

Meaningful World

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

Upcoming Events

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

Hybrid Workshop, Saturday, 18 May 2024

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

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

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-soul-environment connection
- * Learn the 5 shadows impacting us negatively and 5 pillars of service
- * List & describe 12 steps of mindful leadership
- * Integrate benefits of forgiveness while shedding light on myths of forgiveness
- * Practice forgiveness and forgiveness meditation and learn about religions and forgiveness
- * Learn healthy patterns of connecting with ourselves, the world, those we serve, and the universe
- * 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: 201-941-2266
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-Surfing Exercises, Experiential Healing Session and Meditation.
FEES: Online Participants via Zoom: \$40
FEES (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: 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/donation
*ALL FEES INCREASE \$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

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

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](https://www.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 25 May 2024

More Information



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

Thursday, 6 June 2024 4pm at UN Church Center

**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 Shökei Manigian, M.Div. Union Theology Seminary
Faculty:
Dr. Douglas Scherer, Columbia University, Mindfulness
Dr. Lorne Schussel, Columbia University, Contemplative Practices in Human Connectivity
Dr. Mitchell Saskin, 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

No Peace without Peace of Mind

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, Matthew Dos Santos, Romance Albarqawi, and Terri Lao

When one helps another, BOTH become stronger!

<p>Location: 777 United Nations Plaza, New York, NY 10017 (44 St Corner and 1st Ave, NYC) RSVP Required: info@meaningfulworld.com www.meaningfulworld.com</p>	<p>Co-sponsors: ATOP Meaningfulworld Cosponsoring Healers: Next Step Strategies LLC, Deanna Danielian (Somatic Healing), Victoria Bligh, Stella Badalyan (Breath Work), Dr. Rosenbaum, Beej Christie Karen</p>
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**Partnering for SDG's: Mind-Body-Eco Spirit Integrative Healing
Thursday, 6 June 2024, 4:00
Graduating class: David Babigian, David Kryzhanovskiy, Matthew Dos Santos, Romance Albarqawi, Terri Lao**

RSVP HERE



**Yoga in the Park
15 June 2024, 12-1PM**

**Location: Strawberry Fields at 72nd and Central Park West, New York City, USA
Proceeds support MeaningfulWorld's humanitarian efforts**

RSVP HERE



19 June – 30 June 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](#)

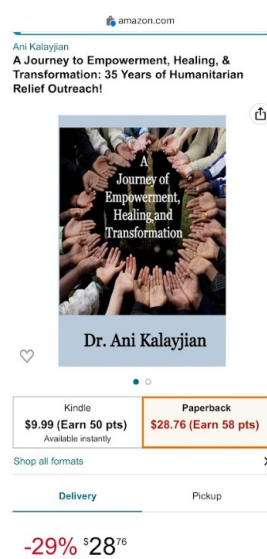
Meet Up Zoom Yoga & Soul Surfing with Dr. Ani

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](#)



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

Thursday 14 March at 10:30 am-12pm EST

ATOP Meaningfulworld at United Nations Presents a parallel Program (virtual) at the 68th Commission of Status of Women (CSW) on

Empowering Women in Times of War: Nurturing Emotional Intelligence and Post-Traumatic Growth

Must register for a link; info@meaningfulworld.com deadline: 12 March 2024

Co-Chairs: Dr. Kalayjian and Andrew Dolinar
Invocation: Chipamong Chowdhury - Theravada Monk
Faculty:
Suliman A. Giddo, Ph.D., President, Sub-Saharan University, Sudan
Rubinson Dorce, Minister, Haiti
Amal Nagammy, Mental Health Association, Palestine
Margo Sargsyan, M.A., Psychologist, Mental Health Association, Armenia
S. Emre Kuraner & Matthew Dos Santos, ATOP MeaningfulWorld, Gender Empowerment Globally

Our research reveals that empowering the girls without focusing on the boys is ineffective. In this program we will continue exploring on how to nurture emotional intelligence in men and boys to empower communities in wars. Our 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, 14 March 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
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Successful Past Events

ATOP Meaningfulworld at United Nations presents a parallel program at the 68th Commission on the Status of Women (CSW) on 14 March

Co-Chairs: Dr. Kalayjian and Andrew Dolinar

Invocation: Chipamong Chowdhury - Theravada Monk

Faculty:

Suliman A. Giddo, Ph.D., President, Sub-Saharan University, Sudan

Rubinson Dorce, Minister, Haiti

Amal Nagammy, Mental Health Association, Palestine

Margo Sargsyan, M.A., Psychologist, Mental Health Association, Armenia

S. Emre Kuraner & Matthew Dos Santos, ATOP MeaningfulWorld, Gender Empowerment Globally

[Watch Here](#)



Presents:

Disaster Relief & Mindfulness Hybrid Workshop

Facilitator: Dr. Ani Kalayjian
Visionary Speaker: Douglas Scherer, Ph.D, Mindfulness

DATE:
2024 23 MARCH
10AM-3:30PM


**TO REGISTER
 SCAN THE QR
 & DONATE**



SCAN ME

For more info email:
Edcoordinator@meaningfulworld.com

Disaster Relief and Mindfulness Hybrid Workshop on 23 March 2024
Time: 10AM-3:30PM
Facilitator: Dr. Ani Kalayjian
Visionary Speaker: Douglas Scherer, Ph.D, Mindfulness



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. Takooshian, Fordham University
 Ayda Erbal, ABD, New York University

Moderator:
 Andrew Dolinar, ATOP MeaningfulWorld

Musical Interlude:
 Lee Tombouliau

The United Nations Convention defines genocide as any of five "acts committed with intent to destroy, in whole or in part, a national, ethnical, 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
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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



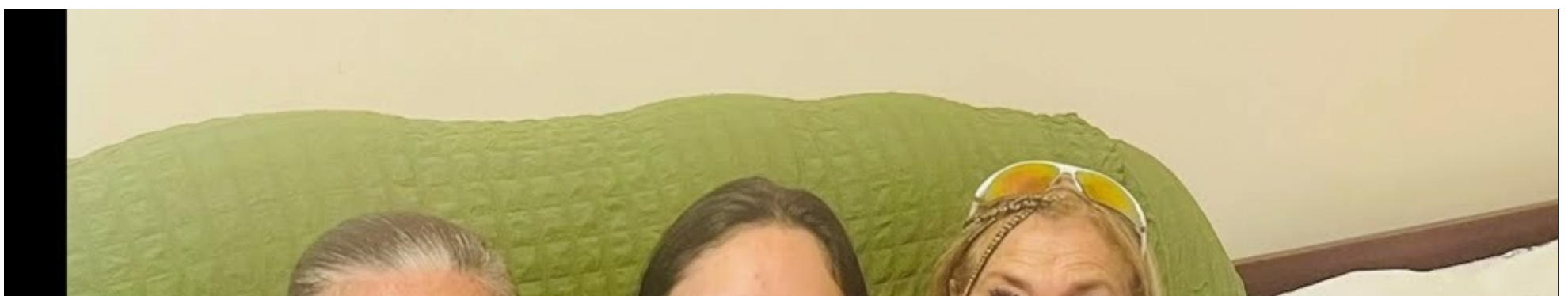
**A Genocide Commemoration Event
Featuring Guest Speaker: Dr. Ani Kalayjian**

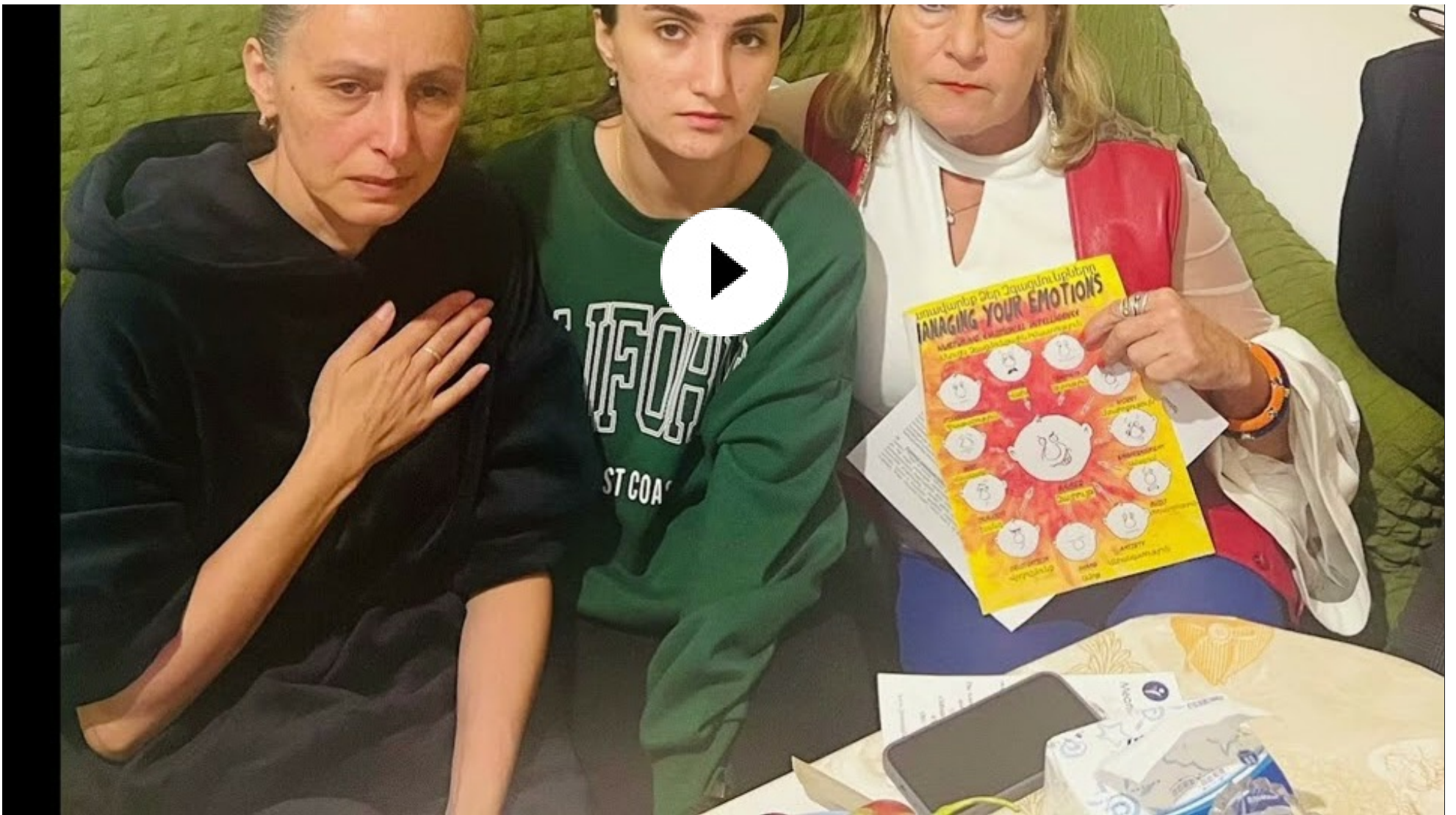
**Wednesday 24 April 2024, 6:30 PM
St Sahag & St Meshrob Armenian Apostolic Church
630 Clothier Rd, Wynnewood, Pennsylvania, USA**



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!

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.



 **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

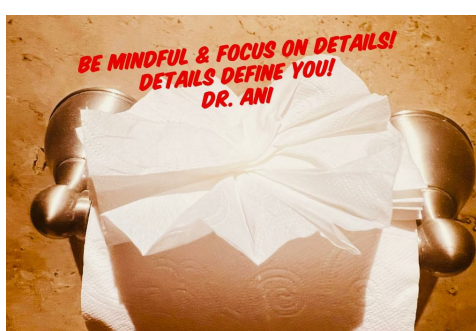
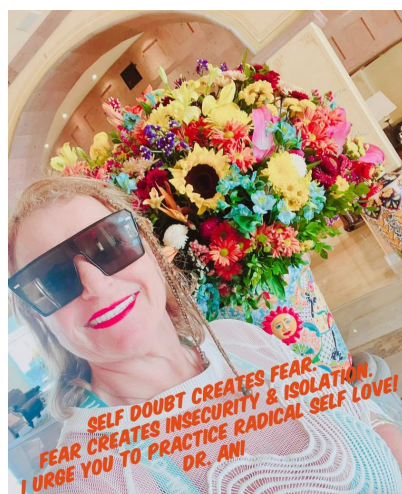
Lo Anne Mayer, Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata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

Gratitude To Our 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; 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

~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 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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