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## Empowering Changemakers in the South Asian Community

Sapna NYC transforms the lives of South Asian immigrant women by improving health, expanding economic opportunities, creating social networks, and building a collective voice for change.



**O**ur vision is to promote health and social justice for the South Asian community in New York City. In this dynamic, rapidly growing community, many new residents are culturally and linguistically isolated, with little access to health care and social services. At Sapna NYC, we believe that through access to information and education, women can be empowered to become changemakers in their communities.

Sapna's programs are developed and evaluated based on state of the art scientific strategies and evidence. Women from our community play a key role at every level of our work—figuring out what programs to offer, helping us carry them through with peer health worker support, and giving us feedback on what needs to change.



### Our programming centers around:

- **Health**
- **Community**
- **Advocacy**
- **Social Justice**
- **Empowerment**
- **Research**

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Here at Sapna we began to think about ourselves. We dared to dream. We accomplished something. That is what we have gained after joining Sapna NYC.

**LAILA R.**



Sapna NYC's programs are always evolving to reflect the changing needs and priorities of the community.

### HEALTH & RESEARCH

- **CHALO! Child Health Action to Lower Obesity** – Intervention-based research study that addresses feeding problems, oral health, and obesity in young South Asian children.
- **Healthy Families** – Case management program to provide services, facilitate referrals, and help women plan and meet their goals.
- **Lead Poisoning Awareness** – Program to address disproportionate number of lead poisoning cases in the South Asian population.
- **Access Health** – Program to improve access to existing health services and provide education on diabetes, lead poisoning, and reproductive cancers.
- **SAATHI & APPLE** - Diabetes Prevention & Management Programs using a Sapna developed CDC accredited culturally competent DPP curriculum
- **Fitness Classes**
- **Patient Navigation Services**
- **Culturally and Linguistically Accessible Education**
- **Breast Health Education with Mobile Mammogram Scan Van**

### EMPOWERMENT & ADVOCACY

- **ASHA** -Asset-building matched savings program attached to a course and one-on-one counseling that promote general mental health, financial empowerment, and social asset building.
- **Citizenship Classes** –Program to help women gain knowledge and confidence in order to pass their US Citizenship test.
- **English (ESOL)** –Four levels of English classes to address the lack of English proficiency in the community, the most basic barrier to access and employment.
- **Workshop Series** -Monthly workshops to increase awareness. Topics include: Self-Defense, Financial Empowerment, Hate Crimes & Discrimination, Immigrant & Housing Rights, Domestic Violence, among others.
- **Voter Registration**
- **Women's Circle & Young Women's Group**
- **Job/College Readiness Workshops**
- **Computer Literacy Classes**
- **Community engagement through our Community Leaders and Advocates Program (CLAP)**
- **Campaign for NYC budget equity, immigrant rights, and health access**