



**Here are some highlights of how AWB programs are empowering communities and transforming lives.
Turn this page over to donate and partner with AWB to continue this work in 2018.**

Please give from your heart.

Name _____

Billing address _____ City, State, Zip Code _____

Phone _____ Email _____

I (we) pledge a total of \$ _____ to be paid: now monthly quarterly yearly.

I (we) plan to make this contribution in the form of: cash check credit card other.

Credit card type | number _____ Credit card expiration date _____

Authorized signature _____

Program Designation(s) - Please circle:

- Critical Core Operations (gives AWB the most flexibility to do trauma healing work)
- National Disaster Relief
- Community Clinic Service Program
- Israel-West Bank Trauma Healing Program
- Refugee Support Project
- Nepal Program
- Haiti Program

This donation is in honor of (name and contact info): _____

Acknowledgement message: _____

Please make checks payable to: AWB, 4605 NE Fremont, Suite 204B Portland, Oregon 97213 Phone: (505)266-3878

To make a donation online go to: <http://www.acuwithoutborders.org/donate/>

AWB has never been asked to provide so much trauma healing service in such a short period of time.

Hurricane Harvey in Texas, Irma in Florida, Maria in Puerto Rico... earthquakes in Mexico...the shooting in Las Vegas... wildfires in California...

Right now, AWB is actively supporting disaster relief responses in Texas, Florida, Puerto Rico, Las Vegas and California.

- *I came for the acupuncture session not knowing what to expect. Within 5 minutes I could feel myself relaxing. The next day I had so much energy, more than I have had in two years. My mother cried tears of joy. - Melody Brooks after receiving treatment in Houston, TX*
- *Hurricane Harvey was more destructive than anyone was prepared for...the community banded together to help each other get to safety. Once the ... flooding subsided, communities came together once again to help with the cleanup. Acupuncturists Without Borders helped ... acupuncturists from across the city, state and beyond ... offer a place for people to heal as a group. It has been a privilege to be able to use my skills to support the emotional wellbeing of the community. – Denise Saad, LAc, AWB team leader, Houston, TX*



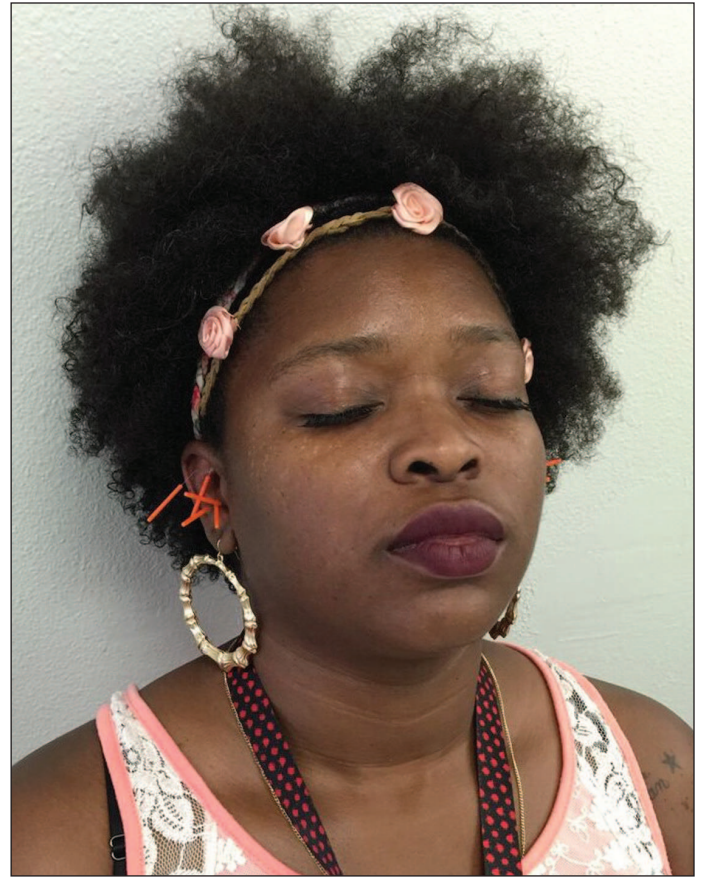
*AWB volunteer Camila Barnes providing treatments
Houston, TX, September 2017*

**Creating long term, sustainable trauma healing projects
in our communities.**

- *I have had zero episodes of depression since starting treatments! They have eliminated my cravings for drugs. Still working on anger...acupuncture helps tremendously!*
- *I am worse today, I think, because I have missed (treatments) the last 3-4 weeks. It makes such a difference when I get treatment!*
- *Treatments really help me take care of myself better!*

– *Comments from veterans receiving treatment at Alabama Holistic Health, an AWB-affiliated clinic in Huntsville, AL*

AWB has trained over 4,000 acupuncturists in the US to do field work in disaster and conflict areas, and to create long-term community service clinics where they work and live. Over 40 AWB-affiliated clinics now offer free or low-cost acupuncture to veterans and their families, refugees, and people without economic resources. In 2017, AWB-trained volunteers started new clinics in Washington, DC for refugees; in Illinois for children with special needs; and in Santa Fe for women military veterans. With your support, AWB's Community Clinic Service Program provides over 50,000 treatments a year.



Treatment at AWB clinic for female veterans in Santa Fe, NM



Ear seed treatments at Oinyfyta refugee camp

Working from the heart to heal body, mind and spirit.

Since May 2016, AWB has offered treatments to refugees settling in the United States through its network of Community Service Clinics, as well as in several refugee camps in Greece, where 65,000 people still live in extremely challenging conditions.

Levels of trauma have increased in the past year, especially among children, creating the foundation for generational trauma that will extend into the future. Acupuncture and earseed treatments help interrupt this downward spiral. Coordinators from the refugee camps where we work tell us that after we have given treatments, the atmosphere in the camps improves markedly:

- *We are so grateful for you guys...Thank you so much for all your efforts – Lisa Campbell, Oinyfyta refugee camp director*

We have just sent our ninth team of AWB volunteers to Greece, and are planning more service trips in 2018 to work alongside Greek practitioners that we have trained. Your support provides supplies, transportation and logistical support for these amazing Greek acupuncturists to offer treatments on a regular basis!

Seeing oneself in the other.

Since 2014, AWB has been working with Israeli and Arab-Palestinian practitioners to bring trauma healing to this region of beauty and conflict. In a few years, AWB has:

- *Trained over 100 Israeli practitioners.*
- *Helped establish **AWB Israel** which offers treatments to everyone: Holocaust survivors, Palestinian women in the West Bank, army veterans and soldiers, at-risk youth, and displaced Sudanese refugees, amongst others.*
- *Laid the groundwork to train Palestinian health workers in 2018 to offer services in their communities.*

In 2017, AWB led a World Healing Exchange for US practitioners to Israel-West Bank to grasp the challenges of working with trauma in a divided land. One participant wrote:

- *With a few intelligently placed needles, and the exhilarating experience of heartfelt connection between humans, we embark on a mission to ease and inspire internal worlds, outer auras and, through a ripple effect, entire communities.*

AWB returned to Israel in October to assist with another training for Israelis, and to solidify plans for training Palestinian health workers next spring.



*AWB mobile clinic treatments in Jenba,
West Bank and East Jerusalem*

Empowering communities and transforming lives.

Every Monday, acupuncturists from **AWB Nepal** go to the SAATHI Women's Center to treat women who have been trafficked for sex, organs and slave labor. Since 2009, AWB has trained dozens of Nepali acupuncturists who provide thousands of treatments annually. This is one of AWB's most successful, sustained programs, coordinated by Nepalis and supported by AWB in the United States. A story from Priti Thapa, AWB Nepal coordinator:

- *Rani was brought to SAATHI women's center 3 months ago, by Nepal police. She was always talking loudly, making fun of everyone, laughing out loud for no reason... she became a little violent throwing food and stuff. The first 3 weeks were difficult to control her during clinics, so we used to hold her hand and try to keep still for at least 5-10 minutes. Now, she sits with the group for the treatment and after 10-15 minutes, she leaves quietly. She always has a big smile. Her friends say she has stopped mocking them and now they allow her to sit with them during free time. When asked if the treatment is helping her, she...just shakes her head in agreement. The hostel coordinator says, it has cured her insomnia and she has calmed down a lot.*



Treatments for elders who have no home or family



Training at CapraCare, 2017

Resilience and strength.

AWB has maintained a trauma recovery program in Haiti since the devastating earthquake of 2010. For seven years, local **AWB Haiti** Clinic Manager Louissaint Alcide has coordinated this program in Haiti with only a modest stipend to keep him going. In 2017, AWB Trainers Peggy Regis Robinson and Anne Mok, with Louissaint, provided training for staff members at CapraCare in Les Cayes, Haiti. He also trained 10 psychologists in the Cap Haitien region of Haiti.

- *With the AWB Training this spring, the CapraCare staff is now able to provide weekly trauma recovery services to a community that was 80% devastated by Hurricane Matthew while still recovering from the trauma of the 2010 earthquake. Community members report the ear acupuncture is helping them to feel more calm and able to combat the wide range of harsh daily physical, psycho-social and environmental living conditions in Haiti. CapraCare needs AWB to return to provide additional training so that our staff can be more effective at serving the local community of 20,000 people who are in need of this very valuable, life-saving service."*

–Jean Pierre-Louis, MPH, Founder and CEO of CapraCare