



The 8th Annual Somali Diaspora Youth (SDY) Conference

Saturday November 23rd, 2019, Columbus, Ohio

10:00 am – 7:00 pm

Abubakar Al-Sadiq Islamic Center

591 Industrial Mile Road, Columbus, Ohio

Salaamu Allaikum,

I hope this letter finds you in the best of health and heightened iman.

The Abubakar A-Sadiq Islamic Centre is hosting **the 8th annual Somali Diaspora Youth Conference**, to be held on November 23, 2019. The conference aims to facilitate an exchange of ideas and sharing knowledge and wisdom on important topic areas. The overarching theme for this year's conference is **Bridging the gap: Community Conversation on Mental health**.

The SDY annual conferences are initiatives supported by volunteers and contributions from organizations and community members. We have been able to host SDY annual conferences through the generosity of our community members. All donations are tax deductible.

The Theme of this year's conference is:

BRIDGING THE GAP: COMMUNITY CONVERSATION ON MENTAL HEALTH

The 2019 Somali Diaspora Youth conference aims to focus on exploring the multi-faceted pathways to a balanced life. The overarching theme(s) for this year is bridging the gap: community conversation on mental health. The objective is to exchange ideas and share knowledge about individual, family and community efforts to balanced life through ongoing education and strong faith.

Bridging the gap: Community Conversation on Mental health: will have the following core sub-themes addressing pertinent issues:

- Activism
- Empowerment
- Trauma
- Identity crisis
- Cultural taboos
- Societal pressures
- Addictions

Jazakum Allahu khayran,
Planning Committee