUP FOR WOMEN

We encourage you to learn more about our second gathering. It was held on **Monday, February 23rd**. It began at **4:30pm** and ended at **6:00pm**. The topics of these events will change every month.

February's group topic focused on emotional support, specifically regarding emotional overload. We are very lucky and proud to announce that we had a guest speaker to provide further information to the attendees. The guest is from Penn State Extension, Elizabeth Kocsis.

For those who wish to attend future meetings, there is a zoom link provided below. This link will work every month.

<https://paimmigrant.zoom.us/j/88994536529>



Mental Health FIRST AID

Instructor



TAX ASSISTANCE

Every Wednesday and Saturday, BCAP is leading a tax event.

BCAP is hosting Just Harvest Free Tax Clinic Days for the second year. Just Harvest provides free tax filing jointly.

People will need to call the BCAP office or 211 to schedule appointments where annual income level is required to be eligible for the free service.

By hosting these free tax clinic from Just Harvest, we are happy to add services to people from any community or neighborhood.



STUDENT SUCCESS PROGRAM

BCAP launched its newest youth program geared towards students in middle and high school. The Student Success Program is designed to help students navigate their daily life while also preparing them for their future after high school whether that is college, trade school, or the workforce. Students can expect to see campus visits, social events, educational sessions, and more as the program continues to grow.

As part of the focus on college and post-secondary access, Katie Mirt joined Dakota Rottino-Garilli, Post Secondary Support Program Manager at ARYSE, in presenting a breakout session at the Western PA College Success Forum. The presentation shared the work of both organizations along with the roadblocks that many of our students face when trying to go to college. For more information about the Student Success Program or college access, text 412-909-6577.

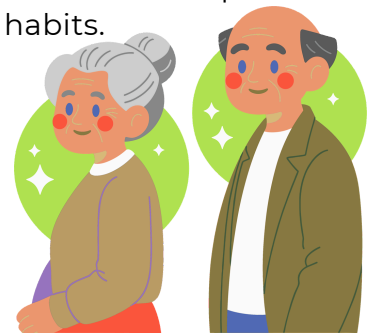




HEALTHY AGING AWARENESS SESSION

On February 10th, BCAP had the pleasure of partnering with Penn Help Adult Daycare Center. They had an an educator from Penn State, Elizabeth Kocsis, lead the informative session on Healthy Aging.

This event answered various questions regarding what is healthy aging and how to incorporate it into your life through four habits.



SONAM LHOSAR FESTIVAL

BCAP is very grateful for the invite given to us by the Tamang Community of Pittsburgh. We appreciate their efforts of continuing the tradition of celebrating their ethnic new years festival, Sonam Lhosar on Saturday, February 7th 2026.

The new year bring good fortune and a fresh start. The Sonam Losar represents new beginnings and invites change and growth. It lets you let go of all your past doings and helps you move forward.

The festival we were invited to was a fun filled celebration with plenty of Tamang dances and music.

HIGHLIGHTING A BCAP PARTNER

On February 19, 2026, BCAP MSW Intern Alexandria D'Alessio had the opportunity to shadow Social Services Coordinator Samantha Yule, MSW, LCSW, the embedded social worker with the Baldwin Borough Police Department.

Baldwin Borough residents may have interacted with Samantha through her collaborative work within the community.

In her role, Samantha works closely with BCAP to connect residents to vital supports and resources. She serves as a bridge between community members, law enforcement, schools, and other local agencies.

Samantha provides on scene crisis intervention, facilitates referrals to mental health services and rehabilitation programs, supports victims of domestic violence, and assists residents in navigating complex service systems.

Samantha Yule, Social Worker with Baldwin Borough Police Department

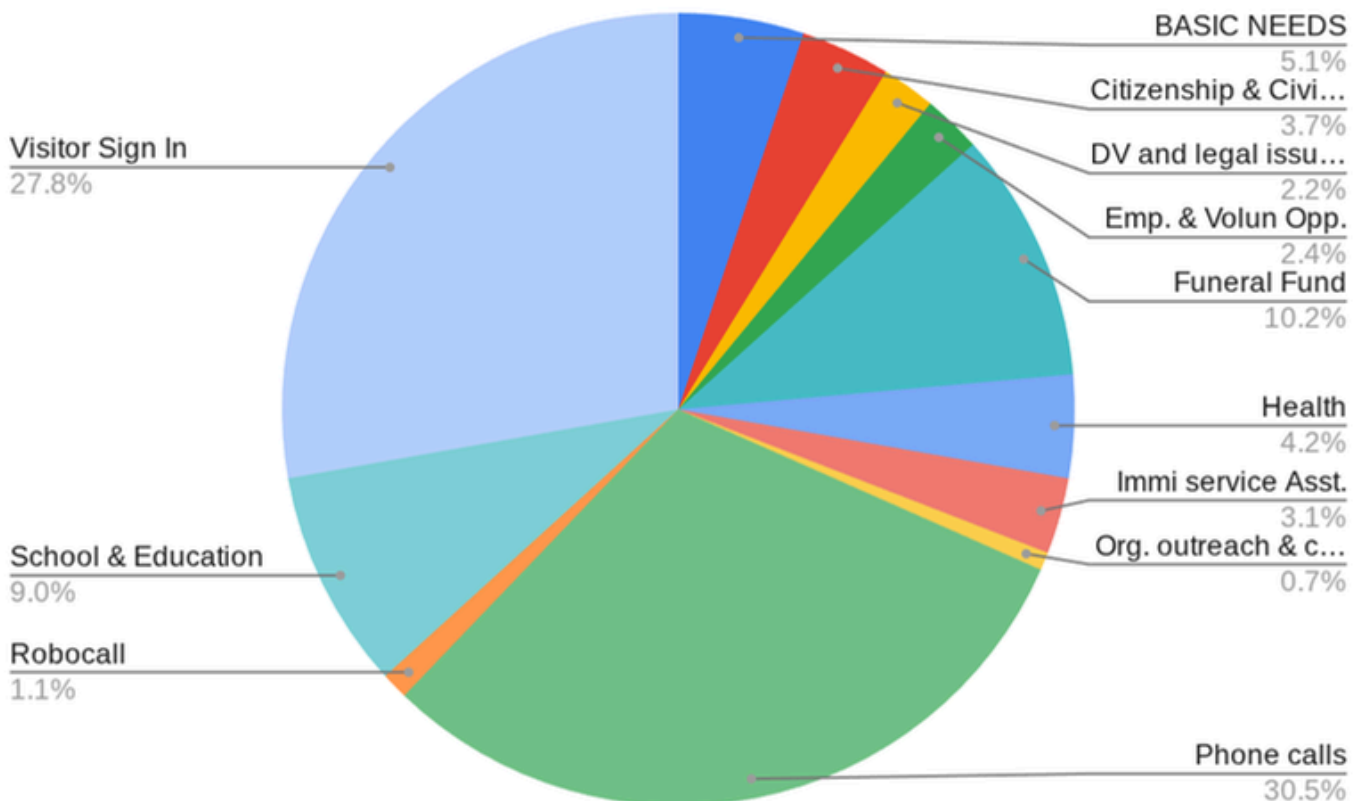


OFFICIAL DATA REPORT

WHAT SERVICES WERE UTILIZED DURING THE MONTH OF JANUARY

The pie chart below illustrates how BCAP’s services were used throughout the month of January. 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 (30.5%) and visitor sign-ins (27.8%), 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 (10.2%), school and education services (9.0%), citizenship and civic services (5.1%), and health-related support (4.2%), 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.



JANUARY - FEBRUARY 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

