



**MAS**  
**Social**  
**Services**  
**Foundation**

# Helping Afghan Refugees Adapt to Life in the United States

A lecture series of informative workshops for Afghan Refugees



The workshops will address topics ranging from resettlement, cultural and social issues, and health/wellness challenges post immigration in a new country.

## 1-Hour In-Person Workshop in English, Dari/Farsi, and Pashto

This workshop is designed to help Afghan refugees as well as anyone working with Afghan refugees.

### Date and Time

**Tuesday, August 30<sup>th</sup>**

4:30 pm - 5:30 pm | English

6:00 pm - 7:00 pm | Dari/Pashto

[Check- in begins 30 minutes before the workshop]

### Highlands High School

6601 Guthrie St, North Highlands, CA 95660



**Dr. Mohammad Sediq  
Hazratzai, MD, MPH**  
Visiting Professor, UC Davis

**RSVP to Attend and Receive a \$25 gift card**  
RSVP at | [afghan-workshop.eventbrite.com](https://afghan-workshop.eventbrite.com)

