

QUARTERLY NEWSLETTER

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JANUARY-MARCH, 2025



Rupani Foundation Honored for Impactful Leadership by Texas Senate and House

Key Insights

- Texas Legislature Honors Rupani Foundation-RF
- RF and Ibn Sina Foundation Begin Phlebotomy/EKG Tech Training for RCP Clients
- Prenatal Event for Refugee Mothers



- Chairman Rupani and his team Advocated for Maternal Mental Health at Texas State Capitol





Maternal Mental Health Day at the Texas Capitol

The delegation presented findings from its Task Force on Gaps in Health and Behavioral Health Services and Supports, highlighting the top ten barriers to maternal mental healthcare, including limited transportation, lack of wraparound services, and unaffordable childcare. These systemic issues severely impact early childhood development and the overall well-being of Texas families.

Rupani Foundation joined lawmakers, nonprofit leaders, and advocates on Maternal Mental Health Day at the Texas State Capitol. Advocates called for urgent need to improve maternal mental health services and foster cross-sector collaboration to support Texas families.

"Maternal mental health is not just a women's issue—it is a family, community, and societal issue," said Mr. Rupani, Chairman of the Rupani Foundation. "When mothers struggle with mental health challenges, the ripple effect impacts their children, families, and the broader community.

The Rupani Foundation proposed collaborative service delivery model, leveraging philanthropic and public resources to eliminate barriers to care. State lawmakers expressed strong support for advancing maternal mental health and the efforts of the Rupani Foundation, recognizing the importance of community-driven, sustainable solutions to improve outcomes for mothers and families across Texas.

The Rupani Foundation seeks continued collaboration with state leaders to implement practical solutions and long-term policy reforms that prioritize maternal mental health and family well-being.

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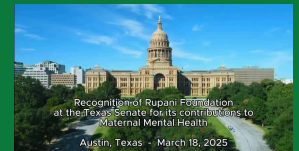
Milestone Moments

Rupani Foundation Recognized at Texas Capitol

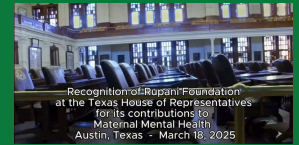
On March 18, 2025, the Texas Senate and House of Representatives recognized Rupani Foundation USA for its leadership in maternal mental health, Early Childhood Development (ECD), and family support programs for children and their families .

The recognition speech particularly mentioned a combination of research, policy advocacy, and community-driven initiatives, the Foundation has played a pivotal role in bridging healthcare access gaps and delivering culturally competent, evidence-based care that improves outcomes for both mothers and children.

[▶ Acknowledgment in Senate follow link:](#)



[▶ Acknowledgment in House of Representatives follow link:](#)



Welcome onboard, Aziz!



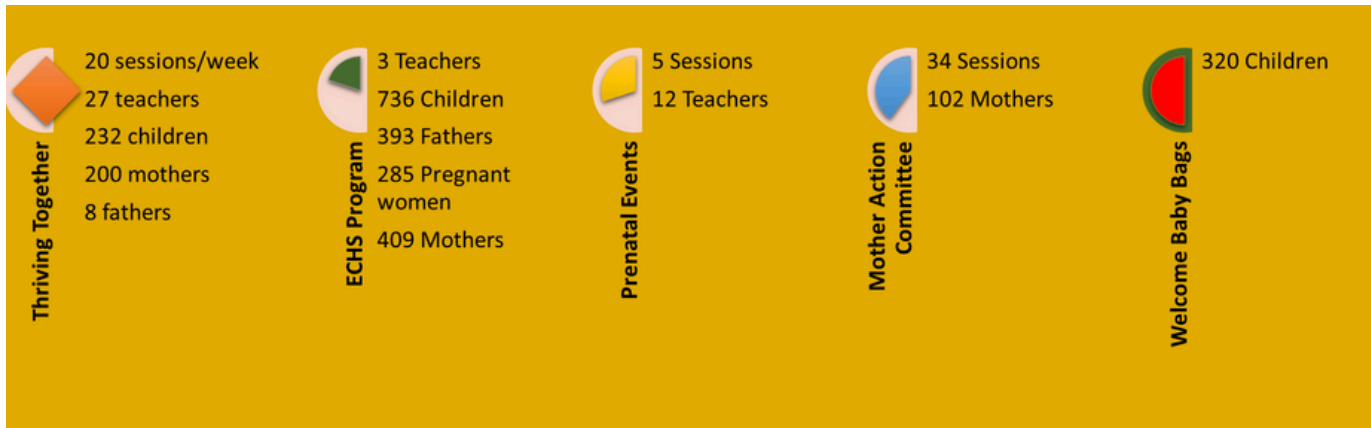
We are pleased to announce the appointment of Azizullah Baig as the new CEO of Rupani Foundation USA, effective March 1, 2025.

With over 20 years of international development experience.



Quarterly Program Updates

Rupani Foundation Early Childhood Programs



Continuing Our Commitment to Families: IP and Brain Builders Sessions

We offer our Informed Parents (IP) and Brain Builders classes across 57 different sites in Harris County!

Our passionate Early Childhood Development (ECD) facilitators are working tirelessly to support families through our 18-week program. We provide personalized guidance, closely monitoring each child's growth and assessing the progress in parent-child interactions. Through these sessions, parents receive valuable encouragement and practical strategies they can implement to foster long-term positive changes in their children's development, ensuring these practices extend well beyond the program.

These classes are part of the Thriving Together initiative, a collaboration between the Hackett Centers and the Children's Museum Houston. We extend our gratitude to Harris County Early Childhood Initiative Funds (ECIF) and the Department of Economic Equity and Opportunity (DEEO) for their ongoing support and funding, which have been essential in making the Thriving Together program a success.

Celebrating a Special Milestone in Early Childhood Education

This accomplishment marks a journey filled with growth, learning, and lasting memories.

We celebrate the graduation of incredible mothers and their amazing children from the Informed Parents and Brain Builders classes held at our centers across the Harris County.

These families have embraced every opportunity to learn, connect, and grow together, and we are so proud of their dedication.

The classes, designed to foster early childhood development and strengthen parenting skills, have been instrumental in empowering these mothers to continue building a bright future for their children.

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Rupani Foundation and Ibn Sina Foundation Begin Phlebotomy/EKG Tech Training Clients



As part of the Refugees Career Pathway (RCP), the Rupani Foundation has partnered with the Ibn Sina Foundation to launch its first joint upskilling course for refugees, asylees, and immigrants. On March 7, 2025, nine Rupani Foundation RCP clients began their Phlebotomy/EKG Tech training, marking an important milestone in the ongoing effort to provide critical job skills to underserved communities. The training is set to conclude at the end of April 2025.

In this initiative, The American Medical Institute INC. is providing the classroom training, while the Ibn Sina Foundation is offering the practical healthcare training and clinical exposure. This program combines classroom instruction with hands-on clinical experience.

Rupani Foundation Facilitators Complete Brain Builders Training



On January 30th and 31st, 2025, our Early Childhood Development (ECD) facilitators successfully completed the Brain Builders Training, led by our partners at The Hackett Center and facilitated by esteemed trainers Claudia I. Macias and Arely Leal.

As part of Rupani Foundation's 18-week program, our dedicated team of facilitators conducts six weeks of Brain Builders sessions, focusing primarily on the stress women face after pregnancy and while raising young children.

In 2023, we integrated The Hackett Center's Brain Builders (BB) program into our approach, further strengthening our commitment to early childhood development.

Similar to our Informed Parents initiative, this six-week interactive program empowers families with essential brain science knowledge—not just teaching them what to do, but why it matters.

Brain Builders presents information in an accessible, engaging format, helping families understand the deeper significance of everyday interactions—like singing, reading, talking, and playing with their babies—and how these simple actions lay the foundation for later skills, such as literacy and analytical thinking.

Harris County Early Childhood Impact Fund (ECIF) 5th Quarterly Meeting



The 5th Quarterly Meeting of the Early Childhood Impact Fund (ECIF) held on February 4, 2025, brought together key stakeholders from Harris County's Early Childhood Initiatives Division.

Highlights included impactful presentations, showcasing the program's reach, such as serving 70,000+ children and training nearly 9,000 adults. Key programs like Collaborative for Children, the Rupani Foundation USA and Kids' Meals were spotlighted, and attendees engaged in collaborative discussions to enhance early childhood outcomes.

Our team actively participated and contributed to the success of the event. Their engagement further emphasized the importance of partnerships in creating lasting impacts for children and families in Harris County.

Ramadan Package for Refugees



In a heartfelt initiative to support newly arrived refugee clients during the holy month of Ramadan, Mrs. Farida Rupani sponsored a special Ramadan Package Distribution. Mrs. Rupani personally provided these packages, ensuring that our clients had the essential resources needed to observe Ramadan with dignity and comfort.

A total of 320 packages were distributed Gables Center on March 19th, Westward Center on March 20th and Ibn Sina Clinic on March 21st.

Each package contained staple Ramadan essentials such as rice, flour, juice, lentils, and other nourishing items, offering vital support to our clients during this meaningful time. This event reflects the Chairman's unwavering commitment to serving and uplifting our community, especially during such an important and spiritually significant month.

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Afghan Cultural Event at YMCA Fort Bend



Prenatal Event for Refugee Mothers

On January 8th, we hosted a special prenatal event at two locations: YMCA Fort Bend and Ashford Crescent Oaks. The event brought together 50 mothers, providing them with valuable information on maternal health and prenatal care.

In addition to the informative session, each mother received a thoughtful gift bag from the Rupani Foundation, which included essential items such as diapers, wipes, baby oils, snacks, and drinks to support both their well-being and their baby's needs. This event was a wonderful opportunity to empower mothers with the knowledge and resources necessary for a healthy pregnancy and delivery, while also offering them practical items to care for their newborns.

On February 25, 2025, the Ethnic Community Self-Help Initiative hosted a vibrant Cultural Event for Afghan Refugees at the YMCA Fort Bend, bringing together over 137 participants for an afternoon of community, connection, and celebration of Afghan culture.

The event featured a rich showcase of Afghan traditions, with Ibn Sina participating as a vendor alongside two local, home-based Afghan businesses, adding authenticity and variety to the offerings. One of the event's highlights was the captivating stage performances, which included traditional Afghan dances and poetry recitations that were both entertaining and deeply meaningful. A particularly memorable moment was the heartfelt speech delivered by a local Afghan mother, whose words about cultural pride and unity deeply resonated with the audience.

Interactive stations, such as henna application and face painting for children, kept families engaged and entertained. The Afghan cultural showcase table also attracted attention, offering a selection of artifacts, traditional clothing, and educational materials that sparked curiosity and conversation among participants.

Health and Hygiene Awareness Session at Mahanay Elementary School

We recently conducted a Health and Hygiene Awareness session for 90 students at Mahanay Elementary School!

Through interactive activities and discussions, the students not only gained valuable insights into essential hygiene practices but also enjoyed a fun and memorable learning experience.

The engaging session focused on teaching students the importance of maintaining good personal hygiene as part of a healthy lifestyle.



Community Support Programs for Refugee Families

Informed Parenting (IP) and Early Childhood Development (ECD) Classes

The Ethnic Community Self-Help Initiative (ECSH) has been dedicated to supporting refugee families through various programs that help them thrive in their new communities.

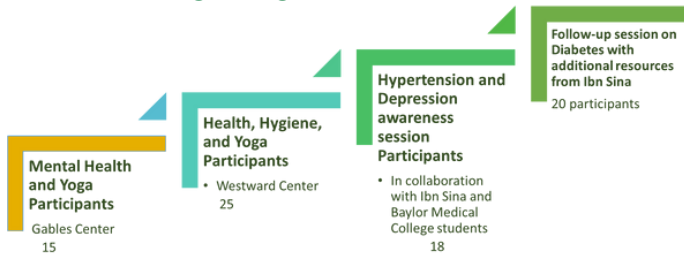
EECHS IP and ECD Classes



ECSH hosted three IP and ECD classes, graduating children and mothers, equipping them with essential parenting and child development knowledge. An ongoing class at Gables Center continues to support children and mothers in their learning journey.

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Health Navigating Sessions



ECSH hosted four health sessions to empower refugees in managing their well-being

These programs continue to support refugee families by providing essential tools for parenting, language, and health management.

Community Health & Wellness Sessions

In collaboration with Ibn Sina and YMCA, Rupani Foundation has been conducting educational sessions focused on key health and well-being topics. Led by our trained Community Health Workers (CHWs), we successfully conducted 21 sessions, covering Stress Management, Health & Hygiene, and Reproductive & Sexual Health.

Through this collaboration, we continue to connect with more families and communities, expanding our reach and impact.

ESL Class for Beginners at Westward Center

On March 4, ECSH launched an ESL class for 20 refugee mothers at the Westward Center, helping them improve their English skills and integrate more effectively into their new community.



Rupani Foundation Joins the Texas Evaluation Network (TEN)

We're excited to share that the Rupani Foundation has officially joined the Texas Evaluation Network (TEN)—a collaborative group dedicated to advancing the field of evaluation across Texas.

This partnership opens new doors for learning, networking, and sharing best practices with evaluation professionals statewide. As part of our commitment to continuous improvement, our Monitoring and Evaluation Coordinator, Laila Zaid, participated in TEN's Annual Virtual Meeting on March 27, 2025. The event brought together thought leaders to explore emerging trends, tools, and strategies in evaluation.

Through this collaboration, we're strengthening our ability to assess and enhance the impact of our programs—ensuring we continue to make a lasting difference in the communities we serve.

Stay tuned for more updates as we engage with TEN and apply these insights to our work!

Dear Readers,

Thank you for being part of our community. We look forward to keeping you informed and inspired.

Warm regards,
Rupani Foundation Team

