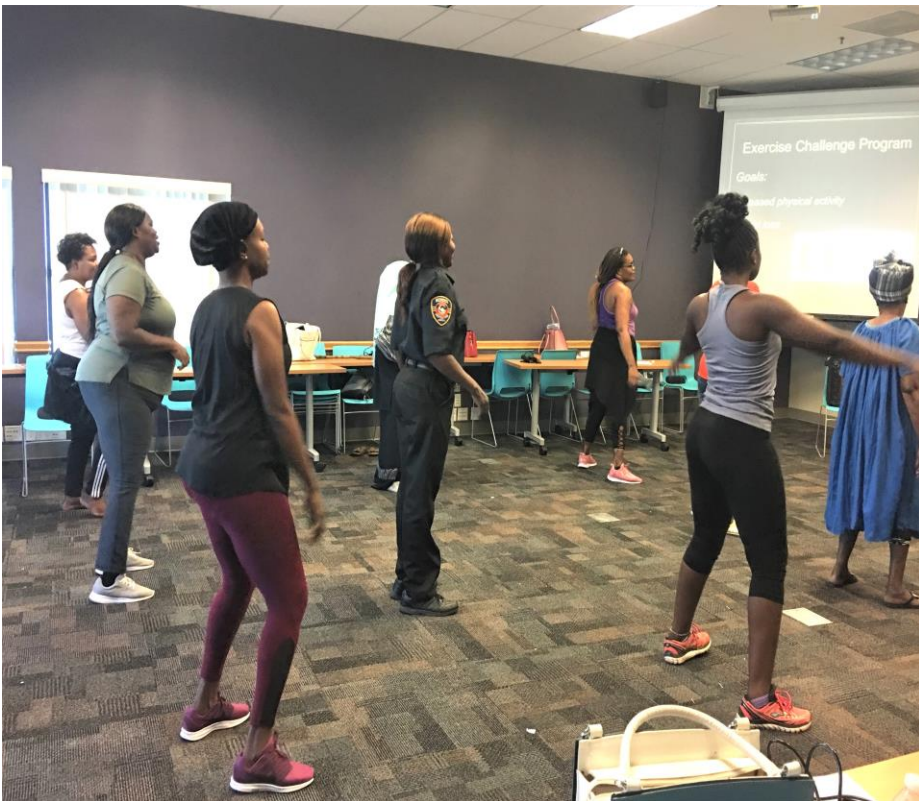


The Refuge Group Newsletter

Issue No:1 [June 26, 2020]

Exercise Challenge Program

Thanks to a grant from The Department of Workforce Services (DWS), The Refuge Group (TRG) started an exercise challenge program for refugees in the Salt Lake Valley July 2019. The program was attended by refugees from more than seven countries. When the program ended due to disruption by the pandemic, about 54% of the participants lost weight and 100% of them showed an increase in the monthly number of steps taken (increased physical activity). [Video](#)



COVID-19 Videos

Due to the disruption of the exercise challenge program by the pandemic, DWS requested TRG to modify its program using the remaining funds. TRG decided to produce COVID-19 awareness videos in Juba Arabic, Kakwa, Swahili, and Kinyarwanda to combat misinformation/disinformation among refugee communities in Utah and elsewhere. [Video](#)





Community Event

Greater Equatoria Region Association of Utah (GERA-UT), formerly known as Equatoria Community Association of Utah (ECA-UT), in collaboration with TRG held a community event June, 2019 at Poplar Grove Park to improve quality of life among members of the community in Utah. The event was funded by contributions raised by members of GERA-UT and a contribution from TRG from grant money received from Walmart Foundation. Over 250 individuals attended the event. The whole day event was marked by many enjoyable activities. Barbecue and traditional South Sudanese dishes were served. [Video](#)

Sexting Workshop

In October 2018, GERA-USA and TRG organized a workshop on SEXTING at Murray Public Library. The goal of the workshop was to let parents know the early signs their children may be involved in some harmful behavior and inform the youth of the severe consequences that may arise from such behaviors.



TRG has many more projects to implement. However, without your donation, it will not be possible to implement these great projects. So, please visit us at www.refugegroup.org and click on the “Donate” tab to make a donation. All donations are tax-deductible.

You may also call or email us at 801-889-0129 or dedi@refugegroup.org