

- *“Happiness can be found even in the darkest of times, if one only remembers to turn on the light.”*
- *“You are braver than you believe, and stronger than you seem, and smarter than you think.”*



- *“Your illness is not your identity. Your chemistry is not your character.”*
- *“Even if we don’t have the power to choose where we come from, we can still choose where we go from there.”*
- *“If there is no struggle, there is no progress.”*
- *“Be patient and tough; someday this pain will be useful to you.”*
- *“Nothing is permanent in this wicked world- not even our troubles.”*
- *“Sometimes you climb out of bed in the morning and you think, I’m not going to make it, but you laugh inside — remembering all the times you’ve felt that way.”*



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Funded by Alameda County Behavioral Health Care Services:



Afghan Wellness Project



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Types of Youth Services

The Afghan Wellness Project offers a variety of services geared towards youth and their families. Our goal is to meet the needs of youth in our community by providing them with services they can use to be more effective and successful in their daily activities. The youth services are provided in a safe and comfortable environment. Some examples of the services we provide include the following:

- After school tutoring
- Cultural counseling
- Parenting counseling and training
- Mentoring
- Crisis intervention
- Prevention counseling
- Bi-lingual counseling
- Alcohol and drugs awareness
- Peer pressure and its impact
- Movie nights
- Educational activities and workshops
- Communication skills
- Physical activities
- And more...

Our Mental health care service providers do not provide any mental health diagnosis, treatment or therapy. One of our main objectives is prevention and to link clients to appropriate community resources. In order to provide the best possible services to our clients, our services are offered in Farsi/Dari, Pashto and English.

We also offer a variety of other services to our clients. Some of these services include:

- Workshops
- Support groups
- Short term psycho-education
- Raising awareness regarding the need for mental health services
- Providing support for family members who have loved ones experiencing mental health challenges
- Youth services
- Leadership and empowerment groups
- Family and parenting groups and trainings for parents



What is the Afghan Wellness Project?

The Afghan Wellness Project is part of the Afghan Coalition that delivers prevention and early intervention (PEI) services to the community. The project is funded by Alameda County Behavioral Health Care Services and Prop 63. The main objectives of the project are to decrease the stigma attached to mental illness, bring awareness about mental illness, provide preventive counseling, and to deliver culturally sensitive mental health services to the Afghan community.

DR. MASOUD GHAFOER
PREVENTION COUNSELOR

Preventive Counseling Services

Our prevention counseling services are offered in a client-friendly, confidential and safe environment. Some of the prevention counseling services offered by Dr. Masoud Ghafoer, PsyD., AMFT, include:

- Depression
- Anxiety
- Stress
- Communication
- Boundaries
- Cultural issues
- Family issues
- Grief
- Relationship issues
- Addiction
- Self-esteem
- Relaxation
- Goal setting
- Sleep disturbances