

Resources for Afghan Families Impacted by Current Events

Due to the current humanitarian crisis happening in Afghanistan, many refugee families will soon call the Elk Grove and the Sacramento region home, and many more of our community members are experiencing fear and anxiety for their family members who are still there and may not be able to leave.

This resource list is meant to be a quick reference for staff who are working to support our families who may be in need of resettlement information, basic needs support, or mental health services. You may also reach out to the **Family and Community Engagement (FACE)** department for assistance.

Contact Us:

Monday - Friday, 8:00am - 5:00pm

Family and Community Liaison/Newcomer Center Support - Ali Benawa, sbenawa@egusd.net, (279) 333-4223

(for Dari, Farsi, Pashto interpretation, help with enrollment or school meeting assistance)

To schedule an appointment with Ali Benawa click link:

<https://calendly.com/sbenawa>

Parent Liaison - Ahmad Ameerzada, aameerza@egusd.net, (916) 479-6491
(for Dari, Farsi, and Pashto interpretation and translation)

To schedule an appointment with Ahmad Ammerzada click link:

<https://calendly.com/aameerza>

Program Educator - Alma Avalos Mejia, aavalosm@egusd.net, (916) 831-5552
(for parent workshops, help with enrollment or Spanish translation)

Community Partnership Coordinator - Lysette Lemay, llemay@egusd.net,
(279) 333-6400 (for community resources)

Program Specialist - Lisa Levasseur, llevasseur@egusd.net, (916) 793-2666
(for school district or school specific questions)

Community Resettlement Agencies & Resources

RESOURCE	DESCRIPTION	LINK
<p>Starting Point for Refugee Families</p> <p>Vicky Moy startingpointsac@gmail.com</p>	<p>Starting Point is dedicated to supporting newly-arrived refugee children in the greater Sacramento area. We strive to give them a warm welcome by providing basic necessities and programs as they begin their new lives in the U.S</p>	<p>Starting Point for Refugee Children Sacramento, CA</p> <p>If you are a newcomer and your children need basic necessities, please complete the form below https://www.startingpointworld.com/receive</p>
<p>World Relief</p> <p>4616 Roseville Rd. Suite 107 North Highlands, CA 95660. P: 916-978-2650 F: 916-978-2658</p>	<p>World Relief is a global Christian humanitarian organization that brings sustainable solutions to the world's greatest problems – disasters, extreme poverty, violence, oppression, and mass displacement. We partner with local churches and community leaders in the U.S. and abroad to bring hope, healing and transformation to the most vulnerable.</p>	<p>World Relief Sacramento</p>
<p>Sacramento FUEL Network</p> <p>Email: info@sacfuelnetwork.org</p> <p>Tel: (916) 329-8669</p>	<p>The FUEL Network offers free legal consultations, legal representation, and mental health services to individuals and families living in Sacramento City. Sacramento residents can call (916) 329-8669 to be connected with these services. Additionally, the following FUEL partners may offer resources and assistance, including refugee resettlement services, to those who are attempting to leave Afghanistan or have recently arrived in the United States.</p>	<p>Home sacfuel</p>

Basic Needs

RESOURCE	DESCRIPTION	LINK
<p>Starting Point for Refugee Families</p> <p>Vicky Moy startingpointsac@gmail.com</p>	<p>Starting Point is dedicated to supporting newly-arrived refugee children in the greater Sacramento area. We strive to give them a warm welcome by providing basic necessities and programs as they begin their new lives in the U.S</p>	<p>Starting Point for Refugee Children Sacramento, CA</p>
<p>Sacramento Food Bank (916) 456-1980</p> <p>Family Services Campus 3333 Third Avenue Sacramento, CA 95817</p>	<p>Sacramento Food Bank & Family Services (SFBFS) welcomes individuals of all faiths, cultures and backgrounds. SFBFS' 43-year history of responsiveness is manifested in our evolution from a food bank and pantry to a provider of services for lifelong Sacramento residents, as well as immigrants and refugees who wish to call Sacramento home.</p>	<p>Sacramento Food Bank & Family Services</p>
<p>Elk Grove Food Bank (916) 685-8453</p> <p>9820 Dino Drive, Ste.140 Elk Grove, CA 95624</p>	<p>Elk Grove Food Bank Service operates one emergency feeding program, seven senior mobile distribution programs, and a home delivery program for the medically fragile housebound to help meet unmet needs among the most vulnerable populations</p>	<p>Elk Grove Food Bank Services – Food Bank</p>

Mental Health Resources

RESOURCE	DESCRIPTION	LINK
<p>Muslim American Society Social Services Foundation (MAS - SSF)</p> <p>(916) 486-8626 counseling@mas-ssf.org</p>	<p>Confidential and HIPAA compliant counseling services, including individual, couples, family and teen, offered in various languages including Dari, Farsi and Pashto.</p> <p>Available Monday - Friday, 9am – 5pm</p>	<p>Peer Counseling – Social Services Foundation</p>

<p>AMALA Hopeline - The Muslim Youth Hopeline</p> <p>Available: 6pm - 10pm Monday, Wednesday, Friday, Saturday and Sunday</p> <p>Texting available for youth: 6pm - 10pm Wednesday and Friday</p> <p>855-95-AMALA</p>	<p>Amala Hopeline is a FREE warm-line (help-line) that provides easily accessible, confidential, culturally competent peer counseling and resource referrals for American Muslim Youth.</p>	<p>www.amala.mas-ssf.org</p>
<p>Muslim American Society Social Services Foundation (MAS - SSF) - YouTube Channel</p>	<p>Videos address coping with ongoing stress and examples of self-care strategies:</p> <ul style="list-style-type: none"> - Check the Pashto Version here https://youtu.be/aYfmIOGzh_s -Check the Dari Version here https://youtu.be/mTCWfdzCDsU <p>Video addressing how to cope with grief:</p> <p>Check the Pashto Version here https://youtu.be/VzYIWQSI9Jo</p>	

****Fall trainings for EGUSD staff focused on how to support families and students from the Middle East***

Please visit the [Family Resources - Community](#) page for additional resources.