

Meaningful World

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

Bulletin, January 2024



Humanitarian Trauma Healing Mission to Armenia

This past October MeaningfulWorld embarked 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_lco+share-sheet&utm_medium=copy_link&utm_source=customer

More Information





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

Watch Film Here!



A warm welcome to all of our new interns!

Samantha Espallat, Educational Coordinator

Romance Albarqawi, Intern Coordinator

S. Emre Kuraner, United Nations & Assistant Research Coordinator

Matthew Dos Santos, United Nations & Outreach

David Krzyhanovskiy, Outreach & Administrative Assistant

Mary Aksharumova, Outreach Intern

Mhea Bardouille, United Nations & Website

Terri Lao, United Nations & Social Media

Upcoming Events

MeaningfulWorld Presents:

NURTURING SELF CARE & MINDFULNESS WORKSHOP

HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?

Keynote: Dr. Kalayjian Founder – ATOP MeaningfulWorld

V.S: Lo Anne Mayer B.S., Author, Treasures in Grief

Saturday 24 Feb 2024

10 AM - 3:30PM

For More Information or to register kindly email:

edcoordinator@meaningfulworld.com

Meaningfulworld.com



24 February 2024 Nurturing Self Care and Mindfulness Workshop
Facilitator: Dr. Ani Kalayjian, Founder - ATOP Meaningfulworld
Visionary Speaker: Lo Anne Mayer, B.S., Author, Treasures in Grief
Time: 10:00AM - 3:30 PM

RSVP HERE

MEANINGFULWORLD
PRESENTS:
GENOCIDE PREVENTION MIXED MEDIA COMPETITION

This contest is available for students in grades 10-12 and college undergraduates. Essay and short film submissions are accepted. Submissions are due 24 April 2024.

PRIZE POOL UP TO:
\$3,000

For more information, please contact:
INFO@MEANINGFULWORLD.COM

KINDLY VISIT MEANINGFULWORLD.COM/AASSSG-NEWS-RELEASES/MEANINGFUL-WORLD-LAUNCHES-THE-TWENTY-NINTH-ANNUAL-KRIEGER-CONTEST-ESSAY-CONTEST-2024

Meaningful World Launches the Twenty-Ninth Annual Genocide Prevention Contest! Winners will be invited to receive their awards & share their essay at the United Nations. Entries are due 24 April 2024

More Information

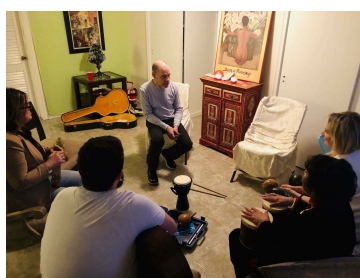


Dr. Ani Kalayjian was interviewed for a CNN article about the psychological impact of being held hostage.

Click here to find the article!



12 Steps for Preventing Seasonal Affective Disorder by Dr. Ani Kalayjian



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](#)

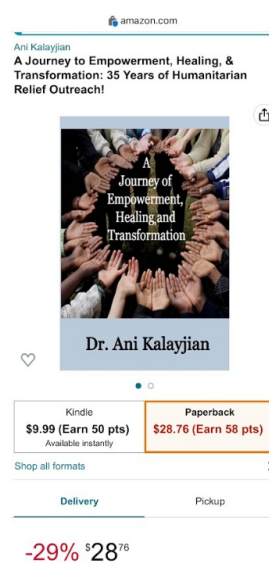
Meet Up Zoom Yoga & Soul Surfing with Dr. Ani

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

**MeaningfulWorld's Holiday Gratitude and Healing Party
Saturday 9 December 2023
4-6:30PM Personalized Healing and 6:30-10PM Party**

Close to 50 people participated in our MeaningfulWorld annual pre holiday healing and gratitude party! Special gratitude to our healing practitioners Art Jaffe, spiral technique; Tanya Eren Vartanyan, Crystal energy healing; Paul Jaffe, Reconnective Healing; Janette Milian, EFT Tapping solution; & Dr. Ani on flower remedies. We also express gratitude to Tatev and her ensemble, providing live entertainment which kept us on our feet in joy!



**Coping with Azeri Ethnic Cleansing in Artsakh: Resilience & Healing
12 November 2023**

**St. Gregory the Enlightener Armenian Church, White Plains, New York
Guest Speaker: Dr. Ani Kalayjian**

Fr. Mesrob delivered an insightful sermon on transforming fear with faith and building resilience! Which was a wonderful foundation for Dr. Kalayjian to continue her keynote on the resilience of Artsakh survivors after Azeri ethnic cleansing! The members of the parish were extremely engaged and proposed ideas for establishing factories to employ the survivors as well as develop towns and villages that border Azerbaijan.



**Creating Inner Peace Through Meaning Making Workshop
11 November 2023
Collaborative event with The Center for Conscious Living**

Hearts were wide open, hugs were intentional and warm, attention and engagement was sharp and purposeful at our workshop at the Center for Conscious Living! For more information visit Center for Conscious Living's website!

More Information

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

INTERN CALL: 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!**



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.**
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 **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



Gratitude To Our Visionary Speakers

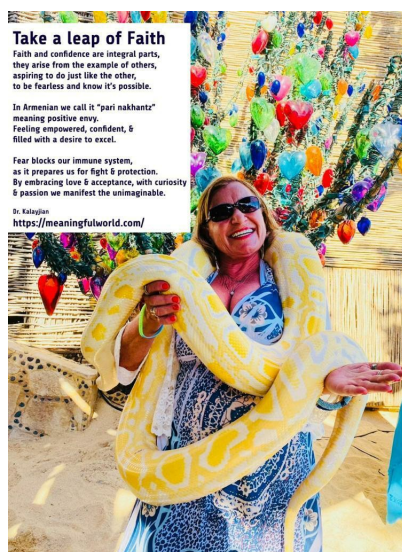
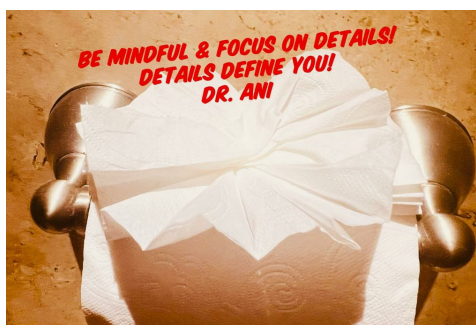
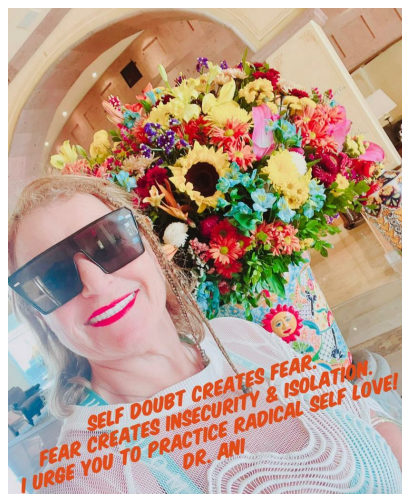
Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy,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


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