

# KAZIM TRUST

## January 2019

### What's New

#### **Workshop at Bayview Academy**

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#### **Online Workshop at Union Council**

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#### **Collaboration with Hum Aawaz**

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#### **Open House at Beaconhouse School**

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#### **Workshop on 'Child and Aggression'**

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### Welcome to our Newsletter

*The year began with a Kazim Trust workshop at the venue of Bay View Academy by our senior clinical psychologist Ms. Farah Aftab on 'ADHD and Learning Disabilities - Identification in School'. The workshop focused on common patterns and misconceptions regarding LD and ADHD along with how teachers could detect signs of prevailing disorders among children in a classroom.*

*Kazim Trust also launched its online workshop project by arranging the first session at the Union Club on 'Basics of Learning Disabilities and ADHD'. The workshop focused on reaching a larger audience with an aim to spread awareness about common patterns and misconceptions regarding LD and ADHD*

*We are also delighted to announce our collaboration with 'Hum Aawaz' with an understanding to expand our outreach program by reaching a very wide audience while utilizing their sharing spaces.*

*Kazim Trust also contributed to the 'Open House' of the Beaconhouse School where our senior psychologist interacted with parents and teachers regarding 'Behavioral and psychological aspects of child abuse'.*

*Towards the end of the month, Kazim Trust arranged an indoor workshop on 'Child and Aggression' conducted by our clinical psychologist Ms. Syeda Batool Najam.*

## Workshop at Bayview Academy

A workshop was conducted on January 19<sup>th</sup> at the venue of Bay View Academy through the platform of Kazim Trust by our senior clinical psychologist Ms. Farah Aftab on 'ADHD and Learning Disabilities - Identification in School'. The workshop focused on common patterns and misconceptions regarding LD and ADHD along with how teachers could detect signs of prevailing disorders among children in a classroom setting.

The workshop was conducted with almost 20 teachers. The teachers learnt about how the symptoms look like in daily school activities. They responded positively towards the workshop and discussed many students whom they felt might be suffering from such difficulties.



*Workshop at Bayview for teachers*



*Interactive session with teachers about LD*

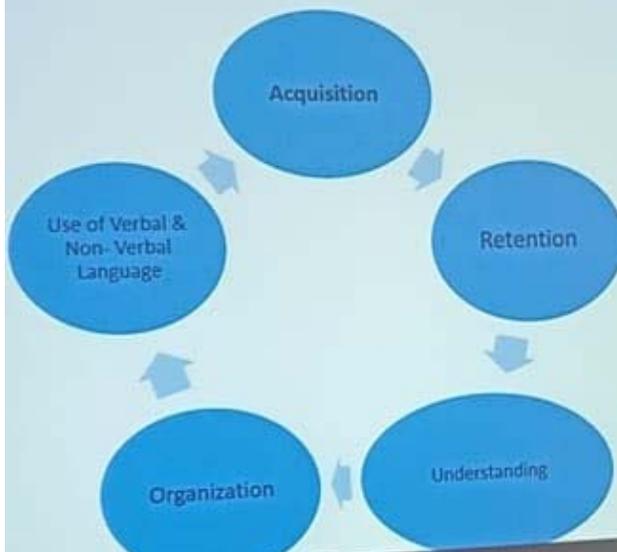
## **Online Workshop at Union Council**

Kazim Trust launched its online workshop project by arranging the first session on 24 January at the Union council for the Christian community on '*Basics of Learning Disabilities and ADHD*'.

The workshop was conducted by our senior clinical psychologist Ms. Farah Aftab for teachers belonging to the Christian community in Karachi who have been teaching at different institutes.

The workshop was part of our goals to reach a larger audience with an aim to spread awareness about common patterns and misconceptions regarding LD and ADHD.

# Learning Disabilities



wide discrepancy between their **actual performance** and their **ability** (expected performance their age grade).



**Here we go...**

*Online session for teachers at Union Council*

This month we are delighted to announce our collaboration with '**Hum Awaaz**' a network of Civil Society organizations who have come together in order to strengthen civil society and raise a collective voice regarding the problems we are currently facing. Together we hope to expand our outreach program by reaching a wide audience while utilizing their sharing spaces.

This collaboration is a step forward towards spreading the vision of Kazim Trust in order to further our aim and vision.

### **Open House at Beaconhouse School**

Kazim Trust also contributed its presence at the Open House of Beaconhouse School on January 26<sup>th</sup> where our senior psychologist Ms. Farah Aftab informed and educated parents and teachers regarding '*Behavioral and psychological aspects of child abuse*'.

The session primarily focused on how children who are unable to express themselves or might be suffering from other psychological problems struggle with challenges of abuse. With the help of this interactive session, parents were able to learn about positive parenting styles that can help children to fight in order to improve the quality of life.



*Our senior clinical psychologist Ms. Farah Aftab being honored by Beaconhouse School*



*Session at Beaconhouse School for parents and teachers*

## Workshop on 'Child and Aggression'

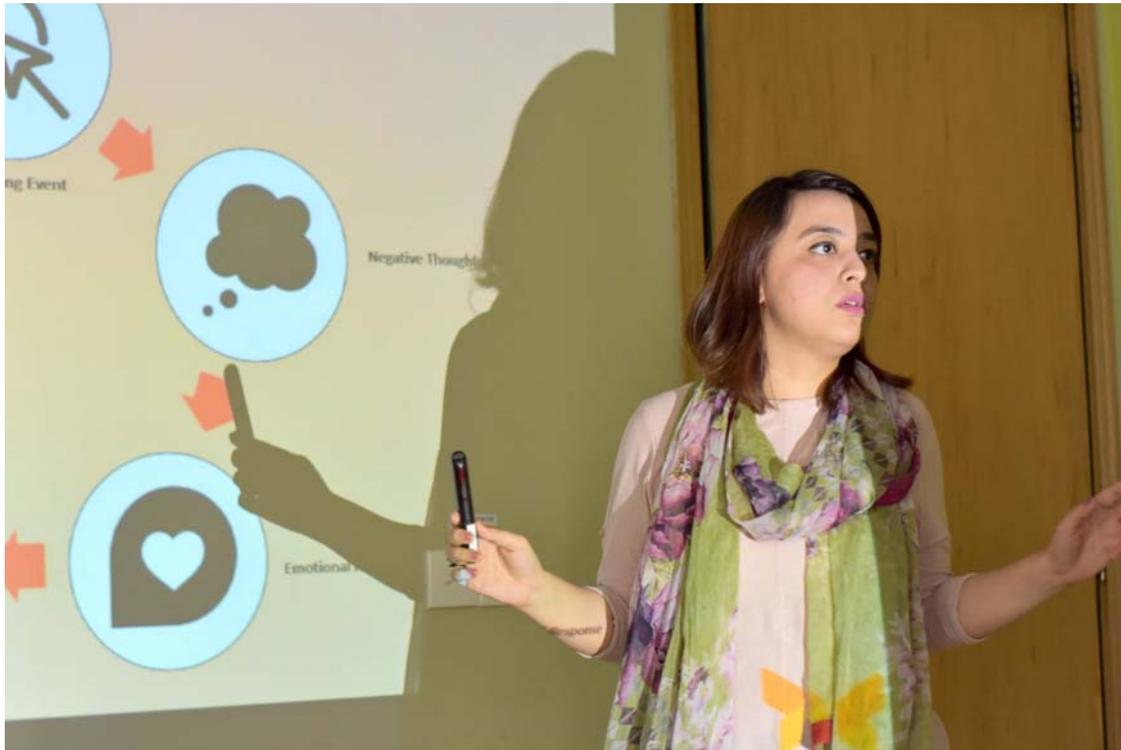
A workshop, '*Child and aggression*' headed by our clinical psychologist Ms. Syeda Batool Najam was held on 26 January at Kazim Trust regarding the application of behavioral and cognitive techniques of anger management for children.

Due to a rise in daily frequency of aggressive and hostile behavior that parents, caregivers, mental health professionals and teachers have been experiencing with children, we feel this workshop would help them manage these kids better with tolerance, understanding and patience.

This workshop focused on strategies to understand what goes behind this behavior that has been displayed and how we can manage it.



**Certificate Distribution Ceremony**



***Workshop on 'Child and Aggression' by our clinical psychologist Ms. Syeda Batool Najam***

***We hope you enjoyed this version of our newsletter. Please check our website for events that we have planned on [www.kazimadhdtrust.org](http://www.kazimadhdtrust.org)***

***We would love to hear from you.***

***Please write to us at [info@kazimadhdtrust.org](mailto:info@kazimadhdtrust.org) if you would like to speak to one of our team members to participate in any future events or would just like some general information on the services Kazim Trust provides.***

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