



Welcome to the March edition of AAFSC's newsletter!

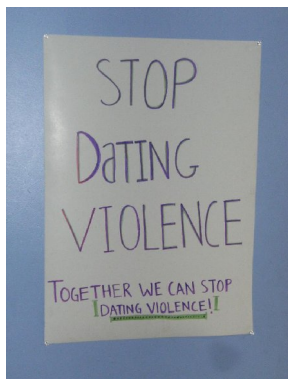


We're happy to announce new cycles of our program starting this month, including parenting journey and the women's craft circle. We also have some special workshops and activities plan, like our breast health awareness workshop and the 2nd Annual Arab American Health Symposium. We hope that you will join us at some of our events.

As always, we would love to hear from you with any comments, suggestions or ideas. E-mail us at info@aafscny.org or call us at 718-643-8000. You can also connect with us on our [Facebook](#) page or via [Twitter](#).

Girls' Club Spreads Awareness for Teen Dating Violence Month

For Teen Dating Violence Awareness and Prevention Month, AAFSC's Girl's Club participated in a series of activities to spread awareness about healthy and unhealthy relationships. Some of the girls wrote [blog posts](#) or essays about teen dating violence, while others [decorated our office](#) with hearts that expressed their definition of love. The girls made signs and posters in English and in Arabic, including the dating bill of rights. They also asked staff and community members to [take a pledge](#) to [end relationship violence](#). These activities allowed the girls to articulate and express what they have learned about healthy relationships and teen dating violence over the past few months through our weekly discussions and group activities.



New Parenting Journey Classes

Beginning March 12, 2012
10:00 AM to 12:00 PM

Parenting Journey is a strengths-based parenting program that concentrates on the emotional understanding of what it means to be a parent. The 12-week curriculum helps parents envision a positive future for themselves and their children by reflecting on their own upbringing and drawing conclusions about how to be a good parent. The Parenting Journey is more than a "how to" class. It is an opportunity for parents to develop themselves as nurtured and nurturing people, capable of making responsible and informed choices in raising their children.



AAFSC will begin its Parenting Journey classes on March 12th. Classes are available in Arabic, Urdu, Bengali, and English. To register, please contact Kameeza Nizam-Chattoo at 718-643-8000 ext. 21 or kameeza@aafscny.org.

Health Advocacy for Immigrants

March 14, 2012

On March 14th, AAFSC's Health Program will participate in the New York Immigration Coalition's [Immigrants' Day of Action](#). The Coalition aims to address the health care issues of immigrant communities throughout New York state. Health advocates will meet with members of the State Assembly and Senate to present our communities' priorities to government officials in Albany with a unified voice. The day-long event includes informational programs, a march and rally, legislative visits, and cultural performances.



Anthony Shadid's House of Stone

As you may know, Anthony Shadid, two-time Pulitzer-prize winning foreign correspondent, died at the age of 43 last month. Mr. Shadid was well-respected for his coverage of the Middle East and has been [described as](#) "an intrepid reporter, a keen observer, an insightful analyst and a lyrical stylist," by the New York Times. Though he left us much too soon, what remains is a poignant telling of the rebuilding of his family's house in southern Lebanon and Anthony's search for home. His long-awaited memoir, *House of Stone: A Memoir of Home, Family and a Lost Middle East*, was published earlier this week. There can be no better tribute to his memory than for the Arab American community to help make *House of Stone* a bestseller. You can purchase your copy [here](#) or download the Kindle version [here](#).



2nd Annual Arab American Health Symposium

March 16, 2012 6:00 to 9:00 PM

AAFSC's Health Program is partnering with Lutheran HealthCare for the 2nd Annual Arab American Health Symposium. The Symposium, which will be held at Bay Ridge Manor (476 76th Street, Brooklyn), will be lead by Dr. Salman Azhar, Director of Lutheran HealthCare's Stroke Center and Chief of Rehabilitation Services, and Dr. Robert Zaloom, Director of the Mary Ellen and Gerald Ritter Cardiology Center at Lutheran HealthCare.



For more information or to RSVP, please contact Maha Attieh at 718-643-8000 ext. 25.

AAFSC's Youth Program Visits the Aquarium

Partnering with AMBER for Breast Health Education

March 13, 2012
11:00 AM

On Tuesday March 13th, the Health Program will host a breast health and breast cancer prevention workshop with the Arab American Cancer Education and Referral Program (AMBER). AMBER provides culturally appropriate breast cancer education and screening coordination for Arab American women in Brooklyn and Queens.

The workshop will be presented to female students in the Adult Education & Literacy Program and will provide general information on cancer and breast cancer, including the risk of breast cancer and where to go for free or low-cost screenings.



In February, AAFSC's after-school program visited the [New York Aquarium](#). Accompanied by [New York Cares](#) volunteers, students saw sharks, jellyfish, electric eels, stingrays, penguins, and more. Aquarium volunteers were also on hand to answer student questions and provide exciting facts about the underwater world. According to one student, "the trip to the aquarium was really fun because I got to spend time with fun volunteers and I got to see cool animals!"

AAFSC would like to thank New York Cares volunteers, especially trip coordinators Sabrina and Ronnie, for making these trips possible. If you are interested in volunteering with the AAFSC as part of the Urban Adventures program, visit the [New York Cares Website](#) or contact Jake Keyel at 718-643-8000 ext. 39.

About Us

The Arab-American Family Support Center is a non-profit organization that empowers new immigrants with the tools they need to successfully acclimate into the world around them and become active participants in their communities.



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