

WE ARE....

ASSYRIAN'S FROM DIFFERENT FAITH / SPIRITUALITY COMMUNITIES IN PARTNERSHIP WITH STANISLAUS COUNTY, BEHAVIORAL HEALTH AND RECOVERY SERVICES: PREVENTION AND EARLY INTERVENTION.



THE TREE OF LIFE REPRESENTED IN THE LOGO IS USED AS A CONNECTION BETWEEN SPIRITUAL AND PHYSICAL HEALING AND THE MIND AND OF WELLNESS.

THE TREE OF LIFE IS A SACRED TREE AND REPRESENTS MANY DIFFERENT QUALITIES AND CONNECTS DIFFERENT LIFE FORMS OF CREATION. THE CONCEPT OF THE TREE OF LIFE HAS BEEN USED IN SCIENCE, RELIGION, PHILOSOPHY AND MYTHOLOGY.

IN THE BIBLE THE TREE OF KNOWLEDGE CONNECTS HEAVEN AND THE UNDERWORLD.

IN ANCIENT ASSYRIA THE TREE OF LIFE IS DEDICATED TO MARDUK (GOD OF WISDOM) AND FOUNDER OF HEAVEN AND EARTH. IT WAS BELIEVED THAT THE TREE OF LIFE REPRESENTS QUALITIES LIKE WISDOM, STRENGTH, PROTECTION, BEAUTY, REDEMPTION, ETC.

HUMANS DEVELOP "ROOTS" OF BELIEFS AND "BRANCH OUT" BY MEANS IF WISDOM. THE "TRUNK" REPRESENTS THE MIND AND BODY KEEPS THE ROOTS (BELIEFS) AND BRANCHES (WISDOM) CONNECTED.

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT EITHER:

CARMEN MORAD (209) 681-7433

OR

THERESA ZAMORA, MBA (209) 541-2416



[HTTPS://WWW.FACEBOOK.COM/ASSYRIANWELLNESSCOLLABORATIVE](https://www.facebook.com/assyrianwellnesscollaborative)



ASSYRIAN
WELLNESS
COLLABORATIVE

ABOUT US

MISSION:

ASSYRIAN WELLNESS THE COLLABORATIVE IS A COMMUNITY BASED ORGANIZATION IN PARTNERSHIP WITH STANISLAUS COUNTY BEHAVIORAL HEALTH AND RECOVERY SERVICES: FAITH / SPIRITUALITY INITIATIVE SET TO INCREASE KNOWLEDGE AND IMPROVEMENT OF MENTAL HEALTH, PHYSICAL HEALTH AND OVERALL WELLNESS IN THE ASSYRIAN COMMUNITY BY DECREASING STIGMA AND BARRIERS CURRENTLY KEEPING ASSYRIAN'S FROM RECEIVING SERVICES.

WHAT WE DO?

- PROVIDE ONGOING TRAININGS
- PROVIDE GENERAL SUPPORT (REFUGEES, ADULT, YOUTH , IMMIGRATION SERVICES)
- HELP CREATE AND INCREASE THE NUMBER OF BEHAVIORAL HEALTH SUPPORTS
- CONNECT INDIVIDUALS
- INVITE COMMUNITIES TO OUR ACTIVITIES AND EVENTS
- BUILD AND CONTINUE RELATIONSHIPS, SHARE EACH OTHER'S WISDOM TO HELP US STAY HEALTHY AND BRING WELLNESS

WHY WE DO WHAT WE DO?

THE CURRENT ASSYRIAN POPULATION HAS QUADRUPLED OVER THE YEARS AND MANY WHO HAVE ARRIVED TO THIS COUNTY ARE REFUGEES. WHETHER A REFUGEE OR NOT, ADULT, YOUTH, OR IMMIGRANT; MANY ASSYRIANS HAVE WITNESSED UNPLEASANT EXPERIENCES AND OR DEAL WITH EXISTING STIGMA IN OUR COMMUNITIES WHICH IN TURN THE PROCESS OF MIGRATION EFFECTS ASSYRIAN'S AND CAN DEVELOP PSYCHOLOGICAL PROBLEMS SUCH AS PANIC ATTACKS, SOCIAL PHOBIA, AND PTSD OR A MENTAL HEALTH ILLNESS SUCH AS DEPRESSION AND ANXIETY.

AS A COLLABORATIVE WE ARE HERE TO HELP DECREASE SOME OF THOSE BARRIERS BY SUPPORTING ONE ANOTHER AND EACH DISTINCT ASSYRIAN COMMUNITY REGARDLESS OF RELIGIOUS PREFERENCE AND BELIEFS. WE BELIEVE THAT HELPING EACH OTHER BETTER UNDERSTAND EACH OTHER'S CIRCUMSTANCES, ENCOURAGING BEHAVIORAL, EMOTIONAL HEALTH AND WELLNESS IS IMPORTANT.



ANYONE IS WELCOME TO ATTEND THE MONTHLY COLLABORATIVE MEETINGS, HELD THE:

THIRD THURSDAY OF THE MONTH AT 7:00 P.M. AT THE:

**ASSYRIAN CIVIC CENTER
2618 N. GOLDEN STATE BLVD.
TURLOCK, CA.**