

We work closely with clients to provide essential support in areas such as housing, employment, access to education, and social services. By addressing these practical needs, we empower our clients to build a foundation for a more secure and self-reliant future.



Contact Us

If you or someone you know is a new Afghan arrival seeking support, healing, and empowerment, **Raahat Project** is here for you. We offer a caring hand and a compassionate heart as you begin this new chapter.

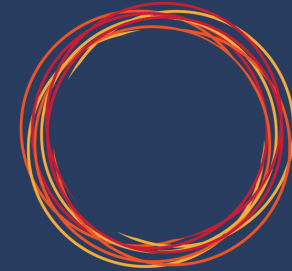
Together, we can work towards a brighter future.

Contact Info

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The
CENTER for
VICTIMS of
TRAUMA
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Raahat Project

Raahat Project





Who are we?

At CVT-Raahat, we are a dedicated team of professionals providing individual, group, and family case management and various psychosocial wellness programs. With a deep understanding of the challenges faced by the recently arrived Afghan community in Minnesota, we are committed to serving our clients with respect and dignity, fostering healing, resilience, and social integration.

Who we serve?

At CVT's Raahat Project, we provide services designed to support Afghan individuals and families recently resettled in Minnesota. We understand and respect the unique needs of our clients and are committed to offering services that align precisely with those needs. We proudly serve people of all backgrounds, race, language, gender, age, religion and ethnicity.

Culture and Language

We provide culturally and linguistically appropriate services to our clients. Our services are offered both in Dari and Pashto. We incorporate cultural competency into every aspect of our services, ensuring that clients feel comfortable and understood as they work towards rebuilding their lives in the Minnesota.



Our Services

1. Social Support Groups


We offer regular 8-10 week group sessions tailored for various ages and identities to support newly arrived Afghans on their path to personal growth and well-being. Our sessions encompass a range of topics, including community building, cultural adaptation, overall health, goal setting, parenting in the west, and the establishment of a wellness-focused community. These sessions are conducted in collaboration with the our partner organizations.



2. Psychotherapy

At CVT Raahat Team, we have a team of caring psychotherapists who understand the challenges that immigrants and refugees, including Afghans in the United States, may face. Our therapists can assist you in dealing with issues like trouble sleeping, fear, everyday stress, and more. We are here to support you on your journey to feeling better and finding peace in your new home (Minnesota).

3. Social Work Services



Adapting to a new society can be challenging. Through our case management services, we work closely with clients to provide essential support in areas such as housing, employment, access to education, health, and social services. By addressing these practical needs, we empower our clients to build a foundation for a more secure and self-reliant future.

