



***Association for Trauma Outreach and Prevention (ATOP)***  
**Bulletin, August 2023**

**The MeaningfulWorld Healing Party is on Saturday, 16 September 2023!**



# MeaningfulWorld

Pamper Yourself Garden Gratitude Party

Saturday, 16 September 2023

4-6:30 pm Personalized Healing, and 6:30-10 pm Party



Address: Cliffside, NJ  
Offering: \$39 includes  
4 healing modalities,  
food, drinks, live  
music, & deserts.

RSVP: By 10 Sept @  
[Info@Meaningfulworld.com](mailto:Info@Meaningfulworld.com)

Phone: 201-941-2266

Scan to pay on donation  
link



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

Guatemala + Armenia

Saturday, 16 September 2023

4-6:30 PM

Treat yourself with Pampering &  
Integrative Healing

Invited Healers:

Levent Kucukderkat, Reconnective  
Healing;

Natalia M. Tamasini, Reiki;

Tanya Vartanyan, Crystal Energy  
Healing;

Art Jaffe, Deep Tissue Spiral  
Technique;

Paul Jaffe, Meditation;

Karine Arshakyan, NeuroGrafika;

Dr. Ani Kalayjian, Flower Essence  
Therapy

Live music by DJ BERJ

Food, Drinks, Music, Games and more  
(rain or shine) dancing and fun.



[Register by Donating Here](#)

Humanitarian Peace Keeping Mission in Armenia

In October of 2023, MeaningfulWorld will embark on a Humanitarian Relief Mission to Armenia. We urge you to support us. Click the link to [GoFundMe](#) and donate from your heart.

Your donations are tax-deductible & greatly appreciated.

[https://www.gofundme.com/f/atop-meaningfulworld-armenia-mission-trip?utm\\_campaign=p\\_lico+share-sheet&utm\\_medium=copy\\_link&utm\\_source=customer](https://www.gofundme.com/f/atop-meaningfulworld-armenia-mission-trip?utm_campaign=p_lico+share-sheet&utm_medium=copy_link&utm_source=customer)

## Upcoming Events



**RAISING CONSCIOUSNESS THROUGH MEANING-MAKING**

10 September 2023  
Time: 10 AM  
Workshop Time 1:30 PM  
Place: Community House of Moorestown  
16 E Main St, Moorestown, NJ 08057  
(856) 722-5683  
RSVP: Drkalayjian@Meaningfulworld.com

**The Center for Conscious Living is an independent New Thought spiritual community. Energetic and an alive group of people who gather to express their love in community and celebrate their connection to Spirit. CCL is a non-denominational, independent religious organization sharing the belief that spiritual principles can enhance and alter human experience, and that a consciousness of Spirit enhances all aspects of life.**

**ATOP MeaningfulWorld, a UN-affiliated INGO, fosters a just, meaningful, and peaceful world. We train humanitarian professionals, offer mental health programs, and rehabilitate trauma survivors globally. Our transformative journey integrates knowledge, reflection, and service, promoting peace, forgiveness, and well-being. Join us through volunteering, donations, and internships for a better world.**

Reverend Katherine McClelland

Guest Speaker  
Dr. Ani Kalayjian

## Raising Consciousness Through Meaning-Making

Keynote: Dr. Ani Kalayjian

10 September 2023, 10 AM

Nurturing Emotional Intelligence Workshop: 1:30 PM

RVSP: Drkalayjian@meaningfulworld.com

[Center for Conscious Living](#)

RSVP HERE



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 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, \$150 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 recognizing acceptance, kindness, empathy, and love is essential in the 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 their 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 generationally. One third of teens reported being bullied while at school. About 60% of middle school students say that they have been bullied. An estimated 13 million children aged 6 to 17 were victims of cyber bullying and 8 percent of those affected by cyber bullying try to commit suicide. According to the NCA, it is estimated that 60,000 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 them Emotional Intelligence (EQ) is essential for their health. Writing exercises about bullying makes children part of the healing process, empowers them, and creates noticeable change in their lives.

**Eligibility and Submission Criteria:**

1. Students must be enrolled in school systems 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 relations.
4. Essays must be in English, typewritten, double spaced, and 500-700 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 no award(s) each year if, in the opinion of its three judges, the submitted one 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 correct 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: [info@MeaningfulWorld.com](mailto:info@MeaningfulWorld.com) website: [www.MeaningfulWorld.com](http://www.MeaningfulWorld.com) question? Phone: 201-941-2266

## Youth Empowerment Program (YEP) Essay (Poetry, Rap, Skit) Contest

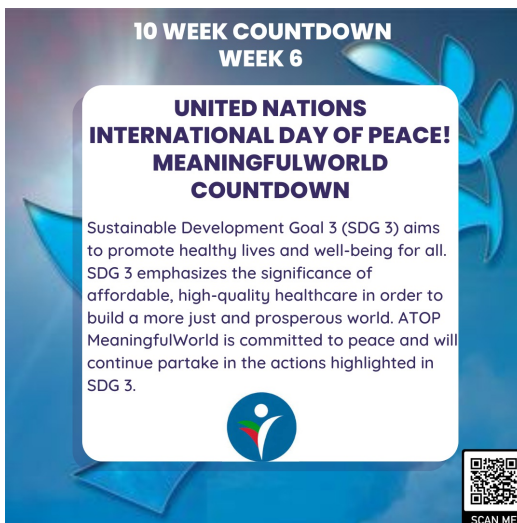
Subject: "Creating Inner Peace: Transforming Bullying"

Award: \$40 Grade School Winner, \$50 Junior High Winner, \$75 High School Winner, \$120

College Student Winner

Deadline: 21 September 2023

[More Information](#)



## United Nations International Day of Peace! MeaningfulWorld 10 week countdown!

International Day of Peace is observed annually on 21 September. It is a day dedicated to global peace and non violence among nations and individuals. ATOP MeaningfulWorld is committed to peace and will celebrate International Day of Peace!

[More Information](#)



## Humanitarian Relief Ambassador Certificate Program

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](#)



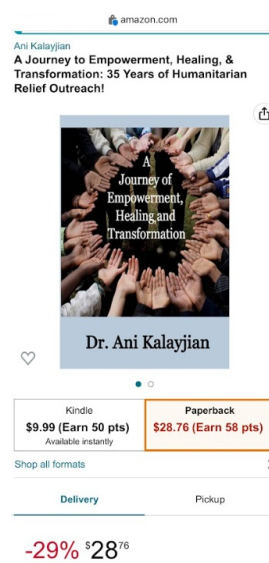
## Humanitarian Outreach Mission to Armenia Led by Dr. Ani Kalayjian, Natalia Tomassini, and Margo Sargsyan (Armenia)

### 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 7-step Healing Model
7. Energetic balancing through Reiki
8. Nurture Gender empowerment
9. Teach human rights education & UN SDG's

5-22 October 2023

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



## 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**



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## 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](#)

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Meaningful World ATOP 2023-2024  
Intern Call

## Part-Time INTERNS NEEDED!

“MEANINGFULWORLD'S GOAL IS TO PREPARE A GENERATION OF CONSCIENTIOUS INDIVIDUALS WHO ARE GUIDED BY LOVE, PEACE, PASSION, JUSTICE, AND MEANING”

Looking for experience in research? UN? humanitarian work? Fundraising? Social Media? Only 4-5 hours a week!

Be part of an innovative team of change makers who foster a meaningful, peaceful, and just world in which every individual enjoys physical, mental, social, economic, ecological, and spiritual health!



Scan this code to open our page and see available positions!

For more information, visit [meaningfulworld.com](http://meaningfulworld.com)

### INTERN CALL: PART TIME INTERNS NEEDED

Looking for experience in research? UN? Humanitarian Work? Fundraising? Social Media? Only 4-5 hours a week!



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



## Gratitude To Our Visionary Speakers

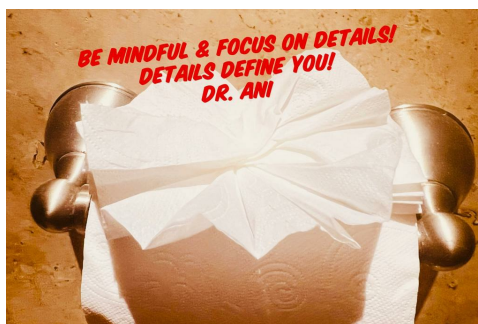
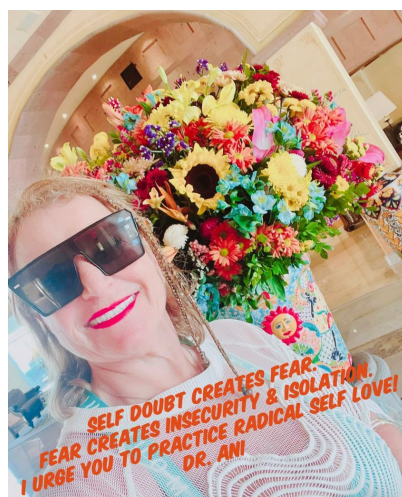
Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy,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

~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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