

AFGHAN FAMILY RESOURCE PACK



• GENERAL RESETTLEMENT AND IMMIGRATION RESOURCES

◦ USA HELLO

- USA Hello is a free website and app for newcomers and their families that helps identify local services and resources, such as legal help, resettlement services, housing and food, healthcare and counseling, education and English Classes, jobs and careers, financial literacy, children and teens, community, and emergency services
 - USA Hello is currently available in: Arabic, Dari, English, Pashto, Spanish, Ukrainian

◦ SETTLE IN

- The Settle In website and app is another resource platform for newly arrived migrants in the United States. Settle In has hundreds of resources including videos, podcasts, and fact sheets. Topics include cultural adjustment, employment, housing, U.S. laws, and more.
 - Settle In is currently available in: Arabic, Burmese, Dari, English, Farsi, Kinyarwanda, Pashto, Russian, Somali, Spanish, Swahili, and Ukrainian.
 - [Click here to join the Settle In Community Facebook Page!](#)

◦ U.S. Citizenship and Immigration Services (USCIS)

- [How to create a USCIS account online \(Dari\)](#) & [How to create a USCIS online account \(Pashto\)](#).
- [Free U.S. Citizenship Practice Test](#)

◦ U.S. Committee for Refugees and Immigrants (USCRI)

- The U.S. Committee for Refugees and Immigrants (USCRI), established in 1911, is a nongovernmental, not-for-profit international organization dedicated to addressing the needs and rights of refugees and immigrants. USCRI, working with its affiliates, provides legal services, social, and health services to refugees, unaccompanied migrating children, trafficking survivors, and other immigrants in all 50 states. USCRI advocates for the rights of refugees and immigrants both nationally and globally, helping to drive policies, practices and law

◦ Virtual Resettlement Line (VRL) to Support Afghans and Ukrainians

- A one-stop resource for any Afghan or Ukrainian humanitarian parolee who is struggling to access benefits or resources in their community. VRL is staffed by English, Ukrainian, Russian, Dari and Pashto speaking virtual navigators.
- To access the resettlement line, call:
+1 (212) 551-3010 or email VRL@rescue.org, Monday-Friday 9am-5pm EST

[VRL Flyer for Afghans](#)

◦ Longer Term Resettlement Resources (English, Dari, and Pashto)



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• **RIGHTS**

- [Immigration Services for Afghan Arrivals](#) or Call + 1 (833) 286-0864
- [What Afghan Minors and Their Caregivers Need to Know](#)
- [Public Benefits](#)
 - [Supplemental Nutrition Assistance Program \(SNAP\)](#)
 - [Women Infants and Children \(WIC\)](#)
 - [Check Your Eligibility](#)

• **SAFETY**

- [Emergency Preparedness Plan Template](#)
- [American Red Cross Emergency Contact Card](#)
- [Sample Script to Call 9 - 1 - 1](#)
- [Avoid Scams](#)
- [Avoiding Scams \(in Dari\)](#)

• **HEALTH**

- PHYSICAL HEALTH
 - [Center for Disease Control \(CDC\) Vaccine Statements \(Dari & Pashto\)](#)
 - [Health Education Resources \(complete with videos in Dari\)](#)
 - [Vaccine Information \(English, Dari, Pashto\)](#)
 - COVID-19
 - [Information about COVID-19 in Dari & Information about COVID-19 in Pashto](#)
- FOOD ACCESS AND NUTRITION
 - [Food Bank Locators](#)
 - [Afghan Nutrition Guide \(English and Dari\)](#)
 - [Diet for Diabetes \(Dari\)](#)
- MENTAL HEALTH
 - [Afghan Mental and Behavioral Health Support](#)
 - USCRI has set up a 24/7 national crisis hotline to support newly resettled Afghans. Counseling is provided on a need-to-need basis, and referrals to the appropriate services are provided immediately. Cases in need of emergency intervention will be flagged to the Crisis Response Team (CRT)

AFGHAN CRISIS HELPLINE: + 1 (800) 615-6514

[Afghan Crisis Helpline Flyer](#)



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• SCHOOL & EDUCATION

- [Starting School in the United States](#) (currently available in 4 languages, Arabic is primary)
- [A United States School Navigation Guide for Immigrants and Refugees \(English\)](#).
- [How to use a Chromebook](#) (pictorial and available in Dari and Pashto)
- [Instructions to download and use Zoom \(Dari\)](#).
- [Parent Guide for English Learners](#)
- [Free Online GED Preparation Courses](#)
- Individualized Education Plans (IEP) :
 - [What is it?](#)
 - [IEP Roadmap](#)
- [Video series, in Dari, on Digital literacy questions \(how to use Zoom, how to use email, etc.\)](#).
- [Find and Contact your Local State Department of Education](#)

• ENGLISH LANGUAGE LEARNING

- [Free Online English Classes](#)
- "I Speak" Cards ([Dari](#), [Pashto](#)) for you to have readily available to notify others if you need an interpreter

• EMPLOYMENT

- [Video series, in Dari, on Refugee Job Readiness](#)

• FINANCIAL

- [Video Series, in Dari, on Financial Literacy Questions](#)
- [How to file taxes](#)
- [Budgeting and Personal Finance](#)
- [Money as you Grow: Help for parents and children](#)

