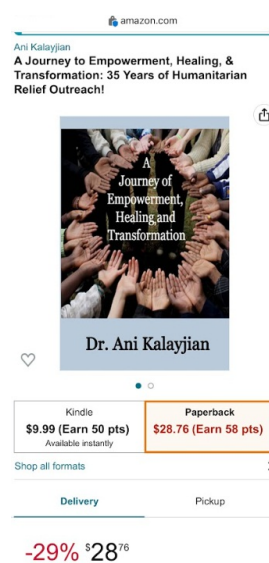


# Meaningful World

## *Association for Trauma Outreach and Prevention (ATOP)*

**Bulletin, April 2023**



### **NEW BOOK RELEASE!**

**Our 6th book is ready for you. Kindly click the link below to order your coffee table book with Dr. Kalayjian's poetry & 35 years of Humanitarian Relief.**

**Click [HERE](#) for the link**



### **Upcoming Events**

**TV Program. Epidemics, Nomenclature, and Mass Shooting with Dr. Roy Aranda**

**Guest Speaker: Dr. Ani Kalayjian**

**Thursday, 4 May 2023, 9pm EST**





Meaningful World Launches the Twenty-Ninth Annual Krieger Contest on How to Prevent Genocides & Wars?

FOR HIGH SCHOOL AND COLLEGE STUDENTS  
Essay Subject: "What the Legacy of Genocide Means to Me"

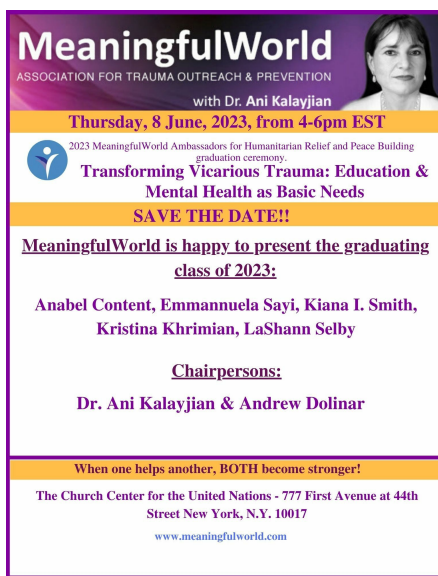
2023 Awards  
▪ \$100.00 for High School student winner  
▪ \$200.00 for College/University student winner

**Eligibility and Submission Criteria:**  
1. Students must be enrolled in high school (Grades 10-12) or college/university (undergraduate level); they must be residents of New York, New Jersey, or Connecticut.  
2. Essays must be original and unpublished.  
3. Essays must include social, psychological, philosophical, or human rights perspectives, and ideally should reference to multiple genocides both current and past, multiple references, books, research, and eyewitness accounts.  
4. Essay must explore the concept of denialism practices against all genocides that are mentioned in the essay.  
5. Essays must be in English, typewritten, double-spaced, and 1,500-2,000 words in length.  
6. Must include the Ottoman Turkish Genocide of the Armenians and other Christian minorities in 1915 and current events in Armenia.  
7. All submissions become the property of AASSG and will not be returned.  
8. AASSG reserves the right to make no award(s) each year if, in the opinion of its three judges, the submissions do not meet its criteria.  
9. All entries must be postmarked by **10 May 2023**. The winners will receive personal notifications by May 2023. Awards will be given at the United Nations in June.

**NEW VIDEO CONTEST**  
We welcome you to submit a short film, same deadline as above & same awards:  
1. The videos must follow the theme of the Annual Krieger Essay contest on preventing genocide on the subject of "What the Legacy of Genocide Means to Me."  
2. The participants must be enrolled in high school (grades 10-12) or college/university students.  
3. Participants must be residents of NY, NJ, or CT.  
4. Videos must be original, unpublished, creative and must be in English with references at the end of the film.  
5. The videos must include social, psychological, philosophical, or human rights perspectives and should reference to multiple genocides (minimum of 3, must include Ottoman Turkish Genocide) multiple references, research, and eyewitness accounts.  
6. The videos must be less than 8 min long.  
7. The videos must include information on minimum of 3 genocides. It must include Ottoman Turkish Genocide of Armenians & other Christian minorities, current events in Armenia plus genocide of Native Americans.  
8. The video must include ways to transform gov. denialism towards the committed genocide.  
9. The sounds and video images must be clearly recorded and easily viewed.  
10. All videos will be reviewed by committee and selected few will be posted on social media for public voting.  
11. A video collecting the highest Liked of the viewers will be the winner of the contest.  
12. The winner will be granted with the title The Best Video of the Year and viewed at our UN event in June.  
**Our Motto: When one helps another, BOTH become stronger!**  
**Please include:** cover letter indicating name, address, age, year of study, e-mail & personal contact, name of school/college attending, college major field of study, and career objectives and Email: [info@meaningfulworld.com](mailto:info@meaningfulworld.com) visit our website: [www.meaningfulworld.com](http://www.meaningfulworld.com)

# 2023 Kreiger Essay and Film Contest Preventing Genocide For high school and college students Essay Subject: "What the Legacy of Genocide Means to Me" Awards given at United Nations: \$100 for high school students and \$200 for college students 10 May 2023 deadline to submit!

[More information](#)



# Annual Conference and Graduation at the United Nations Transforming Vicarious Trauma: Education & Mental Health as Basic Needs MeaningfulWorld Ambassadors: Anabel Content, Emmannuela Sayi, Kiana I. Smith, Kristina Khrimian, LaShann Selby Thursday, 8 June 2023, 4-6pm EST

[More information](#)

# Humanitarian Mission in Armenia Dr. Ani Kalayjian, Karine Arshakyan, Karen Hakobian, and Margo Sargsyan Armenia 15-22 June 2023

[RSVP Here](#)



**Magical Journey of Manifesting Miracles in mysterious Tatev, Armenia**  
**Integrative healing, success in partnerships with unlimited love & passion.**  
**Tatev Monastery & Village, Armenia**  
**Masterclasses faculty: Dr. Ani Kalayjian, Karine Arshakyan, Karen Hakobian,**  
**and Margo Sargsyan**  
**23-28 June 2023**

**RSVP Here**

**More Information**



## **ATOP Meaningfulworld Leadership Positions**

The following positions are available:  
**1. Outreach and Fundraising Coordinator**  
**2. Grant Coordinator**  
**3. Research Coordinator**

For more information: click [HERE](#)

For more information on UN Fellowships: click [HERE](#)





**Spring: Sowing seeds of  
love & joy!**

**MeaningfulWorld invites you to share your love!**



### **REUSABLE CANVAS BAGS**

**Let's reduce the use of plastic and raise money for those in need! We want to continue to help launch a suicide lifeline in Armenia, educate others on emotional intelligence, and deploy our teams for humanitarian relief missions! There are 4 different colors to choose from! Buy a reusable bag and help us help others!**



### **MEANINGFULWORLD TSHIRTS**

**Show off your MeaningfulWorld spirit by wearing our newly designed t-shirts! You can choose from a range of colors and styles! Show off your MeaningfulWorld pride while simultaneously helping others! Proceeds will help us help others!**



**Reusable Canvas Bags**

**T-Shirt Sale**



**A Vacation Opportunity of a Lifetime! MeaningfulWorld Raffle**

**By purchasing a \$25 raffle ticket, you buy a chance for a hotel (location of your choosing), 2-6 people for one week! This is your chance to make your dream vacation come true!**

**Buy Tickets**



**Weekly Meetings**

## Free Weekly Support Groups

Managing stress, anxiety, fear, and uncertainty in times of global crises

When: Every Thursday

Time: 12:00 - 1:00 PM (EST)

Where: [info@meaningfulworld.com](mailto:info@meaningfulworld.com) for zoom link

[RSVP Here](#)

## Meet Up Zoom Yoga & Soul Surfing with Dr. Ani

ATOP MeaningfulWorld offers yoga and meditation during these times of panic and unrest.

Join us every Tuesday & Friday at 10:00 AM EST on Zoom, by appointment.

[RSVP Here](#)

[More Information](#)

Հանդիպում-ընթացակարգ  
ԿԱՆԱԵՑ ՀՅՈՐԱՑՈՒՄ, ՀԱՅԱՅԲ  
ՀՈԳԵԲԱՆԱԿԱՆ  
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Խոսնակներ

- Անի Գալայճյան՝ Հոգեբանական գիտությունների դոկտոր, «Իմաստալից աշխարհ» ՀՎ Գլխավոր
- Դիանա Ասրոբյան՝ ԵՊՀ ընդհանուր հոգեբանության ամբիոնի դոցենտ, Հոգեբանական գիտությունների թեկնացու

Հանդիպման ընթացքում կտեսնվեն հարցազրույցներ, տեսիլ համայնաբանական և մեդիտացիոն բնույթի գործընթացներ, փնտրելու կամային փոփոխություններ և կենսական փոփոխություններ

ՀԱՆԴԻՊՄԱՆ ԱՆՑԿԱՑՄԱՆ ՕՐ ԵՒ ՎԱՅԻ

Ապրիլի 10՝ 16:00  
ԵՊՀ՝ 8-րդ մասնաշենք՝ 3-րդ հարկ՝ 305 սրահում

ՀԱՆԴԻՊՄԱՆ ՆՊՐՏԵՐԱՏՈՐ՝ ՀՈԳԵԲԱՆԱԿԱՆ ԱՄԲԻՈՆ

Անանկելյա Կամարյան՝ Հոգեբանական գիտությունների դոկտոր, ԵՊՀ

Մեծացրե՛ք ձեր հարցերը և կարգադրե՛ք ձեր կյանքը

\*Ի՞նչ Անի Գալայճյանը հանդիպմանը միանալու է արցանք

SCAW ME

## Successful Past Events

### Women's Empowerment Panel in Armenia Monday, 10 April 2023

MeaningfulWorld  
ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION  
with Dr. Ani Kalayjian

Thursday, 16 March, 2023, at 10 am EST

ATOP MeaningfulWorld at United Nations Presents a parallel Program (virtual) at the 67th Commission of Status of Women (CSW) on  
**Nurturing Emotional Intelligence & Psychoeducation: Mindful Use of Technology**

Must register for a link: [info@meaningfulworld.com](mailto:info@meaningfulworld.com) deadline: 12 March 2023

Chairpersons: Dr. Ani Kalayjian & Andrew Dolmar  
International Faculty:  
Prof. Khawla Abu Baker, Al-Qadisi Academic College, The intersectional Contributions that Feminist Gender Inequality in Palestinian Society in Israel  
Prof. Maria Del Pilar Graciano, Universidad del Valle de Guatemala, Working with women in Guatemala  
Prof. Hrant Avanesyan, Yerevan State University, Gender equity in Armenia  
Prof. Frances Houban, University of Puerto Rico, Challenges with women & technology in Puerto Rico

This symposium will emphasize on gender equality and education for healing trauma, nurturing emotional intelligence, and promoting gender equality and equity. Research from Africa, the Caucasus, the Caribbean, and the Middle East will be shared. Strategies and best practices will be presented. Our research reveals that empowering the girls without focusing on the boys is incomplete. In this program we will focus on how to nurture emotional intelligence in men and boys as well women and girls. Our online educational programs include focus on trauma healing, self-care, nurturing peace within, rippling out to a global positive impact.

When one helps another, BOTH become stronger!

DATE: Thursday, 16 March 2023  
[info@meaningfulworld.com](mailto:info@meaningfulworld.com)  
For more information call:  
Dr. Kalayjian, 201-723-9578  
[www.meaningfulworld.com](http://www.meaningfulworld.com)

Cosponsors: Association for Trauma Outreach & Prevention (ATOP) MeaningfulWorld, ACRPC, & AGBU

# United Nations, 67th Commission of Status of Women, Annual Conference MeaningfulWorld presented a panel on "Empowering Women Globally" Nurturing Emotional Intelligence & Psychoeducation: Mindful Use of Technology

The Commission on the Status of Women (CSW) is the principal global intergovernmental body exclusively dedicated to the promotion of gender equality and the empowerment of women.

Thursday, 16 March 2023

[More Information](#)

[Link to YouTube Video](#)



## Conflict Transformation & Peace-Building: MeaningfulWorld Hybrid Workshop Assertiveness, Anger Management, Non-Violent Communication, & Forgiveness Saturday, 25 March 2023

[Summary](#)



## Dr. Ani Kalayjian had an interview with Voice of America (VOA) Wednesday, 30 March 2023





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### **ATOP Latest Publishing**

- 1. Kshtriya, S., Kalayjian, A., Lowe, S. R., Diakonova-Curtis, D., Toussaint, L. (2022). Exploring the Association between Forgiveness, Meaning-Making, Post-Traumatic Stress Symptoms: The Case of Hurricane Maria in Puerto Rico. *International Journal of Educational Research*.**
  - 2. Kalayjian, A., Huang, K., Sabbour, S., & Yasin, M. (2022). Grassroots Collaborations to Address the Trauma of Suicide: Establishing the First Suicide Prevention Lifeline in the Republic of Armenia. *International Journal of Mental Health*. <https://doi.org/10.1080/00207411.2022.2983392>. View [HERE](#)**
  - 3. Toussaint, L., Kshtriya, S., Kalayjian, A., Cameron, E., & Diakonova-Curtis, D. (2022). Christian Religious Affiliation is Associated with Less Posttraumatic Stress Symptoms Through Forgiveness but Not Search for Meaning After Hurricane Irma and Maria. American Psychological Association.**
-



 **MeaningfulWorld**  
Association For Trauma, Childhood and Prevention  
Helping people heal for 35 years!

  **SCAN ME**

1. Sponsor a Child in Haiti or Armenia.
2. Suicide Prevention in Armenia.
3. Mental Health, Supporting Psychologists in War Torn Areas of Ukraine & Armenia.

 90% of your donation goes directly to the people!

[www.Meaningfulworld.com](http://www.Meaningfulworld.com)



## Gratitude To Our Visionary Speakers

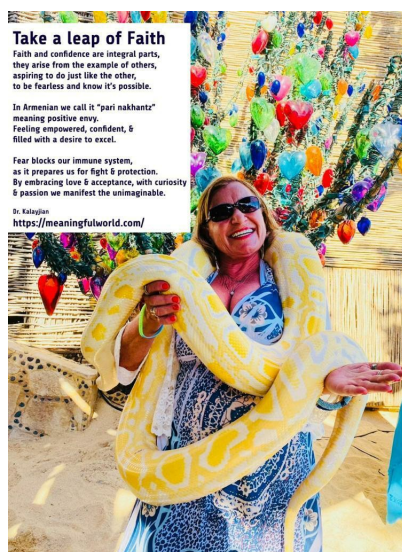
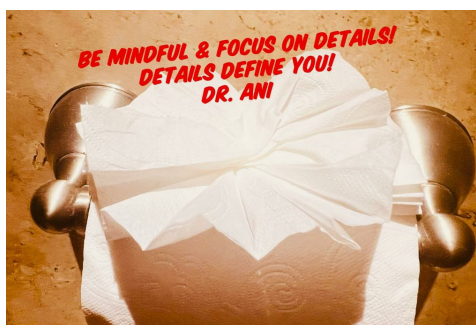
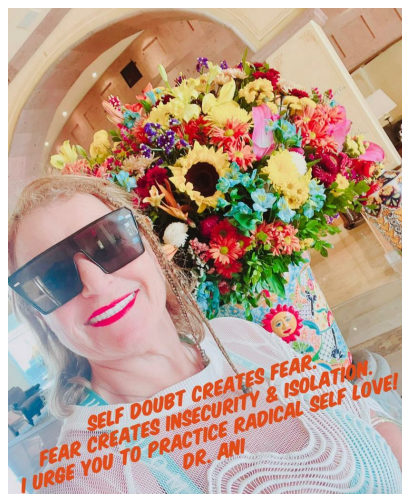
**Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy, Anisa Keith, Dr. Deborah Barbriere, & Ali Fischer**

## Gratitude To 2022 Donors

**Anonymous; Armenian Constitutional Rights Protective Center; Armenian General Benevolent Union of America; Kari Akgulian; Dr. Maggie Avedissian; Lola Aznavur; Vanessa Billups; Ara & Joyce Boghosian; Dr. Garen & Diana Boghosian; Zarmine & Missak Boghosian; Mark Chenian; Jacob Yahian; Suzanne Crespo; David Dawud; Dr. Dominique Eugene; FesFlowers.com; Mary Ryan Garcia; Taleen Gergerian; Randolph Giudice; Anisa Goz; Dr. Andrew Hahn; Dr. Noyemi Isnar; Art Jaffe; Dr. Marianne Jeffreys; Dr. Ani Kalayjian; Nayri Kalayjian; Dr. Mallika Kamana; Jackie Kazarian; Syla Koroglu; Betty Labine; Carol Lachman; The Life Centered Therapy Training Institute; Long Island Psychological Consulting (Dr. Roy Aranda); Eric Manigian; Talin Manukian; Janet Marcarian; Yeran Marcoosi; Linda Marsanico; Jinnie & Chuck McCormick; Siroun Terzian Meguerditchian; Alice Movsesian; Ray Paloutzian;**

**Dr. Sreeram Parupudi; Kailash Peri; Psychology Coalition at United Nations; Supriya Reddy; Betty Anne Rougier; Margie Satian; Lisa Schiller; Dr. Geetha Seerangan; Ilene Serlin; Lorraine Simmons; Deborah Stiles; Karri Swathi; Prof. Harold Takooshian; Irene Tananyan; Randal E Tellalian; Suresh Tipimeni; Natalia Tomassini; Lynne Tracey; Carla Tufenkdjian; Kevork Ucaryan; Kiranmai Valluri; Tanya & Siroun Vartanian; Sree Venuthurupalli; P. Vinaya; Marian Weisberg; & Rita Zoroghlian.**

**This QR Code is for donating to our various fundraising efforts and workshops. Please, help us to help others around the world by donating [HERE](#).**



### **ATTENTION: Additional Media**

~March 2023: Gender Equity. Transforming Gender Stereotypes. View it [HERE](#)

~March 2023: 12th Annual Mentoring Forum at Fordham University. View it [HERE](#)

~February 2023: Photography Exhibit Opening Ceremony. View it [HERE](#)

~January 2023: MLK Day poem by Dr. Ani:



*I have a dream*  
*Dr. Kalayjian*

*Martin Luther King, Jr., you were the youngest man to have received the Nobel Peace Prize.  
You were the King, but you led the people humbly;  
You were the King, using your peaceful leadership to actualize your dreams.  
You had a dream, your dream inspired us all.  
Unfortunately, 60 years later, we are still dreaming with the hopes that "Justice will roll down like water;"  
and we will live in harmony.  
You defined peaceful resistance,  
You were the colossal of the civil rights movement.  
You motivated thousands to stand with you,  
In peace & justice, with faith and love!*

~January 2023: Poem by Dr. Ani:

*Thrust forward! Enjoying the lessons from the past. Release the negative, imagine they are clouds, let the tears clear your view, as you are now the best version of yourself!*

~January 2023: Forget Me Not by Dr. Ani Kalayjian - book review & Lachin corridor humanitarian crisis. View it [HERE](#)

~January 2023: Dr. Ani Kalayjian wrote a beautiful poem for the start of the New Year. View it [HERE](#)

~July 2022: Humanitarian Outreach Mission to Guatemala, video by Lorraine Simmons. View it [HERE](#)

~9 November 2022: Belle Unobe and Kristina Khrimian discussing the objectives and activities of MeaningfulWorld's Genocide Prevention Committee. View it [HERE](#)

~9 November 2022: Shubhrata Shukla interviewing Dr. Ani Kalayjian on her experiences with trauma and healing. View it [HERE](#)

~9 November 2022: Kristina Khrimian and Rishi Guntur bringing awareness on the topic of suicide. View it [HERE](#)

~September 2022: Dr. Ani Kalayjian, President, MeaningfulWorld & Marietta Khurshudyan, Psychologist discuss: Anger Management: In Armenia Nurturing Emotional Intelligence. View it [HERE](#)

~September 2022: Dr. Ani Kalayjian and Marietta Khursduhyan have an informative conversation about Horizontal Violence in Armenia. View it [HERE](#)

~2 May 2022: Dr. Ani Kalyajian, Lorraine Simmons, and Andrew Dolinar spoke about Self Care and Peace Building: Healing the Self, Mother Nature, and the World. View it [HERE](#)

~25 April 2022: Dr. Ani Kalayjian was interviewed by freelance writer Chelsea Greenwood about the effectiveness of EMDR treatment.

~13 April 2022: Dr. Ani Kalayjian and Outreach Coordinator Paige McDonald met for part two of their discussion on Horizontal Violence. View it [HERE](#)

~30 March 2022: Dr. Ani Kalayjian and Outreach Coordinator Paige McDonald met for a series of Instagram Lives to discuss Horizontal Violence. View part one [HERE](#)

~24 March 2022: Interns Nola Sheehan and Alyssa Curcio spoke together about empathy and what it means. View the video [HERE](#)

~ 15 March 2022: Dr. Ani Kalayjian sat down and spoke with intern Will Robbins about SAD. View the video [HERE](#)

~2020 Dignity Workshop 27.2: Message tot he World from Dr. Ani Kalayjian. View it [HERE](#)





**MeaningfulWorld**

**Established in 1988**

**When One Helps Another, BOTH Become Stronger**

