

Center for Survivors of Torture (CST)

CST provides for a wide range of supportive services to enhance new arrivals' daily functioning while adjusting to the challenges experienced in the new country. CST offers services that have the fundamental goals of encouraging better mental health, increasing self-confidence, as well as ability to cope with life challenges on a daily basis.

Culturally sensitive, bilingual staff are trained to recognize and reinforce cultural protective factors that will address early onset of mental health symptoms related to resettlement and trauma experienced in the native country.

CST staff speak many languages, including Arabic, Bosnian, Chinese, Croatian, Farsi, Punjabi, Vietnamese and more.



How to Obtain Services

If you or someone you know is interested in receiving mental health services or you would like more information, please call the New Refugee Services message line at:

(408) 975-2366

This is a message only line. Please leave a message in your preferred language and a staff member will contact you.

For more information, please contact:

Armina Husic, Program Manager
(408) 975-2730 ext. 247
armina.husic@aaci.org

Office hours: 8:30am—5:30pm
Monday—Fridays

Asian Americans for Community Involvement - Main Office

Gordon N. Chan Community Services Center
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www.aaci.org

New Refugee Services



Center for Survivors of Torture

Opening a door...

... to hope and healing



asian americans for community involvement

What is the program about?

All new arrivals to the U.S. find the process stressful. It is common to experience difficulty with:

- ◆ Relaxing and sleeping
- ◆ Feeling anxious and/or irritable
- ◆ Having trouble keeping painful memories from repeatedly returning
- ◆ Wanting to avoid anything that reminds you of painful experiences, including others

If you are having difficulties with one or more of these, contact us. We can help.

The New Refugee Services program is designed for newly arrived refugees and their families resettling in the U.S. and Santa Clara County for less than 5 years to improve their abilities in dealing with stressors experienced in the new country such as adapting to the new culture and language, managing financial difficulties, and dealing with emotional challenges such as depression and anxiety.

Who is Eligible?

- ◆ Refugees who have entered the United States within the last 5 years
- ◆ Asylees who have been granted Qualified Alien Status within the last 5 years

All services are

- ◆ Culturally sensitive
- ◆ Completely confidential
- ◆ Available in many languages
- ◆ Free; available regardless of ability to pay



Mental Health Intervention

Mental Health Intervention Services include:

- ◆ Individual Counseling
- ◆ Group Counseling
- ◆ Family and Children Counseling
- ◆ Medication management services
- ◆ Assistance with searching for school, housing, and/or job, applying for eligible benefits, etc.

