

CONGRATULATIONS

to our 2023 MeaningfulWorld Ambassadors for Global Humanitarian Relief
& Peace Building!



KIANA SMITH

“ My MeaningfulWorld UN internship has been an incredible journey of networking with professionals, learning about global issues, and experiencing the United Nations. Stepping out of my comfort zone, I contributed to educational programs and support groups, growing personally and professionally. Thankful to MeaningfulWorld for teaching me about trauma, the power of forgiveness and empathy, and making a real impact. Forever grateful for this amazing opportunity! ”



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KRISTINA KHRIMIAN

“ I greatly enjoyed being part of the wonderful organization ATOP MeaningfulWorld, in which I connected my interests of mindfulness and humanitarian aid to spread awareness and raise funds on pressing international conflicts. ”



www.Meaningfulworld.com



EMMANUELA SAYI

“ Meaningfulworld has opened me to information that outside of volunteering with MeaningfulWorld I would not have the same access to. I have learned a lot about what certain emotions mean when they appear and ways in which to look at negative events and emotions and transform them into something positive. I definitely feel as though I have grown to be able to support others who may be dealing with trauma in a more beneficial way. ”



www.Meaningfulworld.com



Special Honorary Ambassadorship to Dr. Wael Mustafa Abu-Hassan.



Upcoming Events

Interfaith Conference: 170th "Healing Prayer for Humanity" by the Worldwide Religious and Spiritual Leaders

Topic: Youth Development in Your Faith

Speakers: Imam Arif Huskic, President CWA and MASCH Program Moderator, & Dr. Ani Kalayjian, Scholar and Researcher

Friday, 30 June 2023 at 3pm EST

More Information



PLEASE POST
Association for Trauma Outreach & Prevention (ATOP)
ANNOUNCES
YOUTH EMPOWERMENT PROGRAM (YEP)
ESSAY (POETRY, RAP, SKIT) CONTEST

The Association for Trauma Outreach and Prevention (ATOP) MeaningfulWorld, and YEP was founded by Dr. Ani Kalayjian to advance the knowledge about the immediate and long-term human consequences of traumatic events and promote effective methods of prevention, relief and restoration to those traumatized and to those treating traumatized populations. Bullying has devastated millions of children around the world, and specifically in NYC.

ESSAY/POEM/RAP/SKIT SUBJECT
"Creating Inner Peace: Transforming Bullying"

AWARD
\$40 Grade School Winner, \$50 For Junior High Winner
\$75 High School Winner, \$120 College Student Winner

The early years of a child's life are crucial for healthy cognitive, social and emotional development. Incorporating a "bully free" message in the classroom by encouraging acceptance, kindness, empathy, and love is essential in that development. In schools where there are bullying programs bullying is reduced by 50%. Bullying has become an epidemic in our nation's schools and streets. Many children are robbed of the opportunity to learn because they are bullied and victimized daily. It is a problem in virtually all schools. Bullying causes lasting trauma, and the scars can last not only a lifetime, but it transmits generational.

One third of teens reported being bullied while at school. About 69% of middle school students say that they have been bullied. An estimated 12 million children aged 6 to 17 were victims of cyber bullying and 9 percent of those affected by cyber bullying try to commit suicide. According to the NEA, it is estimated that 160,000 children miss school every day due to fear of attack or intimidation by other students. A bully is 6 times more likely to be incarcerated by the age of 24.

Giving students a voice is the number one factor that influences a change in culture, climate, and academic performance. Teaching these Emotional Intelligence (EQ) is essential for their health. Writing exercises about bullying makes children part of the healing process, empowers them, and creates sustainable change in their lives.

Eligibility and Submission Criteria:

1. Children must be enrolled in school system and must be residents of New York, New Jersey, or Connecticut.
2. Essays/poems, raps or skits must be original and unpublished.
3. Essays must include own experiences, feelings, and recommendations for healthy and peaceful solutions.
4. Essays must be in English, typewritten, double-spaced, and 500-750 words in length, no guidelines for poems, skits or rap.
5. No more than one entry per year, and per family.
6. All entries become the property of ATOP/YEP and will not be returned.
7. ATOP/YEP reserves the right to make an award if each year if, in the opinion of its three judges, the submissions do not meet its criteria.

Deadline:
All entries must be postmarked by **21 Sept 2023**. The winners will receive personal notifications & awards will be given at the ATOP Annual UN International Day of Peace 21 Sept 2023.

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 e-mail to: E-mail: info@meaningfulworld.com website: www.meaningfulworld.com phone: 201-941-2266

Youth Empowerment Program (YEP) Essay (Poetry, Rap, Skit) Contest
Subject: "Creating Inner Peace: Transforming Bullying"
Award: \$40 Grade School Winner, \$50 Junior High Winner, \$75 High School Winner, \$120 College Student Winner
Deadline: 21 September 2023

More Information

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

Hybrid Workshop, Saturday, 30 September 2023

Post Trauma Healing and Meaning-Making
Disaster Relief, Rehabilitation, Mindfulness, & Empathy

Facilitator: Dr. Ani Kalayjian, Founder - ATOP MeaningfulWorld
Visionary Speaker: Richard Katz, Ph.D., FES Flowers, Flower Power

HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?
Attend this program & become a Meaningful World Ambassador for Humanitarian Relief & Peace-Building.

Program Focus:

- Understand the impact of disaster on survivors, children, adults, families, & communities
- Identify the interventions for rehabilitation, recovery, healing, & integration
- Monitor, evaluate, & support professionals & the next generation
- Engage self through Mind-Body-Eco-Spirit for health & peace-making
- Demonstrate global tool, 7-Step Integrative Healing Model (Biopsychosocial and Eco-Spiritual Model)
- Describe and practice mindfulness meditation
- Describe and list stages of disaster relief

This workshop is recommended for those seeking a greater understanding of emotional management, trauma healing, transforming survival trauma and Historical Trauma, peace building, meaning-making and transcendence.

This is also for those planning to become MeaningfulWorld Ambassadors and for joining our Humanitarian Outreach Programs around the globe.

RSVP to: Ed.Coordinator@MeaningfulWorld.com
Phone: 201-941-2266
DATE: Sunday, 30 September 2023
TIME: 10:00 AM - 3:30 PM
10:00 AM - 12:00 PM - Welcome, Lecture, Visionary Speaker Presentation and Discussion
1:00 PM - 3:30 PM - Film, Experiential Soul-Soothing Exercises, Experiential Healing Session and Meditation.

FEE: Online Participants via Zoom: \$40
FEE: (In Person): Full (\$125), Graduate students or retired (\$75)
Undergraduate students (\$60), ATOP interns (\$30), 4 or more in a group will receive 20% off.

Includes: Backflour remedies, pre-post test, collective gratitude
* Pay online securely at: <http://meaningfulworld.com/gpt/involvement>
*ALL FEES INCREASE \$10 after 21 September so make your payment early!
Following professions: Marriage & Family Therapy, Mental Health Counseling, Creative Arts Therapy, Music Therapy and Psychoanalysis

When one helps another, BOTH become stronger

Post Trauma Healing & Meaning-Making Hybrid Workshop
Disaster Relief, Rehabilitation, Mindfulness, & Empathy
Facilitator: Dr. Ani Kalayjian
Visionary Speaker: Richard Katz, Ph.D., FES Flowers, Flower Power
Saturday, 30 September 2023

[RSVP Here](#)

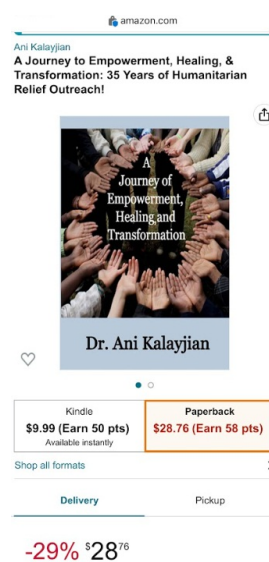
Humanitarian Outreach Mission to Armenia Led by Margo Sargsyan and Dr. Ani Kalayjian

Objectives:

1. Transforming trauma of the border conflict
2. Transform Horizontal Violence
3. Transform domestic violence
4. Continue suicide prevention awareness,
5. Continue Ecological awareness
6. Teach strategies for self-care
7. Teach 7-step modality
8. Nurture Gender empowerment
9. Teach human rights education & UN SDG's

5-22 October 2023

[Read the Pre-Press Release HERE](#)



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](#)



ATOP Meaningfulworld Leadership Positions

The following positions are available:

1. Outreach and Fundraising Coordinator
2. Grant Coordinator

For more information: click [HERE](#)

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



HAPPY PRIDE MONTH!

L O V E

♥ I S ♥

L O V E

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 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](#)

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

Thursday, 8 June 2023, from 4-6pm EST

**Transforming Vicarious Trauma:
Education & Mental Health as Basic Needs**
SDG #3, #4, #5, #8, #11, #10, #16, #17

Chairpersons: Dr. Ani Kalayjian & Andrew Dolinar
Invocation: Mr. Eric Shōkei Manigian, M.Div., Union Theological Seminary, Buddhist Action Coalition
Faculty: Prof. Ronald Levant, Ed.D., former APA President, "Whither Masculinity: Man up or Human up?"
Dr. Gloria Horsley and Dr. Heidi Horsley, PsyD, Open to Hope, "Healing & Education after Loss: Utilizing peer support"
LaShann Selby, M.S., Intern Coordinator, MeaningfulWorld, "MeaningfulWorld Education & Healing with SDG's"
Convocation: Mr. Eric Shōkei Manigian, M.Div., Union Theological Seminary, Buddhist Action Coalition

2023 MeaningfulWorld Ambassadors for Humanitarian Relief and Peace Building Graduation ceremony.

Graduating Class: Anabel Content, Emmannuela Sayi, Kiana I. Smith, Kristina Khrimian

When one helps another, BOTH become stronger!

Virtual Program
RSVP to receive the zoom link:
info@meaningfulworld.com
www.meaningfulworld.com

Co-sponsored by: ATOP
MeaningfulWorld, Armenian General Benevolent Union (AGBU), and Armenian Constitutional Rights Protective Center (ACRPC)

Successful Past Events

Congratulations MeaningfulWorld Ambassadors: Anabel Content, Emmannuela Sayi, Kiana I. Smith, Kristina Khrimian, Dr. Wael Mustafa Abu-Hassan

**Annual Conference and Graduation at the United Nations
Transforming Vicarious Trauma: Education & Mental Health as Basic Needs
Chairpersons: Dr. Ani Kalayjian & Andrew Dolinar
Invocation: Mr. Eric Shōkei Manigian, M.Div., Union Theological Seminary, Buddhist Action Coalition
Faculty: Prof. Ronald Levant, Ed.D., former APA President, "Whither Masculinity: Man up or Human up?"
Dr. Gloria Horsley and Dr. Heidi Horsley, PsyD, Open to Hope, "Healing & Education after Loss: Utilizing peer support"
LaShann Selby, M.S., Intern Coordinator, MeaningfulWorld, "MeaningfulWorld Education & Healing with SDG's"
Convocation: Mr. Eric Shōkei Manigian, M.Div., Union Theological Seminary, Buddhist Action Coalition
Thursday, 8 June 2023, 4-6pm EST**

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

Zoom Workshop, Saturday, 20 May 2023

Self-Care & Meaning-Making
EQ, Preventing Vicarious Trauma & Post-Traumatic Growth

Facilitator: Dr. Ani Kalayjian, Founder — ATOP MeaningfulWorld
Visionary Speaker: Jackie Simmons, Teen Suicide Prevention

HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?
Attend this program & become a Meaningful World Ambassador for Humanitarian Relief & Peace-Building

Program focus:

- Complete pre-workshop & post-workshop questionnaires
- Identify the importance of self-care
- Identify the signs of burnout and other vicarious trauma
- Review theories: Erickson, Gillman, Leubner, Fromm, Fromm, & Roke
- Learn about United Nations' Sustainable Development Goals
- Identify interventions for recovery, healing, & integration
- Connect & engage with through shared best practices
- Learn ways to nurture Emotional Intelligence (EQ)
- Learn Evidence-Based Practices to understand health, trauma & generational transmission
- Learn techniques of dialectical meditation
- Include didactic presentation of theory, research, and techniques

This workshop is recommended for those seeking a greater understanding of emotional management, lesson learned, transforming vicarious trauma and historical violence, peace building, meaning-making and transcendence.
This is also for those planning to become MeaningfulWorld Ambassadors and for joining our Humanitarian Outreach Programs around the globe.

RSVP to: Ed.Combalant@MeaningfulWorld.com
Phone: 201-941-2206
DATE: Saturday, 20 May 2023
TIME: 10:00 AM - 3:30 PM
10:00 AM - 12:00 PM - Welcome, Lecture, Visionary Speaker Presentation and Discussion
1:00 PM - 3:30 PM - Film, Experiential Soul-Steering Exercises, Experiential Healing Session and Meditation.
FEES: Online Participants via Zoom: \$40

Includes: Bach/Flower remedies, pre-post test, collective gratitude
Register early as space in this workshop is limited!
* Pay online securely at: <http://meaningfulworld.com/get-involved/education>
*ALL FEES INCREASE \$10 after 12 May so make your payment early!
Receive Continuing Education Credits for the following professions: Marriage & Family Therapy, Mental Health Counseling, Creative Arts Therapy, Music Therapy and Psychoanalysis.

When one helps another, BOTH become stronger

**Self-Care & Meaning-Making Workshop
EQ, Preventing Vicarious Trauma & Post-Traumatic Growth
Research and Theory Presented by Andrew Dolinar
Saturday, 20 May 2023**

More Information



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 Outreach 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



Gratitude To Our Visionary Speakers

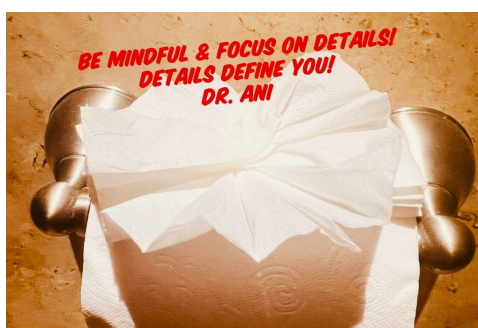
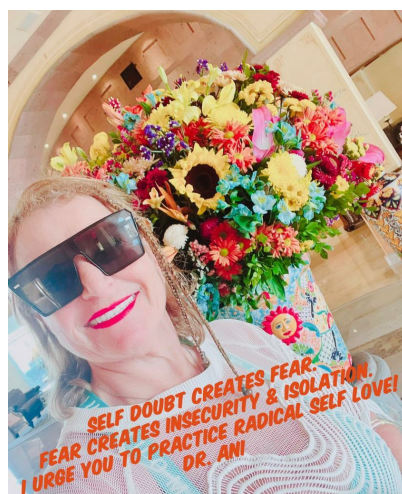
Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy,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

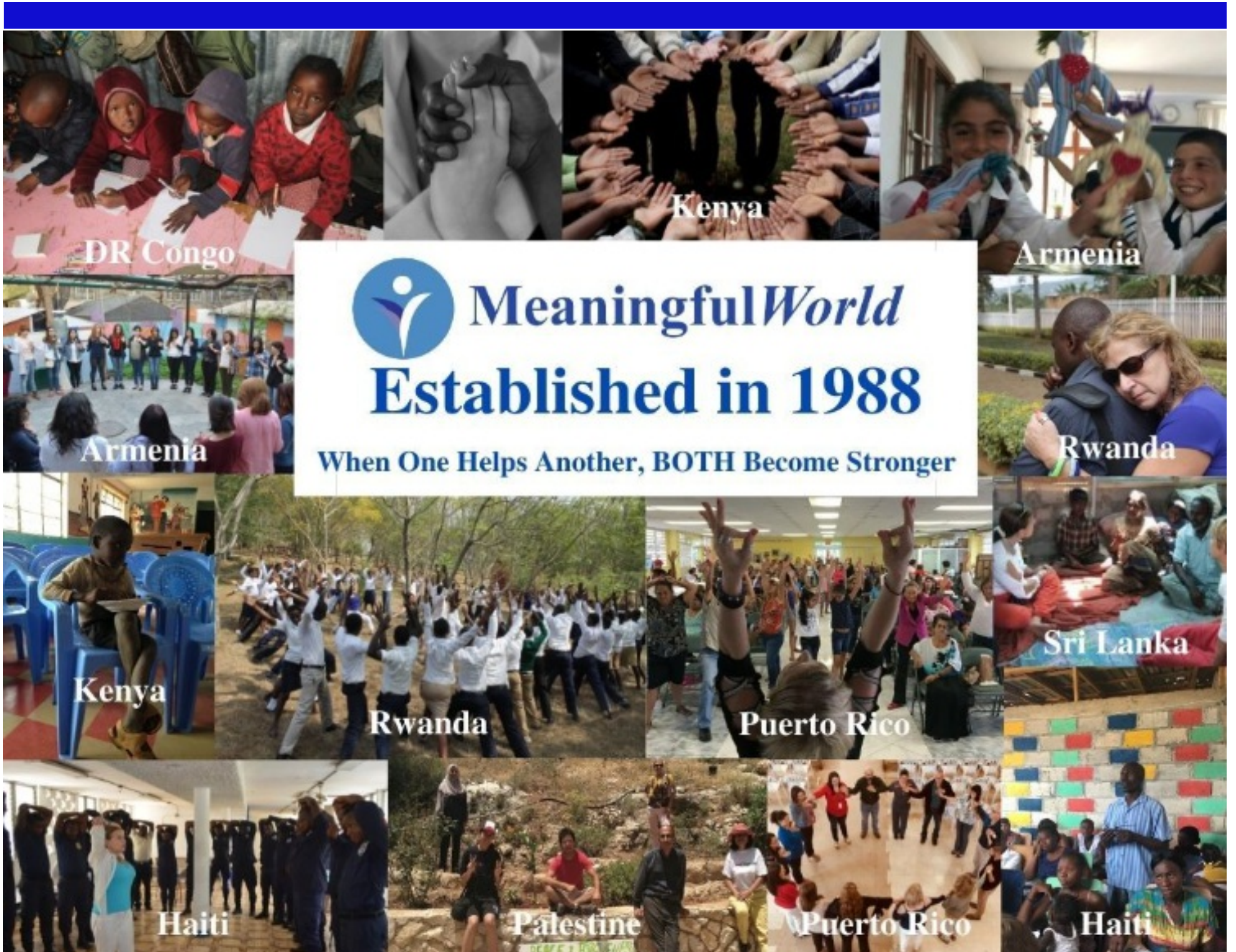
I have a dream
Dr. Kalayjian

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](#)





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