

ARE YOU FEELING STRESSED?

Sometimes, it helps to connect with people who can relate.

The organizations below provide services like peer-led support groups, workshops, and counseling for Afghan and other refugee arrivals.



AFGHAN COALITION

Alameda County, California
rona@afghancoalition.org
510-745-1680

ACCESS CALIFORNIA

Orange County, California
aveen@accesscal.org
714-917-0440

INTERNATIONAL INSTITUTE OF LOS ANGELES

Los Angeles County, CA
hktoian@iilosangeles.org

INTERNATIONAL RESCUE COMMITTEE - OAKLAND

Contra Costa County, CA
oak.wellness@rescue.org
510-239-9689

INTERNATIONAL RESCUE COMMITTEE - SACRAMENTO

Sacramento County, California
rachael.riebe@rescue.org
929-618-0613

INTERNATIONAL RESCUE COMMITTEE - TURLOCK

Stanislaus County, California
stacey.dewitt@rescue.org
209-268-6142

MUSLIM AMERICAN SOCIETY OF SACRAMENTO REGION

Sacramento County, CA
sihem.tlili@mas-ssf.org
916-486-8626

PARS EQUALITY CENTER

Los Angeles County, CA
pmalaz@parsequalitycenter.org

SURVIVORS OF TORTURE INTERNATIONAL

San Diego County, CA
hgetaneh@notorture.org
858-867-0603

Sehat Initiative and Cypress Resilience Project, programs of Public Health Institute (PHI), in partnership with the California Department of Public Health (CDPH), and Office of Refugee Health (ORH), are excited to share the work our dedicated grantees are doing to address the mental health needs of Afghan refugees in California, specifically in San Diego, Orange, Los Angeles, Santa Clara, Contra Costa, Alameda, Sacramento, and Stanislaus counties. While our focus is on Afghan Arrivals, eligible non-Afghans may also be served.



cypress resilience project



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