

Strength ◦ Support ◦ Success


A Word from REFA


As November unfolds with opportunities for gratitude and reflection, we're thrilled to share exciting local events as we continue our mission of building resilience and empowering communities.

Upcoming November Events

Daily In-Office Blood Pressure Hub

 Available daily during business hours

 Monday to Friday, 9:00 AM – 5:00 PM

 REFA Office, 1870 50th St. E., Suite 18, Inver Grove Heights, MN 55077

Your health matters! Stop by REFA's office anytime during business hours for a free blood pressure check and access resources that support heart health and overall well-being. This initiative is proudly supported by the American Heart Association.

No appointment needed—just walk in!

The Minnesota Immigrant and Refugee Health Network's Monthly Meeting

 Tuesday, November 18, 2025

 **9:30 AM – 11:00 AM**

 [ONLINE Register Here](#)

Join us for an exciting conversation about programs and services on mental health. Our presenters will share their work on how they are addressing mental health in their respective communities and learn more about the Minnesota Department of Health's (MDH) 988 Lifeline.

Agenda

- Presentation by Dr. Ola from Restoration for All, Inc.
- Presentation by YoonJu Park and Minkyung Kang from Korean Adoptees Ministry Center
- Presentation by Emily Lindeman from MDH 988 Lifeline.


Please [register](#) by the morning of the meeting. After you register, you will receive an email with instructions for joining the meeting online or by phone.

2025 Fall Mental Wellness Conference: Beyond the Numbers

*Culturally Responsive Data Transforming Mental Health Access,
Substance Use, Gambling & Suicide Prevention in the Refugee and
Migrant Populations in Minnesota*

 **Saturday, November 22, 2025**

 **9:00 AM – 1:00 PM**

 **Amherst H. Wilder Auditorium A, 451 Lexington Pkwy N, St. Paul,
MN 55104**

Join us for this critical conference focused on using culturally grounded data to drive meaningful change in mental health services for refugee and immigrant communities. This conference brings together community leaders, mental health providers, policymakers, and advocates to explore innovative approaches to mental wellness, addiction recovery, and suicide prevention.

Conference highlights:

- Keynote presentations on culturally responsive mental health assessment and intervention
- Workshops on substance use and gambling addiction in immigrant communities
- Panel discussions on suicide prevention strategies that work
- Data storytelling: transforming community narratives into action
- Networking opportunities with providers and community organizations
- Continental breakfast and hot lunch provided
- CEUs available for eligible professionals

This conference is free and open to community members, service providers, educators, mental health professionals, and anyone committed to supporting mental wellness in diverse communities.

Register Now for the 2025 Fall Conference

Community Mental Health and Wellness Outreach & Thanksgiving Giveaway Event

 **July 17** Saturday, November 22, 2025

 **2:00 PM – 6:00 PM**

 **Christ Miracle Church Mission (CMCM) Worldwide, 1150 7th Street E, Saint Paul, MN 55106**

Join us for an afternoon of wellness, community connection, and Thanksgiving celebration! This special event, featuring Rev. Mrs. Folashade Ogungbe from Akanke Jesu Ministries, combines vital health services with holiday support for families.

Features:

- In-person spiritual counseling
- Free flu shots
- Free health screenings and wellness checks
- COVID-19 testing kits


- Blood pressure tests
- FREE Turkey to the FIRST 50 Households (*1 per household*)
- FREE Thanksgiving meal items

For more information: call (651) 493-6646 or email info@restoreall.org

Spotlight Event: International Day for the Elimination of Violence against Women

From Palermo to the World: Survivor Justice, Dignity, and Healing – Uniting Voices to End Violence Against Women

 **Tuesday, November 25, 2025**

 **9:30 AM – 12:30 PM**

 [ONLINE Register Here](#)

Building on the powerful global dialogue sparked at the 2025 World Summit in Palermo, this year's International Day for the Elimination of Violence Against Women continues the movement from Italy's halls of unity to communities worldwide. This virtual gathering invites advocates, survivors, professionals, and community members to reimagine what accountability, healing, and safety can look like when centered on survivor leadership and cultural responsiveness.


Join us for a powerful virtual gathering that amplifies survivor voices, explores restorative approaches to safety, and unites communities worldwide in the fight to end gender-based violence. A meaningful follow-up to the Summit, designed to inspire, connect, and mobilize.

Please [register](#) by the morning of the meeting. After you register, you will receive an email with instructions for joining the meeting online or by phone.

Community Mental Health and Wellness Outreach & Thanksgiving Giveaway Event

 **Tuesday, November 25, 2025**

 **2:00 PM – 6:00 PM**

 **REFA Office, Suite 18, Health & Harmony Space, 1870 50th St E,
Inver Grove Heights, MN 55077**

Celebrate the season of gratitude with us! This special event combines health screenings with Thanksgiving support for families in need.

Free services include:

- Free flu shots
- Free health screenings and wellness checks
- COVID-19 testing kits
- Blood pressure tests
- Free Thanksgiving turkeys and meal items for the first 50 households (*1 per household*)

November 25th is a special day of community wellness programming at REFA. Join us for multiple information sessions throughout the day:

Follow Along Program Session

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The Follow Along Program is a free service that supports families with children (0-5 years) as they grow and learn. Dakota County supports families with resources and programs to prepare them for each stage of their child's development. Program benefits: Enroll for free, follow your child's growth and development, and connect with early childhood professionals

Family Friend and Neighbor (FFN) Childcare Provider Session

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Are you a relative, friend, or neighbor caring for someone else's young children? Interested in becoming a Family, Friend, Neighbor Child Care Provider? Come learn about FFN providers, available training, resources, and support! Who should attend: Anyone who enjoys being with children, relatives, friends, or neighbors providing childcare, and those interested in becoming licensed FFN providers

Mental Health & Suicide Prevention Outreach Program

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Take a step toward better mental well-being. This FREE program is designed to provide tools, support, and community for anyone looking to improve their mental health or that of others. Join us to: Understand mental health in diverse communities, get resources for mental health support, and engage in mental health and suicide prevention discussions

*Thanksgiving Giveaway courtesy of the **Minnesota Vikings!***

For more information, please call (651) 493-6646.

Join the United Resilience Coalition

Email Us

Are you passionate about mental health, suicide prevention, and supporting African immigrant and refugee communities?

The United Resilience Coalition needs YOU.

The United Resilience Coalition is a collaborative network anchored by REFA that brings together community leaders, service providers, faith leaders, educators, youth, and advocates working to transform mental health care for African immigrants and refugees.

The coalition focuses on:

- Fostering resilience and promoting mental health awareness
- Increasing access to culturally competent mental health resources
- Promoting policy advocacy and systems change
- Creating a united platform for collective action for wellbeing

Coalition members actively participate in planning and implementing key initiatives including:

- The Fall Mental Wellness Conference (November 22, 2025)
- Community outreach events and wellness programming
- Youth-led mental health programming and peer support
- Community education and stigma reduction campaigns

- Provider training on culturally responsive care
- Advocacy for funding and policy changes at county and state levels

Coalition members meet monthly online to coordinate efforts, share resources, and plan collaborative initiatives. Your voice and expertise are essential to creating meaningful change.

Whether you're a mental health professional, faith leader, educator, policy advocate, or someone who cares deeply about this issue, there's a place for you in this coalition. Together, we're building the infrastructure and support systems that will save lives and strengthen communities.

Together, we can build a future where every young person, no matter their background, feels seen, supported, and safe.

Interested in joining? Contact Coalition Coordinator, Victor Obisakin at victor@restoreall.org or call (651) 493-6646 for more information.

Sincere Message of Gratitude

As we approach Thanksgiving, we would like to express deep gratitude for each member of the REFA community.

From the worldwide community that joined us in Palermo to the families who continue to seek hope and healing through our doors, from our dedicated volunteers to our funding partners, from community leaders to young people finding their voice, thank you.

Your support, engagement, and commitment to building resilience make this work possible. Whether you participate in our programs, volunteer your time, partner with us on initiatives, or simply believe in our mission, you are essential to the transformation we're creating together.

This year has brought challenges, but it has also brought incredible moments of connection, healing, and hope. The World Summit reminded us that our work in Minnesota is part of a global movement toward justice and healing. Every life changed, every family supported, every connection made matters.

As we gather with loved ones this Thanksgiving, let's remember that resilience isn't just about bouncing back; it's about building communities where everyone can thrive.

Thank you for being part of the REFA community. Together, we are building resilience, supporting families, and fostering healthier, stronger communities, here in Minnesota and around the world.

*With gratitude and hope,
The REFA Team*



Restoration for All, Inc.

Be Restored. Be Empowered



Restoration for All Inc.

1870 50th St. E., Inver Grove Heights
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