

AL-AFIA FOR SENIORS PROGRAM

HELPING SENIORS STAY HEALTHY, ENGAGED AND ACTIVE

PURPOSE & GOALS

Our Al-Afia (Wellness) for Seniors program strives to increase positive well-being and mental health, prevent isolation, increase access to socialization, and provide educational workshops on financial literacy, wellness, nutrition, legal matters, and other gaps identified within the community. All services are provided in Arabic, Dari, Farsi, Pashto and Urdu



EVENTS & PROGRAMS

Throughout the year, we hold Senior workshops, Senior Day or Poetry Night; these events often include food, fun, and gifts and provide seniors with valuable information and socialization time with their peers. We have several programs, including Peer Support Counseling in the language of choice; all clients are welcome to take advantage of Peer Support Counseling if they desire.



We are actively seeking to enroll Afghan refugee seniors into our Al-Afia For Seniors Program. Eligibility requirements to receive services:

- Afghan National
- Sacramento County Resident
- Age 60 years old or over
- Arrival on or after 07/31/21
- Current I-94 and proof of Refugee or Asylee status

Eligible Enrollment will receive a \$35 gift card
Refer someone and receive \$20 when they enroll

In partnership with

