



Sohaila

PATIENT AND FAMILY ADVISOR
PERINATAL QUALITY
COLLABORATIVE VERMONT

Sohaila Nabizada is a new mother and community advocate with a refugee background from Afghanistan. She holds an educational background in English as a Second Language and previously worked in Afghanistan promoting democratic engagement among university students through debate, leadership, and civic education programs.

Since resettling in Southern Vermont in 2022, Sohaila has been actively supporting refugee and immigrant communities. She worked with the Ethiopian Community Development Council (ECDC) as a Refugee Leadership Coordinator, where she led women's groups and helped families connect with important community resources. She also served as a University Partnership Coordinator, supporting refugee students whose education had been interrupted to identify pathways to continue their studies in the United States.

Sohaila has also worked with HCRS supporting refugees emotionally and contributing to mental health initiatives. Through her lived experience as a refugee and new mother, she is committed to helping improve systems of care and ensuring that families from all backgrounds feel supported during pregnancy, birth, and early parenthood.