



REFUGEE  
WOMEN'S  
NETWORK



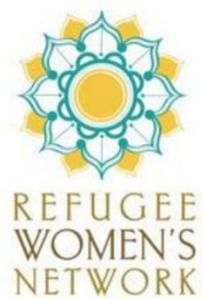
**REFUGEE WOMEN'S NETWORK**  
**25 Years of Transforming Lives**

Our mission is to support women survivors of war, conflict, and displacement.



For 25 years, RWN has been the only organization in Georgia that specifically serves refugee women.





RWN serves more than

2000

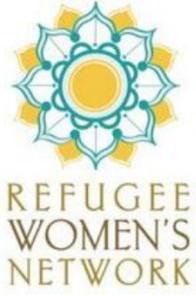
community members

in 17 languages...

Arabic Amharic Bangla Burmese Hakha Chin Dari

English French Hindi Kurdish Lingala Pashto

Rohingya Somali Sango Spanish Swahili Tigrinya Urdu



# REFUGEE WOMEN'S NETWORK

*serves people from...*

Afghanistan Burma Congo Central African Republic

Rwanda Burundi Ethiopia Eritrea Sudan Somalia

Mexico Columbia Venezuela El Salvador Malaysia Iraq

Syria Iran India Pakistan Kurdistan Palestine Ukraine

# BARRIERS EXPERIENCED by REFUGEES & IMMIGRANTS

- **Language & Transportation Barriers** – Families struggle to access available healthcare services due to linguistic & logistical challenges.
- **Economic Hardships** – Limited access to stable jobs and financial resources deepens social isolation, reduces self-sufficiency.
- **Healthcare System Challenges** – Newly arrived refugees often lack knowledge of the U.S. healthcare system
- **Low socioeconomic status** - Many immigrants are dependent on government services in a state without expanded Medicaid
- **Food Insecurity & Nutrition Gaps** – Limited access to culturally appropriate health education + misinformation about health services like vaccines or prenatal care





# COMMUNITY HEALTH PROMOTION PROGRAM

The RWN Community Health Promotion Program strives to uplift the voices of women as the health brokers of their families and communities. Promoters bring mental, emotional, and physical health opportunities to refugees and immigrants through linguistically and culturally responsive

# COMMUNITY HEALTH PROMOTERS



TRUST

UNDERSTANDING

EMPOWERMENT

# RWN WOMEN'S CIRCLE

MINDFULNESS, MOVEMENT, CREATIVITY & SOCIAL CONNECTION!

Yoga  
Painting  
Meditation  
Gardening  
Jewelry  
Dance  
Crochet  
Crafts



# RWN WELLNESS GROUP

## MONTHLY HEALTH EDUCATION AND ACCESS





# Hiking Group

Hiking Group promotes physical & mental wellness by connecting women to nature, to themselves & to new friends!





# MOTHERS X MOTHERS PEER SUPPORT GROUPS



REFUGEE IMMIGRANT MIGRANT MOTHERS ARE THE

# HEALTH CHAMPIONS OF HER COMMUNITY

| Vaccine                          | Product Name/Manufacturer<br>Lot Number | Date      | Healthcare Professional<br>or Clinic Site |
|----------------------------------|---|-----------|---|
| 1 <sup>st</sup> Dose<br>COVID-19 | Pfizer<br>EP6955                        | 3/31/2021 | HHS                                       |
| 2 <sup>nd</sup> Dose<br>COVID-19 | Pfizer                                  | 021       |   |
| Other                            | EW0172                                  |           |   |
| Other                            |   |           |   |



## RWN's COMMUNITY CENTERED VISION of HEALTH

- RWN + IDEO.org co-designed a community-directed program to address vaccine hesitancy among RIM families.
- Women are the Health Brokers of the Family

### Community Health Promoters

- Trusted messengers hired and trained to educate and promote health literacy and health access on various topics for their communities
- By equipping community leaders with the tools to host their own meetups, we can exponentially increase access to relevant information delivered in a compassionate, safe space.

# MOTHERS X MOTHERS MEETUP IS



*a time for*  
mothers to take a break  
from the labor of childcare and the isolation of home  
in a new country.

*a time to*  
connect with other mothers from the same  
community that speak the same language and have  
shared experiences of health and medicine

*a time where*  
a safe environment for sharing health concerns and  
solutions while getting reliable information from  
trusted peers, & RWN Community Health Promoters

# HELLO



NAME OF THE FACILITATOR | **FARIHA STEIN, BScHP**

DESIGNATION OF FACILITATOR | *PUBLIC HEALTH EDUCATOR*

NAME OF THE ORGANIZATION | *Refugee Women's Network*

As a coordinator for the Health Promotion program, Fariha strives to create a safe space for members of the community to come together and share their thoughts with RWN about healthy eating, living, and learning.

## EVERY MOTHERS x MOTHERS MEETUP AIMS TO BE



A time for you to take a break from your lives, because you deserve it.



A time to connect with mothers just like you and share your concerns in a safe environment.



A time to get reliable health information from mothers just like you.

## THIS OR THAT

**Wake up early**

**Stay up late**

# HELLO



NAME OF THE FACILITATOR | **Marhaba Alokozai**

DESIGNATION OF FACILITATOR | *Health Promoter*

NAME OF THE ORGANIZATION | *Refugee Women's Network*

Marhaba Alokozai was born in 1996 in the Logar Province of Afghanistan. She started school in the green and small village of Safid Sang then moved to Kabul city to continue her education and to become an empowered Afghan woman to contribute to the betterment of her country!

## EVERY MOTHERS x MOTHERS MEETUP AIMS TO BE



A time for you to take a break from your lives, because you deserve it.



A time to connect with mothers just like you and share your concerns in a safe environment.



A time to get reliable health information from mothers just like you.

## THIS OR THAT

**Honey**

**Blackseed oil**

# AGREEMENTS

**We commit to this being a judgment free space.**

**We welcome different perspectives and opinions.**

**We invite honesty.**

**We commit to confidentiality. Learnings move forward, but personal details stay behind.**

**Ask mothers to volunteer additional agreements.**

# HOW DO VACCINES WORK?



Vaccines train your body to recognize COVID-19 and fight it, by helping your body produce the specific antibodies needed to fight off the virus.

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## COVID-19 VACCINE FACTS

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COVID-19 vaccines do not contain live virus and cannot give you COVID-19.



Vaccines do not interact with the nucleus of the cells where DNA is stored. Vaccines cannot alter your DNA.



No other vaccine has been tested more than the COVID-19 vaccine.

# WHY SHOULD I GET MY CHILD VAXXED?



Even though many children experience only mild symptoms, some children will become very ill and die from COVID-19. As of Dec. 1, almost 1000 children have died from COVID-19 in the U.S. The vaccine is safe and will protect children from severe illness and death. The FDA has very strict guidelines for children.

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## INITIAL FINDINGS



13

Unvaccinated mothers attended the meetup

4

Mothers changed their mind about vaccines and were interested in getting vaccinated.

1

Mother decided to **book a vaccine appointment** immediately after the meetup.

## THE MOTHERS X MOTHERS DISCUSSION

**THIS OR THAT**

COVID-19 THEME

**I'm in favor of vaccines in general**

**I'm not sure my family needs vaccines**



LOGISTICS



1. Recruit groups, support transportation & childcare
2. Adapt / translate template
3. Understand health topics & basic facts
4. Choose / create safe environment
5. Provide ethnic foods from that community
6. Conduct health education sessions in language
7. Facilitate Q&A that is culturally sensitive, honors practices from the culture, puts dignity in the center
8. Adapt based on literacy level, culturally relevant needs
9. Evaluation & feedback





# MothersxMothers



## Adaptations:

- Place
- Time
- Curriculum
- Language/Community
- Incentives
- Women Choose Topic
- Graduation/ Certification
- DaughterxDaughter
- Partners
- Games- Self Care Bingo
- Evaluation/Feedback

NRC-RIM + IDEO.ORG

## Daughter 2 Daughter COMMUNITY HEALTH MEETUPS



# REFLECTIONS

What is one thing that surprised you?

What is one question you still have?



# LET'S DISCUSS

**1**

When do you feel like this as a parent? Do you feel like this happens often? Rarely?

**2**

What sorts of decisions should a 15 year old child be able to make independently? What decisions need to be made with the whole family?

**3**

When mothers and children disagree, what can mothers do to convince older children to change their actions?

## MxM Key Metrics

DEC 2021 Pilot - Present

|  |  |
|--|--|
| # of unique groups:  | <b>18</b>  |
| # of total participants:   | <b>156</b>   |
| # of community/language groups:  | <b>8</b><br><b>(Dari/Pashto, Arabic, Amharic/Tigrinya, Burmese, Rohingya, Sango, Somali, Swahili/French)</b> |
| Average # of Retention:  | <b>9</b>   |
| Total # of MxM Meet-ups:   | <b>67</b>  |
| # of referrals made for healthcare [vaccination (COVID-19, Flu, HPV) or PCP appointments]: | <b>57</b>  |
| # of preventative health education topics:   | <b>12</b>  |

## MxM Curriculum:

Class 1: Intro: Vaccines & COVID, w/BINGO

Class 2: Primary Care/Preventative Care w/BP Measurement

Class 3: Oral Health and Hygiene

Class 4: FREE CHOICE (chronic disease, Nutrition during ramadan, DV, Parenting) - First Milestone Incentive

Class 5: Nutrition, Diet, and Exercise w/Demos

Class 6: Mental Health (Stress and Anxiety)

Class 7: Women's Health w/Jeopardy

Class 8: FREE CHOICE - Second Milestone Incentive

Class 9: Skincare and Dermatology

Class 10 - GRADUATION Celebration + Certification



# MOTHERS X MOTHERS TOOLKIT

MxM TOOLKIT on [NRC-RIM](#)  
 A TYPICAL PROGRAM [ENGLISH VERSION](#)  
 TRANSLATED PRESENTATION in [BURMESE](#)



TOOLS TO SPREAD THE WORD ABOUT YOUR MEETUP

A guide to help you plan your meetup and create a custom invite that draws your community in.

TOOLS TO SETUP AND RUN A FRIENDLY HEALTH MEETUP

Tools to setup and run an in-person meetup, that you can use as is or adapt to fit your community's needs.

SUGGESTIONS TO FOLLOW UP AND CONNECT TO SERVICES

Suggestions on how to follow-up with participants including step-by-step vaccination guides.

# MOTHERS X MOTHERS

## WHY IT WORKS FOR RIM COMMUNITIES



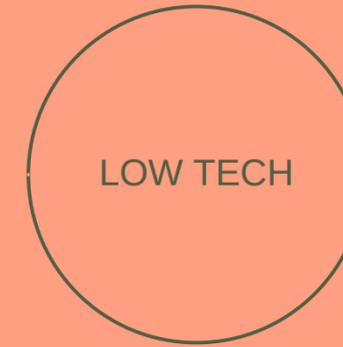
Community  
Health Workers



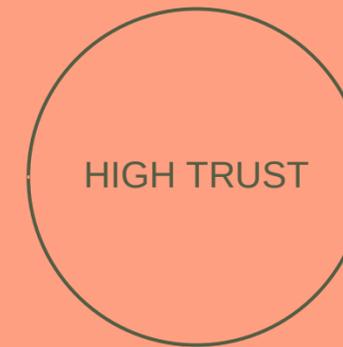
Peer Group  
Safe Space  
Dignity



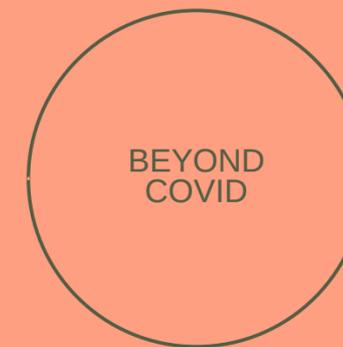
Tailor-made  
Culturally  
Responsive  
Adaptable



We use free tools such as Whatsapp and Google slides to create assets that are easily customizable, translatable, and shareable.



We leverage the credibility and trust community members have in each other and in the CHPs



Format is adaptable to health topics beyond vaccination providing RIM mothers with both a social outlet as well as valuable health information.

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## ACKNOWLEDGEMENTS

**Fariha Alam, RWN Community Health Program Coordinator & Project Manager for MxM  
IDEO.ORG Team especially Claudia & Ridhi  
RWN CHPs: Kalkidan, Samrawit, Maryan, Kamona, Hawa, Memory, Marhaba, Esther, Muna  
NRC-RIM Team especially Diego De Acosta  
Funding from National Association of City and County Officials (NACCHO)  
CDC Support especially Megan Keavney**

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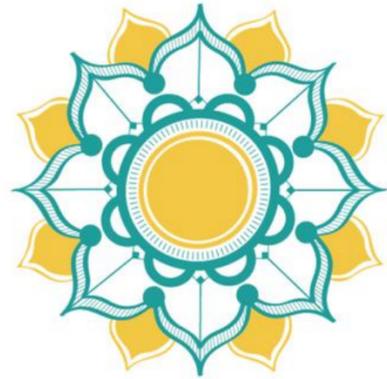
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THANK YOU!

RWN

MxM



REFUGEE  
WOMEN'S  
NETWORK

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