

Meaningful World

Association for Trauma Outreach and Prevention (ATOP) Bulletin, June 2024

Upcoming Events

MeaningfulWorld

Pamper Yourself Garden Gratitude Party
Saturday, 17 August 2024
4-6 pm Personalized Healing, and 6-10 pm Party
The application deadline is 12 August 2024



Meaningfulworld's
Garden Gratitude Party
is here again!
Kindly join us for an
afternoon of celebration
as we remember all that
we have accomplished
as a team and learn
about our mission to
Armenia and Uganda.



Address: Dr. Ani's
135 Cedar Street,
Cliffside Park, NJ

Saturday
17 August, 2024
4-6:30 PM
Treat yourself with Pampering &
Integrative Healing

Healers:
Natalia M. Tamassini, Reiki; Art
Jaffe, Deep Tissue Spiral
Technique; Paul Jaffe,
Meditation;
Dr. Ani Kalayjian, Flower
Remedies; Janet Milian, Tapping
Solution (EFT); Sarkis Chuljian,
hypnosis
Live music by Tatev with Wings
& her band & DJ BERJ

6:30-7:00 PM
Films & photos of
Mission in Armenia and Uganda
7-11:00 PM
Food, Drinks, Music, Games and
more (rain or shine) dancing and
fun.

Offering: \$30 includes 4
healing modalities, food,
drinks, music, & desserts.

RSVP:
Info@Meaningfulworld.com
Phone: 201-941-2266



RSVP HERE

Mission in Uganda

18 JUNE TO 1 JULY 2024

Dr. Ani Kalayjian



ATOP MeaningfulWorld



MeaningfulWorld Humanitarian Mission to Uganda will focus on healing,
transforming horizontal violence, generational trauma, teaching
Emotional Intelligence, empathy, ecological consciousness, and gender
empowerment.

**We invite you to take an active part by donating tax-
deductible contribution from your heart.
<https://meaningfulworld.com/get-involved/donation>*

18 June – 1 July 2024 Meaningfulworld Humanitarian Mission to Uganda

Pre Press Release

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](#)



COFFEE TABLE BOOK RELEASE

A review from David Dawud said: “I love your writings in the coffee table book. I’m reading a poem everyday, and traveling to a new country with beautiful photos of your humanitarian volunteer service. You make me think, reflect, release and it helps me clear my thoughts.”

[Click HERE for the link](#)

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

Successful Past Events

18 May 2024 Mindful Leadership & Forgiveness, Hybrid Workshop
Facilitator: Dr. Ani Kalayjian, Founder, ATOP Meaningfulworld
Visionary Speaker: Deanna Danielian, LMFT, Somatic Experiencing Practitioner
Dr. Douglas Scherer



ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Hybrid Workshop, Saturday, 18 May 2024



Mindful Leadership & Forgiveness
Conscious Leadership, Forgiveness, MeaningfulWorld View, Logotherapy

Facilitator: Dr. Ani Kalayjian, Founder — ATOP MeaningfulWorld
Visionary Speaker: Deanna Danielian, LMFT, Somatic Experiencing Practice

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

Program Focus:

- * Review the importance of service
- * Learn to integrate mind-body-spirit-and-environment connection
- * Learn the 5 shades impacting us negatively and 5 pillars of service
- * List & describe 12 steps of mindful leadership
- * Integrate benefits of forgiveness while shedding light on merits of forgiveness
- * Practice forgiveness and forgiveness meditation and learn about religious and forgiveness
- * Learn healthy patterns of connecting with ourselves, the world, those we serve, and the outcome
- * Includes didactic presentation of theory, method, research, and techniques

This workshop is recommended for those seeking a greater understanding of emotional management, lessons learned, transforming vicarious trauma and Horizontal 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.

For details to participate, contact: EdCoordinator@meaningfulworld.com

RSVP to: EdCoordinator@Meaningfulworld.com
Phone: 201-943-2266
DATE: Saturday, 18 May 2024
TIME: 10:00 AM - 3:30 PM
10:00 AM - 12:30 PM - Welcome, Lecture, Visionary Speaker
Presentation and Discussion
1:00 PM - 3:30 PM - Film, Experiential Soul-Stealing Exercises, Experiential Healing Session and Meditation.
FEES: Online Participants via Zoom: \$40
FEES (In-Person): Full (\$125), Graduate students or retired (\$75). Undergraduate students (\$50), ATOP interns (\$30), 4 or more in a group will receive 20% off

Includes: Backflower remedies, pre-post test, collective gratitude.
Register early as space in this workshop is limited!
* Pay online securely at: <https://meaningfulworld.com/text/invoice/donation>
* ALL FEES DUE EARLY: \$10 after 11 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



ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Thursday, 6 June 2024 5-7pm at UN Interfaith Chapel



Partnering for SDGs:
Mind-Body-Eco-Spirit Integrative Healing
Sustainable Developmental Goals: #3 #4 #5 #8 #10 #11 #16 #17

Chairpersons: Dr. Ani Kalayjian & Andrew Dolinar
Invocation: Mr. Eric Shölkel Manigian, M.Div, Union Theology Seminary
Faculty:
Dr. Douglas Scherrer, Columbia University, Mindfulness
Dr. Lorne Schussel, Columbia University, Contemplative Practices in Human Connectivity
Dr. Mitchell Sackin, Columbia University, Integration of Spiritual Meditation
Dr. Ruth Rosenbaum, TC Columbia University, Tibetan Buddhist Philosophy and Psychology
Mr. David Babigian & Ms. Terri Lao, ATOP MeaningfulWorld, 7-Step Integrative Healing Model

29th Annual Krieger Contest on Genocide Prevention
High School Winners: Yeva Grigoryan (USA), Vladimir Metchian (USA), Diana Antonyan (Armenia)
College Winners: Ezgi Gülistan Gül (Armenia-Germany), Shushan Barsheghyan (Armenia)

Culture of peace is achieved through integration of mind, body, ecology, and spirit. This program focuses on integrative and holistic approaches to healing. Multidisciplinary, rights-based, gender-sensitive, and ecological approaches will be shared to address inequalities and good health for humans and all living things. Our aim is to empower individuals to achieve greater health, resilience, and inner peace - even in times of crisis. Join us as we explore transformative practices that unite mind, body, ecology, and spirit. We support, educate, and disseminate the Sustainable Development Goals to foster a healthier, peaceful, and sustainable world.

2024 MeaningfulWorld Ambassadors for Humanitarian Relief and Peace Building
Graduation ceremony

Graduating Class: David Babigian, David Kryzhanovskiy, and Terri Lao

When one helps another, BOTH become stronger!

Location: 777 United Nations Plaza, New York, NY 10017 (44 St Corner and 1st Ave, NYC)
RSVP Required:
info@meaningfulworld.com
www.meaningfulworld.com

Co-sponsors: ATOP Meaningfulworld, AGBU, Armenia Bar Association, & ACRPC
Cosponsoring Healers: Next Step Strategies LLC, Stella Badalyan (Breath Work), Dr. Rosenbaum, Kathleen Booker (Jedi of Calm), & Sarkis Chuldjian (Hypnosis)

Partnering for SDG's: Mind-Body-Eco Spirit Integrative Healing
Thursday, 6 June 2024, 5:00
Graduating class: David Babigian, David Kryzhanovskiy, & Terri Lao

Event Summary

Winners of Essay Contest

Graduates

Genocide Prevention, Upholding United Nations Human Rights Declaration and SDG's
27 April 2024 at Fordham University at Lincoln Center, SL-11
10:00am - 12:00 PM

Summary

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

Genocide Prevention, upholding United Nations Human Rights Declaration and SDG's

Saturday 27 April 2024 10:00 am - 12:00 pm

Fordham University at Lincoln Center, SL-11

Sustainable Development Goals: 3, 4, 5, 10, 11, 13, 16, 17

Faculty:

Alison Dobrick, Ed.D., Director, William Paterson University Center for Holocaust and Genocide Studies.

Aida Zilelian-Silak, author & story teller

Dr. Ani Kalayjian, President, ATOP MeaningfulWorld

Prof. Takoshtian, Fordham University

Ayda Erbal, ABD, New York University

Moderator:

Andrew Dolinar, ATOP MeaningfulWorld

Musical Interlude:

Lee Tomboulia

The United Nations Convention defines genocide as any of five "acts committed with intent to destroy, in whole or in part, a national, ethnic, racial or religious group." These five acts include killing members of the group, causing them serious bodily or mental harm, imposing living conditions intended to destroy the group, preventing births, and forcibly transferring children out of the group.

When one helps another, BOTH become stronger!

DATE: Saturday, 27 April 2024

Info@meaningfulworld.com

For more information call:

Dr. Kalayjian, 201-723-9578

www.meaningfulworld.com

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

Post Trauma Healing: Transforming Horizontal Violence & Nurturing Post-Traumatic Growth
Wednesday, 24 April, 2024

Summary

A GENOCIDE COMMEMORATION EVENT

FEATURING GUEST SPEAKER:

Dr. Ani Kalayjian

PRESENTING:

Post Trauma Healing: Transforming Horizontal Violence & Nurturing Post-Traumatic Growth

WEDNESDAY, APRIL 24, 2024

6:30 PM

ST SAHAG & ST MESROB ARMENIAN APOSTOLIC CHURCH

630 CLOTHIER RD

WYNNEWOOD PA

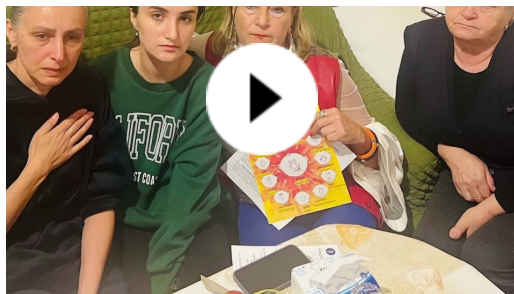
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Armenian Inter-Communal Committee of Philadelphia

Humanitarian Mission to Armenia returns with great success

Summary

MeaningfulWorld's Humanitarian Relief Post Azeri Ethnic Cleansing in Nagorno-Karabakh, Armenia Film!



Watch Film Here!



Intern Call: 2024-2025

Association for Trauma Outreach and Prevention (ATOP)

Mission:

At *Meaningful World*, the goal is to prepare a generation of conscientious individuals who are guided by love, peace, passion, justice and meaning. *Meaningful World* is dedicated to fostering a meaningful, peaceful, and just world in which every individual enjoys physical, mental, social, economic, ecological, and spiritual health. A sense of meaning, peace, and justice, although unique to everyone, is achieved through a transformative journey that integrates knowledge and experience with a sense of responsibility and reflection. This transformative process is also attained through healthy relationships that nurture open, honest, and transparent communication, insight into forgiveness, love and spiritual connection, and sacred activism.

Available Positions:

All internships are conducted under the supervision of both Dr. Ani Kalayjian-Founder and CEO, Board of Directors of ATOP, and the Intern Coordinator.

1. **Grant Writer/Researcher:** Assisting the Grant Committee to research & write grants, apply for awards, disseminate the work through printed materials
2. **United Nations Intern:** Presence is essential on Thursdays to attend international meetings & join DGC and CoNGO Committees. One year minimum.
3. **Webmaster:** Upload photos, press release, and reports on our website.
4. **Graduate Research Intern:** Taking part in our active research team with local and international research from around the world.
5. **Fundraising Intern:** To maintain sustainability of our organization, organizing fundraising events for social gatherings to raise funds.
6. **Outreach Coordinator & Outreach Intern:** Managing monthly educational workshops.

Location: Although based in the New York Metropolitan Tri-State area, USA, international internships are also welcomed. Internship requirements can be fulfilled from home (own state or country) and may lead to travel opportunities. Monthly meetings are mandatory first Monday eve, to join on zoom. Monthly training programs are mandatory.

Time commitment: 12 months, 5-6 hours a week (some internship less hrs)

Kindly send your resume, statement of purpose, internship position of interest, 3 goals consistent with our mission, and names & contacts of 2 references to Dr. Kalayjian Dr.Kalayjian@meaningfulworld.com, kindly visit: www.meaningfulworld.com

INTERN CALL 2024-2025: PART TIME INTERNS NEEDED

**Looking for experience in research? UN? Humanitarian Work? Fundraising? Social Media? Only 4-5 hours a week!
Be the change you want to see in the world!**

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*.

Gratitude To Our Visionary Speakers

Dr. Douglas Scherer, Deanna Danielian, Lo Anne Mayer, 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



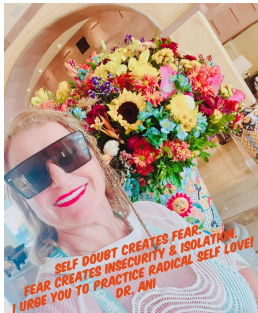
Barbiere, & Ali Fischer

Gratitude To Our Donors

Armenian Bar Association, Mr. Souren Israyelyan, 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 Yahiaian; 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; Sylia 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

~June 2024: Philadelphians Mark 1915 Armenian Genocide and Ongoing Displacement. View it [here](#)

~February 2024: Intern Introductions from David Babigian and Terri Lao. View it [HERE](#)

~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,

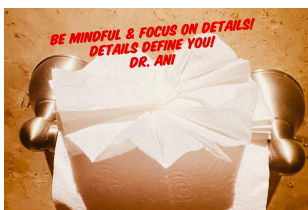
You were the colossal of the civil rights movement.

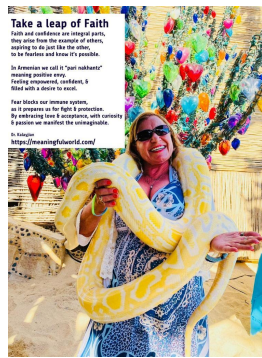
You motivated thousands to stand with you,

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 Khurshudyan 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 to the World from Dr. Ani Kalayjian. View it [HERE](#)

