

# Join Us

# About Us



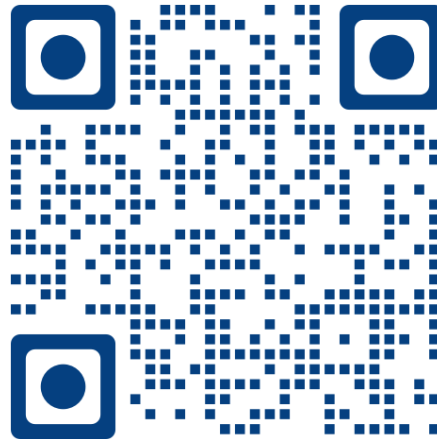
30 Birds  
Foundation in  
Canada

You too can be a part of this incredible story. Support these girls by investing in their success!

## OUR MISSION:

To rebuild pathways for Afghan girls to learn, lead and live freely

## LEARN MORE ABOUT US HERE:



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**Meet Nahida**, a top student before the Taliban took Afghanistan.

Threatened for her pro-democracy, pro-human rights views, Nahida was forced to flee her home, leaving her family behind.

She wishes to become a lawyer to protect the human rights of girls like her. She needs our help to get there!

EVERYONE DESERVES  
AN OPPORTUNITY TO THRIVE

# Our Four Pillars for Success

**Our History:** Since August 2021, the 30 Birds Foundation has evacuated more than 450 people, primarily girls like Nahida and their families.

**Education:** Educational support for Nahida is fundamental to ensuring she, and all our girls, reach their full potential.

We are committed to providing full and partial scholarships to every girl who wants to go to college. Our goal is to offer a full suite of additional support, including underwriting the cost of college application fees, and creating a strong network of volunteers to help the girls understand the college application process, fill out strong applications, and make smart decisions about where they should apply.



**Mentorship:** A strong mentorship program is the cornerstone of our wrap-around support for Nahida, and all the other girls like her. Individualized attention from established leaders can help reduce the anxiety of being separated from their families, and provide critical guidance for the girls to pursue their educational and professional dreams.

Through our mentorship program, we aim to foster a growing community of girls who uplift and support one another to achieve professional and educational success.

**Mental Health:** Mental health is a priority for Nahida, and all the girls we have helped to evacuate. After their harrowing experiences, many are just now starting to process the huge span of emotions they are feeling –from deep gratitude and relief, to fear and anxiety, to hope and worry about their future.

In partnership with Group Peer Support we are launching a train-the-trainers therapy model. We will provide training to a select group of our girls who are interested in becoming mental health professionals, empowering them to lead small-group therapy workshops

**Pathways to Safety:** Just because Nahida is safe, that does not mean our work in Afghanistan is done. We are going back to get the next group out to safety.