## Muslim Youth For Positive Impact



# Bismillah Al-Rahman Al-Raheem

The MYPI newsletter where you can learn about our work and upcoming events or projects







Equine Therapy

- Digital Literacy
- COVID-19 CDPHE



Python



Mentorship Round 23/24



WWW.MYPLORG





This program provides opportunities for our community professionals to give back by coaching and mentoring our community youth as our future leaders.

MENTAL WELLNESS PROGRAM

The Mental Wellness program is

Muslim providers.

growing immensely and we are now

able to provide culturally competent services through our well-vetted

#### **PROGRAM EVENTS**

• 23/24 Mentorship Launch: Aug 27th. Participants will receive email of location and time.

### **UPCOMING EVENTS**

• MYPI Halaqa: Aug 20th, 2:30-5:30 PM at Masjid Taqwa.

#### **UPCOMING EVENTS**

 AAF Salamati Parenting Session: Aug 11th, 6:00-8:00 PM at Masjid Ikhlas.

#### UPCOMING EVENTS

• Leadership Cohort #3: Aug 12th, 11:00 AM-2:30 PM at CVA

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## Upcoming Events

- ✓ Mentorship Round 23/24
- 🖌 MYPI Halaqa
- ✓ Leadership Cohort
- ✓ 2023 MYPI Family Camping Trip
- ✓ AAF Salamati Parenting Session
- MYPI Board Meeting Aug 13th 9:30 AM











## ADOPT-A-FAMILY PROGRAM

This program serves our refugee community and provides various resources and support to help the families get acclimated and thrive in their new home state.

## PATHWAYS TO SUCCESS PROGRAM

Pathways to Success reaches our youth through a variety of programs to support their academic and career path growth.

## Muslim Youth For Positive Impact



## Mentorship 2023/2024

The Mentorship 2023/2024 round is underway and ready to launch. More information will be coming soon. The team has been working tirelessly to match mentors and mentees and prepare materials to engage participants in quality activities and lasting experiences.

This program plays a key role in supporting our youth with their schooling, career and daily interactions.



### Mental Wellness is Important for our wellbeing!

We have been very busy this year and our program is expanding. We encourage all youth and families to take advantage of our 8 free sessions for the adults/parents, and 12 free therapy sessions for the youth ages 11-26. We have Muslim providers who are highly qualified and culturally responsive to meet the needs of our unique community. For more info, please contact:

<u>mental.wellness@mypi.org</u> for therapy and provider inquiries. These services remain extremely confidential as we do our best to meet your needs. We held a retreat for our Mental Wellness Program participants. <u>Dr</u> <u>Omar Reda</u> provided our team with an outstanding workshop to support our team and providers through their journey with helping others. -We launched our <u>Peer-to-Peer</u> project which is now merged with the Leadership Cohort project, through which participants will be trained to provide support and various services to the community.

-In partnership with Masjid Taqwa we launched a new round of Halaqa sessions. These monthly sessions are held at Masjid Taqwa and will be lead by Imam Shakir and Imam Ali. These sessions will be discussing topics brought to the table BY the youth and FOR the youth.



We continue to break stigma, build awareness, and educate our community. This July, we held an online info session with Sr. Amina Tamachi, MA, LPC, ADDC, NCC at Minaret Therapeutic Services to inform the community about the amazing services we offer in collaboration with the MYPI Mental Wellness Program and Minaret Therapeutic Services. If you missed the session, <u>visit this link</u> to view at your own convenience. Our LPCC Sr. Wejdan Felmban continues to offer her sessions on various mental health topics. In July, we held two sessions on Understanding the Window of Tolerance held at Masjid Abu Bakr. more programs and sessions are coming soon.



### Adopt-A-Family program supports the needs of new families in Colorado

We are very thankful for all the support and volunteers during our July **Food Drive**. This event focused on providing meals and services to the newly arrived families. With the support of our amazing volunteers, we packaged 50 boxes of basic food needs and provided them to the families attending the legal clinic.



Alhamdulelah our program also provides the following programs: **Digital Literacy:** We completed an end-of-year evaluation for our Digital Literacy program, and celebrated the end of the round and success of the participants with a picnic at Rotella Park. We are training students to teach other women in their community about digital literacy. The 21 participants who completed the program now feel much more confident in safely using and accessing digital tools.

## Muslim Youth For Positive Impact



**Reading Buddies:** This program, in partnership with Adams 12, served English language learners from our largest concentration of new families and provided them with reading buddies to support them with reading and building their oral language skills. Masha Allah, we had 23 students participate in this program. A picnic at Rotella Park was held to celebrate the end of the round.

**Legal Services / Clinics:** We are holding monthly clinics to provide legal assistance to families in need. Our July clinic was held at the end of July at Masjid Ikhlas in combination with MYPI's Food Drive event.



Adopt-a-Family held their annual **End-of-Round celebration** in July. Families receiving services along with program ambassadors attended this fun bowling and celebratory event at AMF Sonesta lanes. We had nearly 80 attendees who enjoyed learning about the culture of bowling, sharing a meal, and connecting with friends who share the same experiences, language, and culture.

### **Pathways to Success**

Alhamdulellah, we completed our **Python** classes for Spring 2023. This extremely popular and valuable course was offered for the 3rd time and our students have expressed deep appreciation and gratitude for the learning. This year we had 16 students complete the **Introduction to Python** course and 8 students return for the **Advanced** course.

We will be starting new classes in August. Stay tuned for dates and registration info!

#### Leadership Cohort:

This program has launched and applications are now closed for our Leadership Cohort. Peer to Peer participants will be joining the Leadership Cohort as part of a requirement. We have confirmed our speakers for the Leadership Cohort. We have 19 youth that are registered and actively taking part of the program.



The first session was held on July 9 that covered Organization Skills at Masjid Ikhlas. The second session was held on July 21st was about Public Speaking/Self Care at Masjid Ikhlas from 9- 11:30am.



The third session is about Financial Literacy and it will be held at CVA on August 12th. Time is TBD. The fourth session will be about Time Management/Goal Setting/Intentions via Zoom at the end of August. More details to come soon.



Join our MYPI WhatsApp Announcement Group to Stay Informed!



We are grateful for the continued support of our community. Your <u>donations</u> help us provide essential services to families in need and youth throughout Colorado. You can also become a MYPI <u>sponsor</u> when you enroll in a monthly recurring support plan. MYPI sponsors receive discounts, early notifications for special events, and more.