

Notes



For more information, or if you would like to utilize our services, feel free to contact our main office or our youth worker directly:

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Afghan Wellness Project
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Funded by Alameda County Behavioral Health Care Services:



Youth and Family Services



Prepared by Dr. Masoud Ghafoer, PsyD., AMFT

- Bi-lingual counseling
- Alcohol and drugs awareness
- Peer pressure and its impact
- Movie nights
- Educational activities and workshops
- Communication skills
- Physical activities
- And more...



Our youth worker is an experienced, dedicated, caring and educated first generation Afghan who has excellent communication skills to comfortably connect with youth. After school tutoring and some other youth services are even available on Wednesdays and Saturdays as drop-ins.



Types of Youth Services

The Afghan Mental Health Project offers a variety of services geared towards youth and their families. Our goal is to meet the needs of youth in our community by providing them with services they can use to be more effective and successful in their daily activities. The youth services are provided in a safe and comfortable environment. Some examples of the services we provide include the following:

- After school tutoring
- Cultural counseling
- Parenting counseling and training
- Mentoring
- Crisis intervention
- Prevention counseling

Youth Service Center

Many immigrant youth who have recently immigrated to the U.S., or even those who have lived here for a long time, face many challenges in their daily lives. Often, these challenges are related to their school, work circumstances, family issues, peer pressure, cultural differences between youth and their parents, substance abuse and many other challenges and difficulties. It is essential for these youths to receive support, guidance and mentoring from people who are dedicated, educated and have knowledge in effectively working with youth to provide them with resources they need to succeed. The Afghan Mental Health Project is designed to provide a wide range of services to youth.

