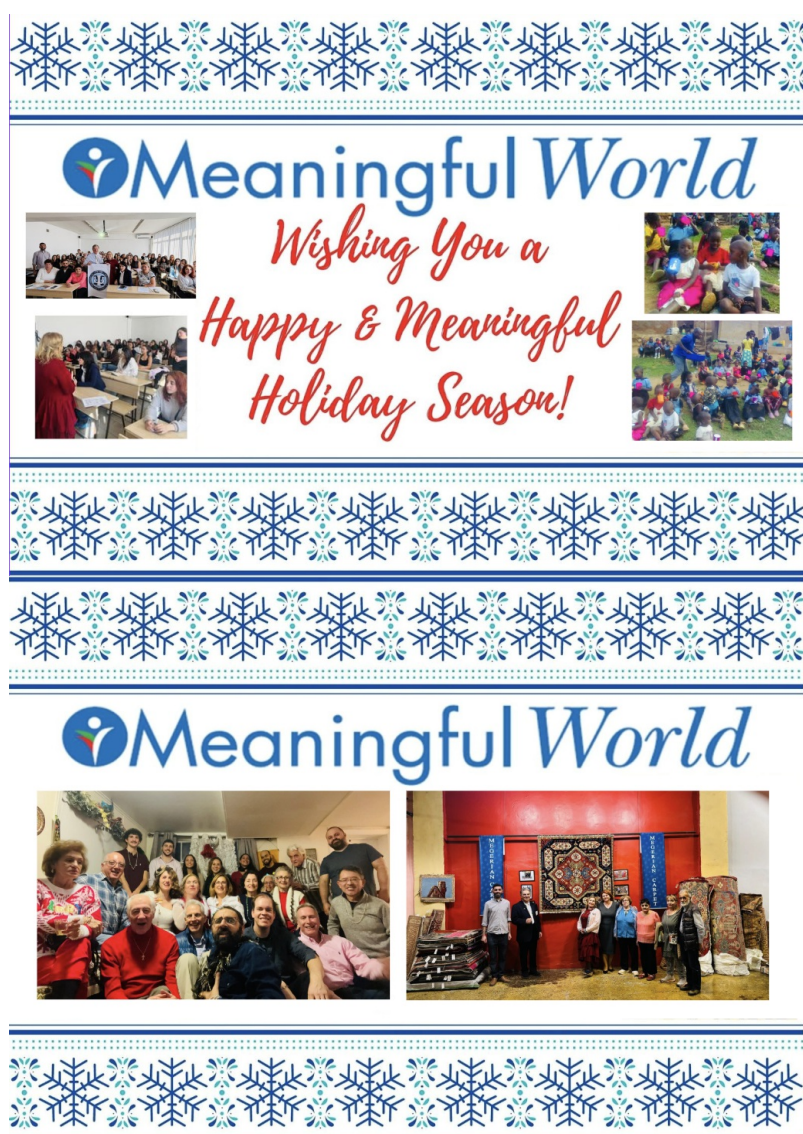




***Association for Trauma Outreach and Prevention
(ATOP)***

Bulletin, December 2025

Upcoming Events



MeaningfulWorld Wishes You a Happy & Meaningful Holiday Season!



FEED, HEAL, & EDUCATE CHILDREN IN SLUMS OF KAMPALA, UGANDA
And SPONSOR NEEDY CHILDREN
Dr. Ani Kalayjian

I am sure you have heard that it takes a village to raise a child. Will you be part of our village to help these children in the slums of Uganda? Moved by these children, we formed a partnership between MeaningfulWorld (Dr. Ani Kalayjian) from USA and Hope Renewed Namuwongo (Jacob Bole) from Uganda.

The purpose of this partnership is to educate, heal, and feed the children in the slums of Kampala, to transform their poverty into empowerment and purposeful positive action, and to make a difference in their lives and the lives of the next generations. We address the United Nations SDG #2 Zero Hunger, SDG #3 Good health & wellbeing and #4 Quality Education.

We began our feeding **program on 6 August 2024** in the slum area in Kampala, Namuwongo. MeaningfulWorld volunteered in this slum area in June-July 2024 while on a Humanitarian Relief Mission addressing mental health needs, EI, & nurturing peace in several cities in Uganda.

This program combines feeding with health assessment, special lessons on hygiene, environmental cleanliness, empathy, sports, as well as emotional management. Emotional intelligence, EI is emphasized, including empathy, empathic listening, respect for self and others, self-care, gratitude, compassion, and love. Empathic listening included 7 steps: listen with our hearts, listen with love, listen with our mind, listen with care, observe the body, listen with passion to understand, listen with intention, and listen with prayers. Our volunteer team evaluates their findings and observations and shares their observations with the rest of the team during our weekly meetings prior to feedings.

Although at first our goal was to feed 50 children (due to financial constraints), but the number of children grew from 50 to 99 in several weeks, as the children brought their siblings, friends, and neighbors to enjoy a healthy cereal with milk, and bananas. From 6 August 2024 to 30 November 2025 we fed, healed, and taught over 4,300+ children.

In addition to the feeding, healing & educating children, MeaningfulWorld has also been sponsoring 4 girls who are either orphans, or in extreme poverty. Joan Nakagwa (11 yrs), Destiney Katushabe (13 yrs), Celestine Adkini (12), and Pretty Sumaya Namayanda (8).



Joan



Destiney



Celestine



Pretty

Uganda Feed & Heal

To date, we have fed, healed and educated 4,500 children in Uganda ☐☐ slums of Kampala

[Read More](#)

Meaningfulworld Presents

A Master Class

In collaboration with schools in
Ashtarak and Nor Hachn



Empowering Teens: Nurturing Mindful Teens by Being a Good Role Model

Saturday 20 December 2025
at 11 am EST, 20:00 Armenia

Workshop faculty

Dr. Ani Kalayjian

Founder & President ATOP
MeaningfulWorld

Chairperson:

Nver Sargsyan:

sargsyan.nver@gmgail.com

**Email us for the zoom
link**

Our website:

<http://meaningfulworld.com/>



Saturday 20 December, Webinar for Teachers, Parents & Caring Individuals

Empowering Teens: Nurturing Mindful Teens by Being a Good Role Model

Email us for the Zoom Link

Humanitarian Relief Certificate Program, Spring 2026 workshop dates

21 February 2026, Self-Care & Mindfulness

28 March 2026, Disaster Relief & Mindfulness

25 April 2026, Genocide Prevention & Human Rights

16 May 2026, Mindful Leadership & Forgiveness

11 June 2026, Graduation of MeaningfulWorld Ambassadors for Humanitarian Relief & Peace Building

28 July 2026, Garden Gratitude & Pampering Party



MeaningfulWorld

Pamper Yourself Holiday Gratitude Healing Party

Saturday 6 December 2025

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



Meaningfulworld's Annual Holiday Gratitude Healing Party

Kindly, join us for an afternoon of celebration as we remember all that we have accomplished as a team and as a community in the world this year!





Date: Saturday 6 December 2025

4-6:30 PM: Pampering & Integrative Healing with invited healers:

- Reiki - Natalia Tomassini
- Spiral Massage (Deep Tissue) - Art Jaffe
- Energy Healing - Tanya Vartanyan
- Flower Remedies - Dr. Ani
- Mindfulness - Dana Mark
- Nuero-graphic Art Journey - Karine Arshakyan
- LifeWave & MiCure Phototherapy - Nina Terzian

6:30-7:00 PM: Films & Photos from Missions

7-10:00 PM: Food, Drinks, Music and Games

Live music:
DJ Harry Latirofian

Offering: \$39 includes 7 healing modalities, food, drinks, music, & desserts

RSVP by **29 Nov 2025**
Info@Meaningfulworld.com

Dr. Ani Kalayjian
Phone: 201-941-2266




Successful Past Events


Saturday 6 December 2025, Holiday Gratitude Party

Click Here for Summary


შეცვალე ცხოვრება საკუთარი შინაგანი ძალის გაღვივებით



Announcing a forum with *
Ana Arveladze, MS
on
Positive psychology for peak performance



*How can positive psychology promote peak performance for athletes, businesspeople, and students? **Ana Arveladze** is an executive coach, consultant to Olympic athletes, and President of the Uznadze Institute of High Performance Psychology in Tbilisi, Georgia. Here at Fordham, she shares her experiences applying positive psychology with elite athletes and high-performing organizations.*






Moderator: **Harold Takooshian, PhD**, *Fordham U*
Welcome: **Jason R. Young, PhD**, *President, Psi Chi*
Discussants: **Dr. Ani Kalayjian**, *Meaningful World*

23 November 2025, Sunday at 4 pm
Fordham University, 113 West 60 St., Manhattan, room 1021

All are welcome.

_____Ψ_____Ψ_____Ψ_____

* This session is hosted by Fordham University, in cooperation with Psi Chi, SPSSI-NY, ABSA, and Manhattan Psychological Association
For any details: takooshian@fordham.edu
NOTES: <https://www.parliament.gov.ge/print/news/georgia-komiteti-georgia-filologians-da-mattan-dakavshinbul-askikheze-imijdan>
https://www.linkedin.com/posts/ana-arveladze-b24717a5_gerppsychology-nationalteam-teamspsychology-activity-7308732427298914304-ZV2U
https://www.psichi.org/page/chapter_search



23 November Workshop, Positive Psychology for Peak Performance

Ana Arveladze, MS

2025 11 November Radio interview with Dr. Kalayjian

Listen here




9 Nov. Philippines, Disaster Relief Training, Preparation, Meaning-Making & EI workshop

Read more

MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



Hybrid Workshop, Saturday, 25 October 2025



Disaster Relief & Meaning-Making

Disaster Relief, Rehabilitation, Meaning-Making, & Empathy

Facilitator: Dr. Ani Kalayjian, Founder - ATOP Meaningfulworld
Visionary Speaker: Sarkis Chuldjian, MDT, CCHI, Hypnotherapy

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

Hybrid workshop program focus:

- Understand the impact of disaster on survivors: children, adults, families, & communities
- Identify the interventions for rehabilitation, recovery, healing, & integration
- Mentor, empower, & support professionals & the next generation
- Empower self through Mind-Body-Eco-Spirit for health & peace-making
- Disseminate global tool, 7-Step Integrative Healing Model (Biopsychosocial and Eco-Spiritual Model)
- Describe and practice meaning-making
- Describe and list stages of disaster relief

This hybrid workshop is recommended for those seeking deeper insight into the stages of disaster, approaches to relief and recovery, meaning-making and emotional resilience, and practice the 7-Step Integrative Healing Model.
This is also for those planning to become Meaningfulworld Ambassadors and for joining our Humanitarian Outreach Programs around the globe.

RSVP: <http://bit.ly/MeaningfulWorldOct>
Phone: 201-941-2266
DATE: Saturday, 25 October 2025
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: \$50
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/getinvolved/donation>
*ALL FEES INCREASE \$10 after 18 October 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

Disaster Relief & Meaning-Making Workshop, 25 October 2025

Read more



Mission Summary, Armenia and Georgia, 7-23 October 2025

Read more





27 June 2025, AAMHA Conference, Partnership Amongst Armenian Organizations

Summary

5 June 2025, Partnering for SDGs: Human Rights & Emotional Intelligence (EI): Healing Humanity

Summary

Photo Gallery

Mission in Uganda

18 JUNE TO 1 JULY 2024



ATOP MeaningfulWorld

Dr. Ani Kalayjian



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

*Kindly click the link below for the full video:
<https://youtu.be/gb38be4-KnA>

Transforming Trauma in Uganda: ATOP MeaningfulWorld's 2024 Humanitarian Mission in Uganda Film!

Watch Film Here!



Meet MeaningfulWorld's New Interns

Gamze Sen, B.A., Assistant Research Coordinator

Gamze Sen is a first-year master’s student in Clinical Psychology at Teachers College, Columbia University. She holds a B.A. in Psychology from Istanbul Medipol University in Turkey and is an Integral Somatic Psychology (ISP) practitioner with multiple body-mind-centered certifications. For the past two years, Gamze has been working as a research assistant and moderator, focusing on mindfulness, body awareness, trauma, pain, and dissociation. She has also published several psychological columns in the United Nations-affiliated *Turkish Journal*. Her research interests explore how potentially traumatic events, at both individual and cumulative levels, impact emotional regulation and resilience through a body-mind perspective. Gamze aims to pursue a Ph.D. in Clinical Psychology to deepen her work in this field. Gamze is passionate about contributing meaningful changes to human well-being through research and clinical practice. She joined ATOP MeaningfulWorld as an Assistant Research Coordinator, where she supports research initiatives, publications, and program development. Welcome Gamze to our team.

[Click here to read more about our Team](#)

[Click here to read more about our Graduates](#)



Feed, Heal, & Teach Children in the Slums of Uganda

[More Information](#)

[GOFUNDME Link](#)



Partnering to offer free Transcendental Meditation for mothers in the Slums of Uganda

More Information



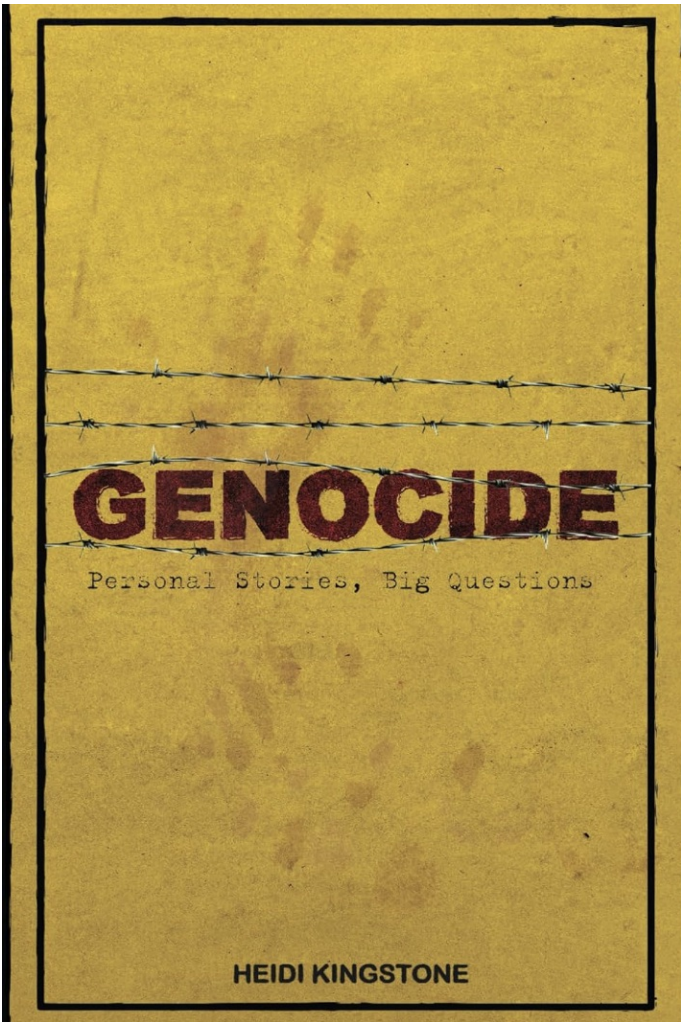
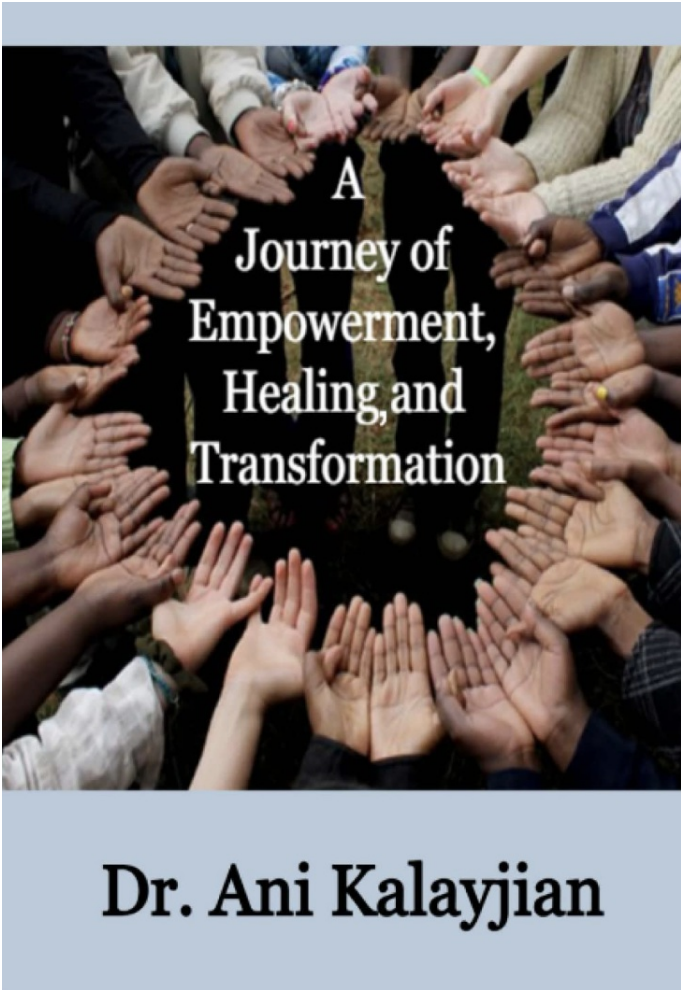
Weekly Meetings

Weekly Support Groups
\$5 tax deductible donation
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



COFFEE TABLE BOOK RELEASE

A Journey to Empowerment, Healing, & Transformation: 35 Years of Humanitarian Relief Outreach

By: Dr. Ani Kalayjian

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](#)

Genocide: Personal Stories, Big Questions
By: Heidi Kingstone

This book chronicles 20th and 21st-century genocide, which remains one of the most pressing topics today. To further her exploration of one of the worst human rights crimes, she has asked several experts, journalists, scholars, health care professionals, to answer 10 questions.



The A Train to Sedona - From Victim to Survivor. ATOP MeaningfulWorld President Dr. Ani Kalayian's interview for TalkRadioNYC.

[Click HERE for the link](#)



Global Firearm Violence - An Integrative Review

More Information

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



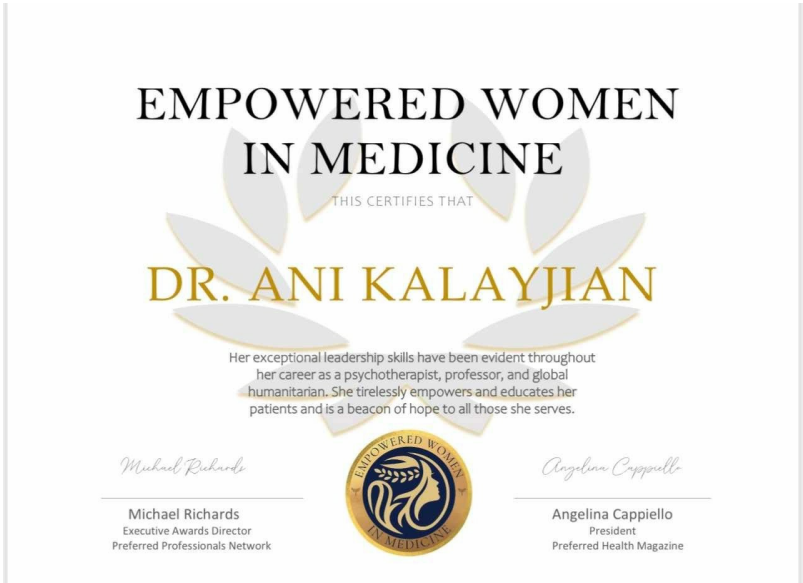
Awards

MeaningfulWorld ATOP founder Dr. Ani Kalayjian was awarded the 2025 R. Louise McManus Medal by NEAA, created by Teachers College, Columbia

Watch the Video



2024 Lifetime Achievement Award in the Field of Psychology, presented to Dr. Ani Kalayjian for her exemplary dedication and leadership in trauma psychology, as well as her impactful global humanitarian efforts, transforming lives through healing and education worldwide.



Empowered Women in Medicine Award, given to Dr. Ani Kalayjian, for her exceptional leadership and dedication as a psychotherapist, professor, and global humanitarian.



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

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

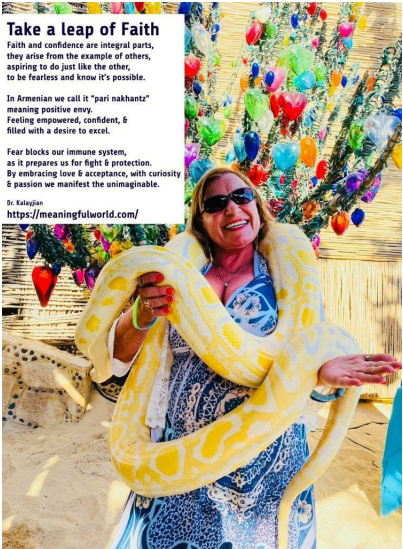
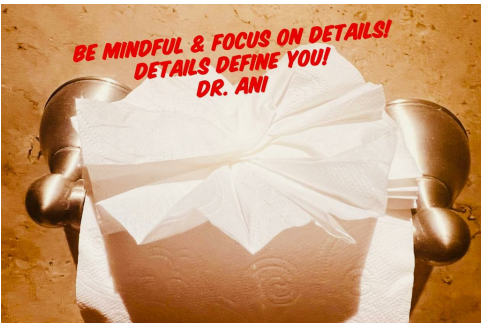
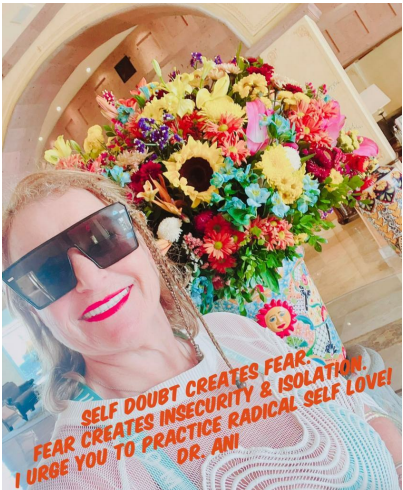
Gratitude To Our Donors

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 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.

Donate Here



ATTENTION: Additional Media

~Armenia Radio Link. VIEW IT [HERE](#). Ի՞նչ է «խեցգետնի հիվանդությունը» և ինչպե՞ս է այն ազդում հայ հասարակության վրա. հոգեբան Անի Գալայճյան. «Մփյուռքի ձայնը»:

- ~2024 Humanitarian Mission to Armenia. VIEW IT [HERE](#)
- ~ MeaningfulWorld UN International Day of Peace. VIEW IT [HERE](#)
- ~ Suicide awareness & prevention Dr. Ani interviewed by Carl Birman. VIEW IT [HERE](#)
- ~ WUFUNIF President Liliana Bucur Cress interviewed Dr. Kalayjian, President ATOP MeaningfulWorld. 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 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](#)



