

Kazim Trust Newsletter

Dec 2020 - Jan 2021

- Kazim Trust receives an ISO certification
- Kazim Trust celebrates International Day for people with disabilities
- Two Days ABLLS workshop was conducted by Kazim Trust
- Kazim Trust at Lucky One Mall for a mural painting activity
- Our story gets published in weekly 'YOU'
- Training on psychological first aid for trauma survivors
- Kazim Trust celebrates International Education Day

Kazim Trust is now ISO Certified

Kazim Trust is pleased to announce that it is now ISO certified to spread awareness, provide assessment and treatment plans to clients with ADHD and LD.



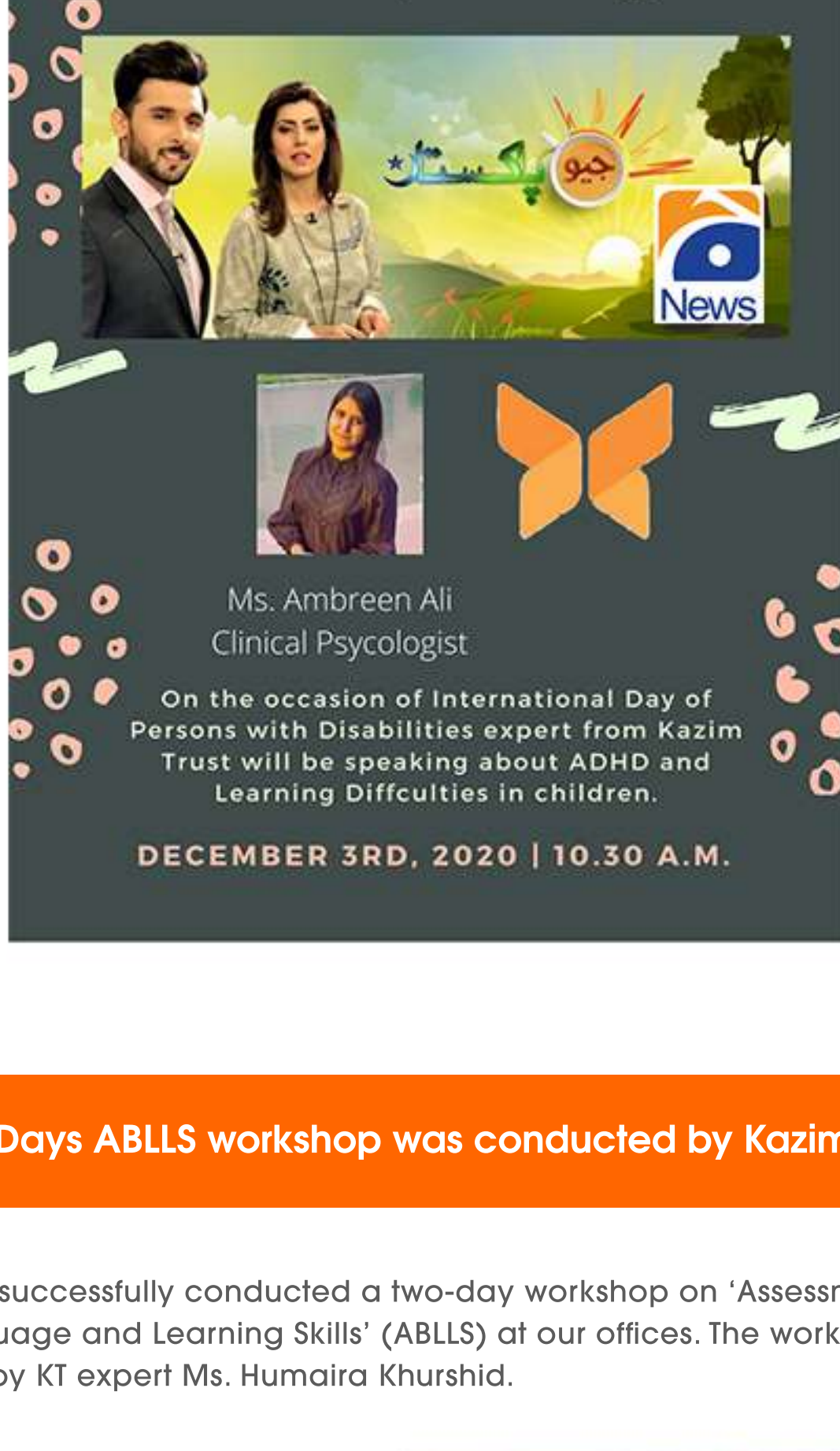
Kazim Trust celebrates International Day of Persons with Disabilities

On the occasion of International Day of Differently Abled Persons, Kazim Trust gave a message of inclusiveness and created awareness about the importance for society to recognize and encourage creativity for differently-abled persons.

Video: <https://www.youtube.com/watch?v=aPCoxZUsoDg>

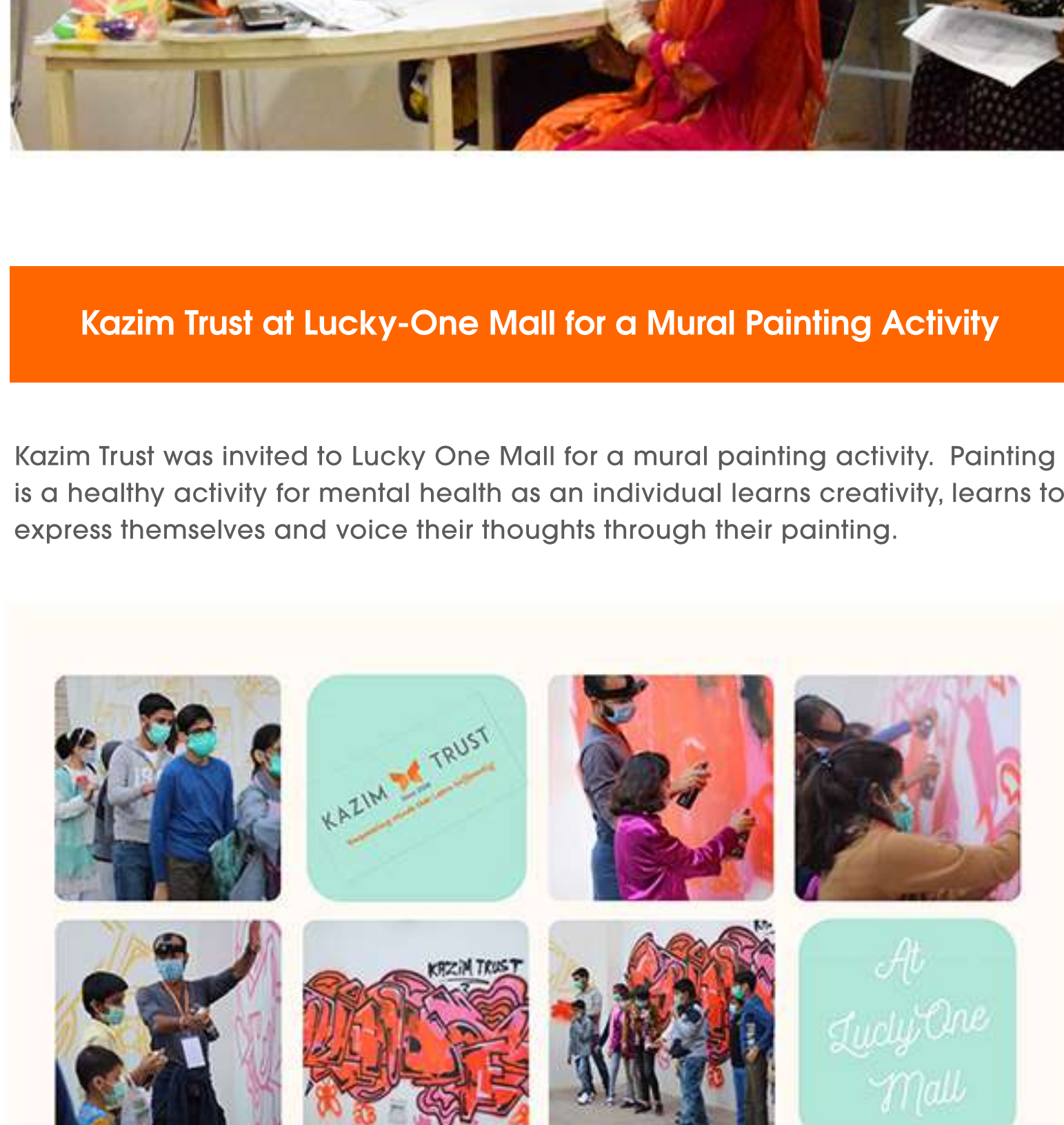
Watch Ms. Ambreen Ali from Kazim Trust talk about ADHD and learning difficulties on the occasion of International Day of Persons with Disabilities on GEO News.

Video: <https://youtu.be/vQdIViPlaz4>



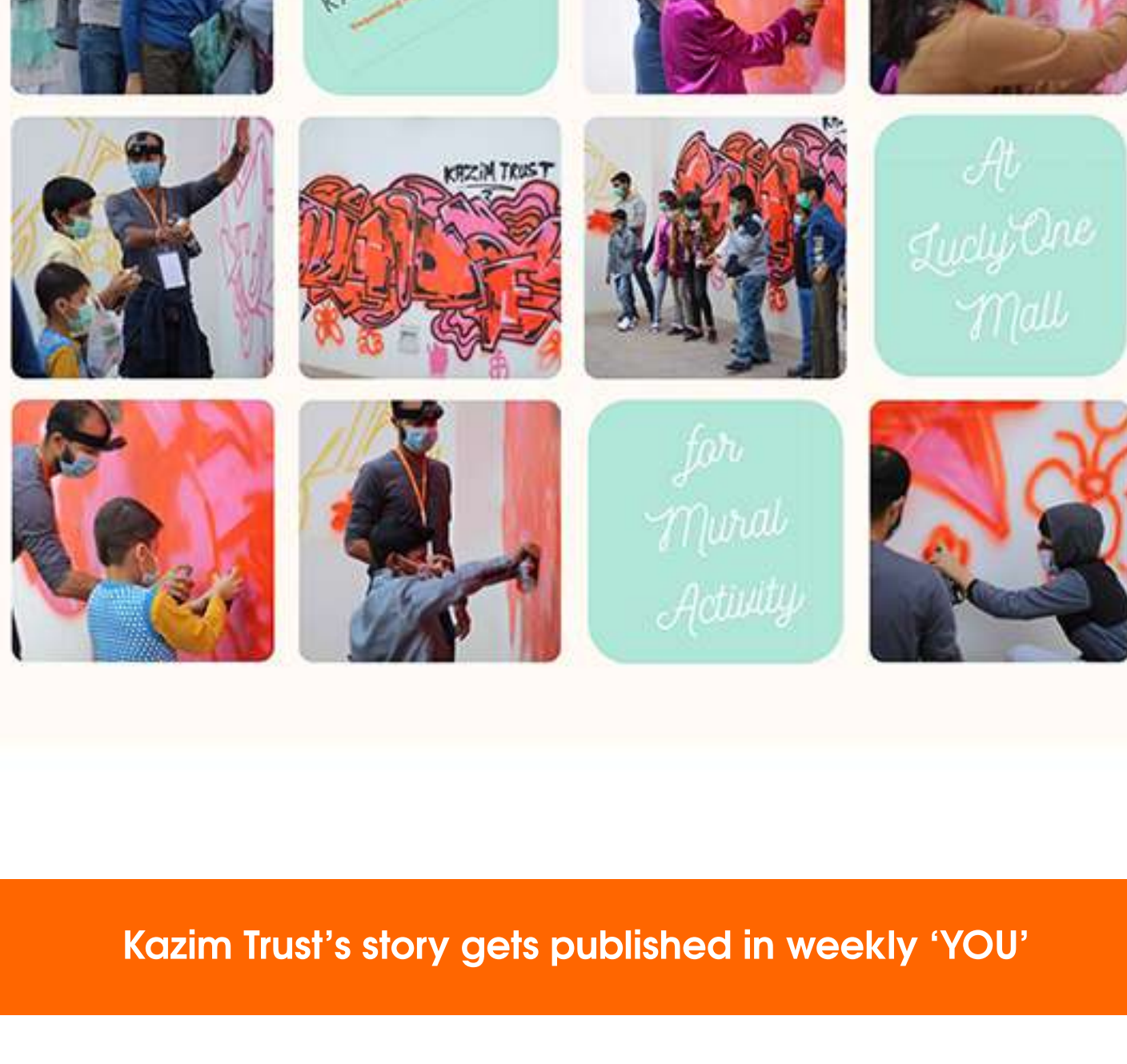
Two Days ABLLS workshop was conducted by Kazim Trust

Kazim Trust successfully conducted a two-day workshop on 'Assessment of Basic Language and Learning Skills' (ABLLS) at our offices. The workshop was facilitated by KT expert Ms. Humaira Khurshid.



Kazim Trust at Lucky-One Mall for a Mural Painting Activity

Kazim Trust was invited to Lucky One Mall for a mural painting activity. Painting is a healthy activity for mental health as an individual learns creativity, learns to express their thoughts and voice their thoughts through their painting.



Kazim Trust's story gets published in weekly 'YOU'

Kazim Trust's story titled 'Empowering Minds that Learn Differently' was published in The News weekly magazine - 'You'.

Link: <https://www.thenews.com.pk/magazine/you/771208-empowering-minds-that-learn-differently>



Empowering minds that learn differently

By **Erum Noor Muzaffar**

Ambreen Ali conducting a session Mental health is a state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community, as defined by WHO. It goes without saying that mental health is important for sustainable social and economic growth. All over the world, mental health policies are designed to promote mental health. However, when it comes to Pakistan, the situation is rather dismal. Psychological problems and mental illnesses are on the rise in the country due to lack of awareness and inadequate support...

Training on Psychological First Aid for Trauma Survivors

Training on psychological first aid for trauma survivors was conducted at Kazim Trust. Psychological first aid training is aimed to reduce initial distress, meet current needs, promote flexible coping, and encourage adjustment in trauma survivors. Psychological first aid is useful as it should be the first response a care taker might do with individuals or families following a disaster.

PSYCHOLOGICAL FIRST AID FOR TRAUMA SURVIVORS

- ▶ Trauma at work: harassment
- ▶ Trauma at school: abuse
- ▶ Trauma at home: domestic violence
- ▶ Risk assessment
- ▶ Crisis intervention
- ▶ Trauma Assessment- Intro
- ▶ Trauma Intervention- Intro

Two more intense certified trainings in Trauma Assessment and Trauma Intervention will be conducted soon. After successful completion of these 3 training, you will be able to work in

- ▶ Hospitals, and clinics as trauma informed workers.
- ▶ Schools as a student counsellor, and safeguarding lead.
- ▶ NGOs as a trauma informed worker.

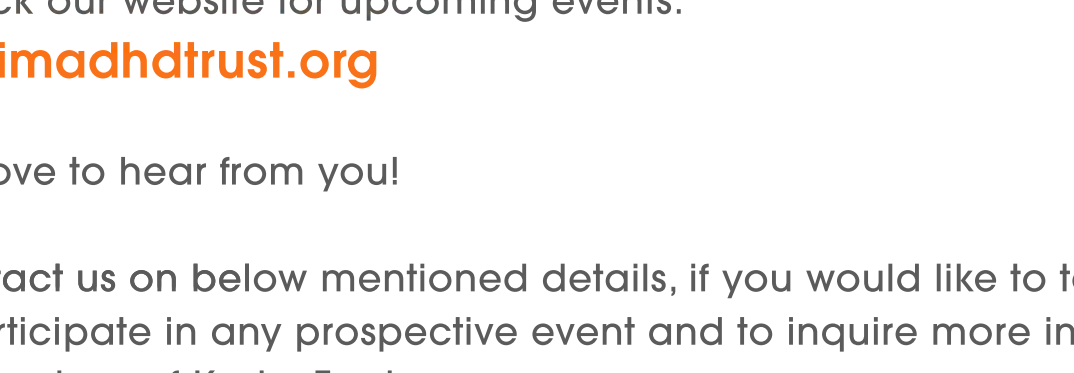
FACILITATOR:	Date:
MS. HUMAIRA KHURSHID	24 th January 2021
REGISTRATION FEE:	Timing:
500/- PKR	12:00pm - 03:00pm
Last Date to Register:	Venue:
22nd January, 2021	Kazim Trust Office, Karachi.

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Kazim Trust celebrates International Day of Education

On the occasion of International Education Day Kazim Trust emphasized the importance of inclusive learning and its importance for empowering people, preserving the planet and fostering peace.

Video: <https://www.youtube.com/watch?v=X424BtGzK0>



We hope that you enjoyed this edition of our newsletter. Please check our website for upcoming events.

www.kazimadhdtrust.org

We would love to hear from you!

Please contact us on below mentioned details, if you would like to talk with our team to participate in any prospective event and to inquire more information about the services of Kazim Trust.



+ 92 21 3567-8039

info@kazimadhdtrust.org www.kazimadhdtrust.org

Office# 313, Panorama Center, Building 2 Raja Ghazanfar Ali Road, Saddar, Karachi-74400, Pakistan