



Association for Trauma Outreach and Prevention (ATOP)

Bulletin, September 2023



Humanitarian Peace Keeping Mission to 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_lco+share-sheet&utm_medium=copy_link&utm_source=customer

More Information

Upcoming Events



MeaningfulWorld

Pamper Yourself Garden Gratitude Party
Saturday, 16 September 2023
4-6:30 pm Personalized Healing, and 6:30-10 pm Party



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.

Address: Cliffside, NJ
Offering: \$39 includes 7 healing modalities, food, drinks, live music, & deserts.
RSVP: By 10 Sept @ Info@Meaningfulworld.com
Phone: 201-941-2266

Scan to pay on donation link




MeaningfulWorld's Garden Gratitude and Healing Party is here again!
Saturday, 16 September 2023
4-6:30 pm Personalized Healing, and 6:30-10 pm party!



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 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 a 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 60% of teen- and school students say that they have been bullied. An estimated 13 million children aged 6 to 17 were victims of cyber bullying and 6 percent of those affected by cyber bullying try to commit suicide. According to the NCA, it is estimated that 100,000 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 sustainable change in their lives.

Eligibility and Submission Criteria:



1. Students 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 no award(s) 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: Info@Meaningfulworld.com website: www.Meaningfulworld.com questions? 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


DRAFT 8/23/2023
Announcing an informal conversation hour with
Suzan Meryem Rosita Kalayci, PhD
Faculty of History, University of Oxford and Founder of the Oxford Network for Armenian Genocide Research (ONAGR)
<https://asbarcz.com/oxford-university-launches-network-for-armenian-genocide-research/>


This is a final chance to speak with Meryem just before her return to the UK, after weeks of travel in the USA.

We will discuss Armenian oral history, her Oxford Network, and plans for possible international activities in 2024.


26 September 2023, Tuesday at 5-6 pm
Fordham University, 113 W. 60 St. (+ 9th Ave), NYC
Dean's Conference Room 821B

All are welcome. Beverages are served.





For any details, contact Harold at takoosh@aol.com



An informal conversation hour with Suzan Meryem Rosita Kalayci, PhD, Faculty of History, University of Oxford and Founder of the Oxford Network for Armenian Genocide Research (ONAGR)
26 September 2023, Tuesday at 5-6 pm
Fordham University, 113 W. 60 St. (+ 9th Ave), NYC
Dean's Conference Room 821B

10 WEEK COUNTDOWN
WEEK 2

UNITED NATIONS
INTERNATIONAL DAY OF PEACE!
MEANINGFULWORLD
COUNTDOWN

Sustainable Development Goal 16 (SDG 16) is about promoting peaceful and inclusive societies, providing access to justice for all and building effective, accountable and inclusive institutions at all levels. ATOP MeaningfulWorld is committed to peace and will continue partake in the actions highlighted in SDG 16.




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 celebrateInternational 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

Please register by donating at the link below

RSVP Here



Humanitarian Outreach Mission to Armenia

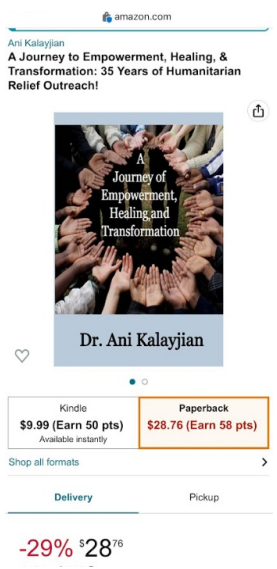
Led by Dr. Ani Kalayjian, Natalia Tomassini, and Margo Sargsyan (Armenia)

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



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



Successful Past Events

Raising Consciousness Through Meaning-Making
Keynote: Dr. Ani Kalayjian
10 September 2023, 10 AM
Watch here: <https://youtu.be/3EWc-tn1YOE?si=j9Ikp8W-62U-ja8k&t=925>

Announcing a public forum **
with
Suzan Meryem Rosita Kalayci, PhD
on
The Armenian Genocide
Unheard voices of Armenian and Turkish women



"What is current work on the Armenian genocide at the University of Oxford?" Dr. S.M.R. Kalayci is an author, researcher, Chaplain of St. Hilda's College, and founder in 2019 of the University of Oxford's new Oxford Network for Armenian Genocide Research (ONAGR). This is the first of its kind in the UK and benefits from links and partnerships with a wide range of institutions in Oxford and beyond. ONAGR's first international partnership was with the Oral History Archives at Columbia University (OHAC). Together with OHAC, we have digitized and are now in the process of transcribing the Columbia Armenian Oral History Collection—an important, widely unknown, collection of 147 testimonies of child survivors of the Armenian genocide. Here she will describe her research on this collection of unheard voices of women, children, and men during the Armenian genocide of 1915, and its relevance to Armenia today.

14 August 2023, Monday at 6-7:30 pm
Fordham University, 113 W. 60 St. (+ 9th Ave), NYC, room 604



Harold Takooshian, PhD, *Fordham*



S.M.R. Kalayci, PhD, *Oxford*



Dr. Ani Kalayjian, *Columbia & ATOP*



Souren A. Israelyan, JD, *ArmenBar* 

Welcome

Presenter

Discussants

invited

All are welcome.

** The host for this public forum is the Armenian Society at Fordham University.
Cooperating groups: ABSA (Armenian Behavioral Science Assoc), ArmenBar (Armenian Bar Association), AAA (Armenian Assembly of America), ATOP Meaningful World, FIRST (Fordham Institute for Research, Service, Teaching). For any details: takoosh@fdu.edu
Note: <https://www.fordham.edu/academics/armenian-genocide-research>



The Armenian Genocide, Unheard voices of Armenian and Turkish Women
Discussants: Dr. Ani Kalayjian and Souren A. Israelyan, JD.
14 August 2023, Monday at 6-7:30 PM
View the program here: https://www.youtube.com/watch?v=_AAWejlm49I

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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Gratitude To Our Visionary Speakers

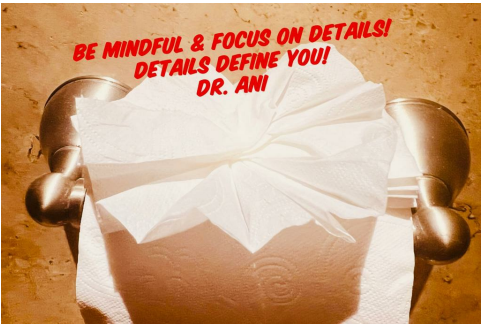
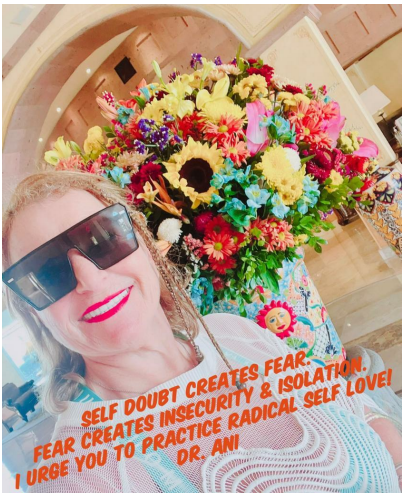
Alexis Brink, Dr. Yolanda Hancock, Dr. Douglas Scherer, Laurie Schwartz, Dr. Linda Marsanico, Nupur Kothari, Paul Jaffe, Simone Coonrod, Linda Turner, Erica Rodriguez, Arthur Jaffe, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy,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

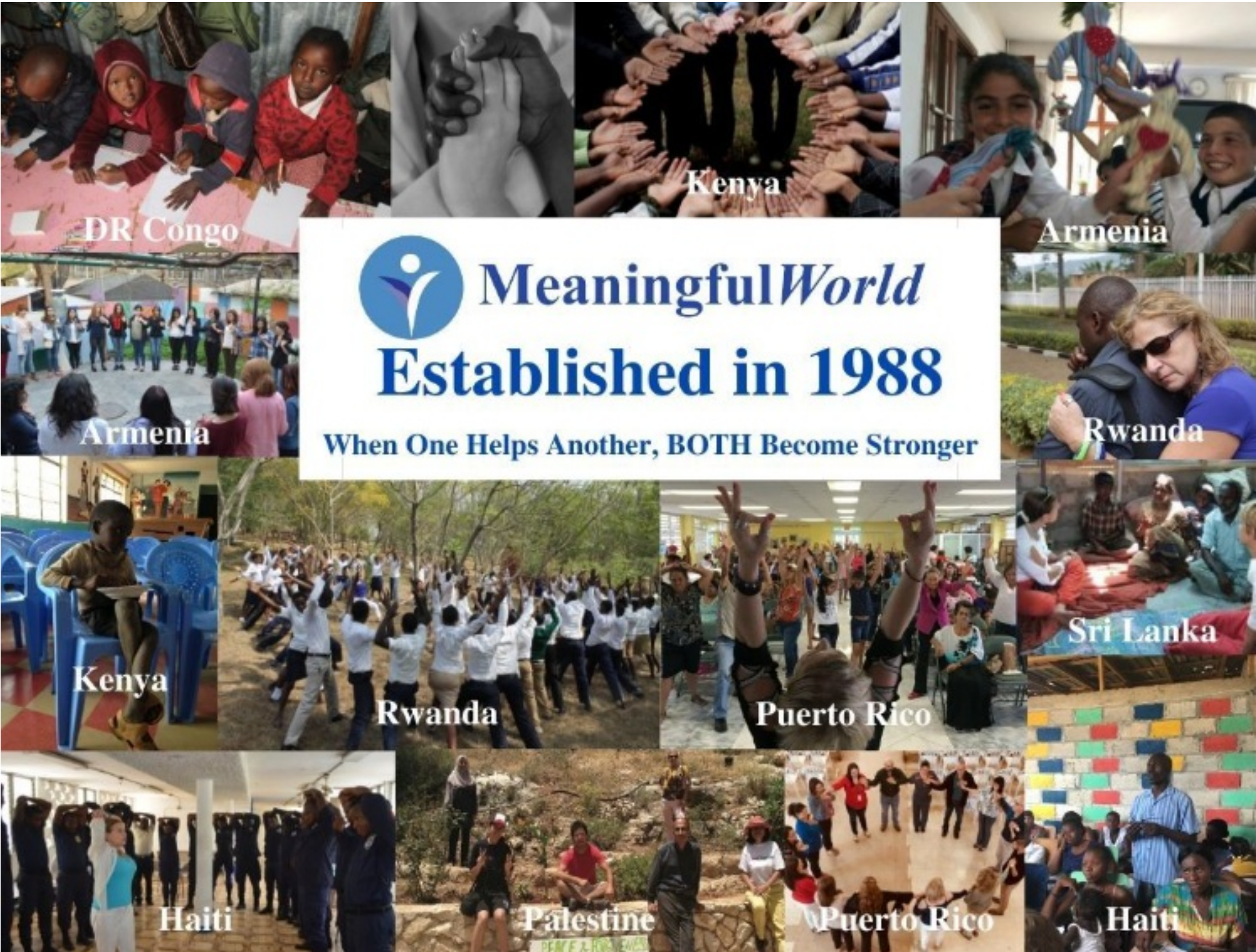
I have a dream
Dr. Kalayjian

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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