



*Coming Soon*

## **Handbook of Health & Wellness**

The tentative title of our ongoing book project is: *Health and Wellness Handbook: A Practical Guide for Recent Immigrants in Kent County, Michigan*. When completed, the handbook will provide helpful information and tools for recent immigrants to take charge of their physical and emotional wellbeing.

Some of the chapters in the handbook are:

- Refugees and Immigrants: How We Got Here
- Healthcare Challenges of Children and Youth
- Religious Influences on Health
- Managing Stress and Trauma
- Where to Find Help in Kent County

## **Trauma Healing Project (THP)**

OUR GOAL is to encourage discussion and awareness of trauma in the underserved African community, and in so doing provide helpful resources and foster collaborative relationships with stakeholders on how to achieve individual and communal wellbeing.

WE ENVISION that recent immigrants would recognize the key symptoms of trauma and know where to find help to address their emotional and mental distress.

OUR HOPE is that individuals and organizations would partner with us in identifying the key sources of trauma within the African community and in providing the needed tools to address trauma.



# Health & Wellness



“We desire to bequeath two things to our children.  
The first one is roots; the other one is wings”  
~ Sudanese Proverb

**HEALTH & WELLNESS**  
Flourishing in Body and Spirit

**African  
Resource  
Center**

\* INFORM \* CONNECT \* EQUIP

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## Partners Needed

The **African Resource Center of West Michigan (ARC)** is a nonprofit public charity as described by the IRS 501c3 code.

We rely on the services of volunteers who devote their time and gifts to help recent immigrants as they transition into the North American culture. For this, we are very grateful.

We are also very thankful for the financial donations we receive from individuals and corporate organizations. Without your support, we will not be effective in serving our community.

Please consider partnering with us by donating your time and financial resources. For more information, please contact us at:

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## Managing Wounds of the Heart

*“There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds”*  
– Laurell K. Hamilton

### Inform >>>

The ARC tagline, “Inform, Connect, Equip,” provides a framework for our **Health & Wellness** project. Most of our clients arrived in the U.S. as refugees from war-torn African countries. Many still have emotional wounds that may continue to fester if left untreated. Through our **Trauma Healing Project (THP)** we create awareness on the debilitating effects of unresolved trauma. We organize focus groups activities, roundtable discussions and conferences to create awareness and help

our community identify the key symptoms of trauma and how where to find help.

### Connect >>>

It is not sufficient to merely disseminate information about trauma. We follow up by connecting people who need help with human and material resources. We organize support groups and “healing sessions,” to provide opportunities for individuals to share their stories and learn how others are dealing with their emotional challenges.

Through our collaboration with family counselors, and health providers, we make care accessible to those who need help.

Relationship is central to the success of our **Health & Wellness** project. We envisage a society where

each member contributes to the social and emotional wellbeing of others.

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### Equip >>>

The final piece in our **Health & Wellness** operation strategy is “equip.”

We research and provide materials – handbooks, brochures and help directories – on health and

wellness. We also facilitate hands-on training on trauma recognition and response

*“A village is like a forest, when you are outside it intimidates, but when you are inside you see that each tree has its place”* – An African proverb



## THANK YOU!

The ARC Health & Wellness project is made possible through the generous grants provided by individuals and corporate bodies like you. Thank you!

