



## Ascend Leadership Foundation

Development of family's health through health trainings

New application for second cohort

### **About**

Since 2015, ASCEND has been a steadfast provider of comprehensive development support, focusing on the physical and mental health, as well as social services for women in Afghanistan. Following the significant political shifts in August 2021, ASCEND took a strategic pause to reassess the evolving needs of Afghan women and their families. In March 2023, we proudly resumed our activities, realigning our mission to better serve the community under the current policy framework of the Islamic Emirates.

Our renewed commitment is centered around empowering women through a multifaceted approach that includes psychosocial well-being, health education, community service initiatives, and environmental stewardship. We are also dedicated to creating educational workshops that elevate health awareness not just among our participants but within the broader society.

Through these programs, participants gain essential tools and skills that empower them to lead more effective and fulfilling lives. Our goal is to equip women with the knowledge and capabilities to positively impact their communities, ensuring a ripple effect of change that extends far beyond the individual

### **Program Announcement: Development of Families' Health through Health Training**

ASCEND is committed to enhancing the health and well-being of families in Kabul through comprehensive health education programs. Our initiatives are designed to empower women from diverse backgrounds by providing them with the knowledge and skills necessary to improve their health and that of their communities. The "Development of Families Health through Health Training" program is one such initiative, aimed at promoting basic health practices across Kabul.

We are excited to announce the opening of applications for the **first cohort of our 2025** program. This program is tailored to equip women with essential health knowledge and practical skills over the course of four months. The training is structured into two shifts—morning and afternoon—with each session lasting for 3 hours. The program covers a wide range of topics, including basic healthcare, hygiene, nutrition, first aid, women's health, environmental stewardship/health and mental well-being.

Interested candidates should send their application for the shortlist process.

**Title:** Program Participant

**Start of program:** 19 January 2025

**Duration:** four months

**Location:** Kabul, Afghanistan

**Application Deadline:** 3 January 2025

### **Who can apply?**

**Gender:** Female

**Age:** 17-25

**Education:** Should be able to read and write

**Note:** If you have a job or graduated from University you are not eligible for this program.

### **How to apply?**

Those who are interested in the program can apply through contacting the following email and phone number.

**Note:** Please use your full name while sending the email or contacting me through the phone.

**Email:** [afg.program@ascendathletics.org](mailto:afg.program@ascendathletics.org)

**Phone Number:** +93728388716