

# RESOURCES AT A GLANCE



## OneAID Support Series

Working in partnership with Somatic Experiencing International (SEI), a global leader in trauma-informed training, OneAID is offering a six-session support series running monthly until October 2026. SEI's experienced somatic practitioners leverage the mind-body connection to help participants resolve stored tension and optimize emotional health.



### Upcoming Dates:

June 29 / July 20 / August 17 /  
September 14 / October 19



### Cost: Free



### Sign up at

<https://tinyurl.com/SupportSeries>



## OneAID State and Regional Groups

In search of a U.S. foreign assistance community a little closer to home? Our affiliated, vetted Signal groups cover 47 U.S. states, Africa, Asia, Europe, Latin America and the Caribbean, and the Middle East and North Africa so you can find connection and - support wherever you are based.



## Connect with OneAID

### WEBSITE

[OneAIDcommunity.org](https://OneAIDcommunity.org)

### LINKEDIN

[@OneAIDCommunity](https://@OneAIDCommunity)

### INSTAGRAM

[@OneAIDCommunity](https://@OneAIDCommunity)

### YOUTUBE

[@OneAIDCommunity](https://@OneAIDCommunity)

### BLUESKY

[@oneaid.bsky.social](https://@oneaid.bsky.social)



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## Partner Organizations

- **Aid Coaching** connects global development, humanitarian, and foreign policy professionals with ICF-credentialed coaches – many of them former USAID and UN staff – for one-on-one coaching, job search groups, and leadership development tailored to career transitions amid sudden disruption.
- **Career Pivot** is a community of action providing holistic support during chaotic career traditions.
- **Civil Service Strong** leads a broad, inclusive coalition of organizations committed to defending, supporting, and rebuilding a nonpartisan, professional civil service.
- **Coaching Collaborative** connects displaced federal workers, humanitarians, and other mission-driven professionals with a network of over 2,800 credentialed volunteer coaches for free, personalized career transition support, skills workshops, and job search resources.
- **Former Gov** is a platform for former government professionals and those who could benefit from their experience, knowledge, and insight. You can join Former Gov in the Eaton House Coworking Space in Washington, D.C. every Tuesday.
- **The Konterra Group** is a management consulting and support firm that specializes in staff care, organizational resilience, and evaluation services. They focus on helping individuals and organizations working in high-stress, high-stakes environments—primarily in humanitarian aid, international development, and emergency management.
- **Partnership for Public Service – FedSupport** is a centralized and reliable place where you can find answers to your questions, share critical information, build community, and most of all, respond to what you need now and in the months to come.
- **Public Service Support Hub** is a volunteer-run platform that supports public service professionals navigating forced transitions. Born from the USAID shutdown in January 2025, they provide curated job boards, coaching programs, support networks, market trend analysis, and advocacy tracking for all federal and non-profit professionals facing layoffs, hiring freezes, and sector pivots.
- **The Solidarity Fund** provides one-time, no-strings-attached cash assistance based on objective need and vulnerability criteria for individuals impacted by RIFs who were employed by USAID on January 20, 2025.
- **WellFed** offers weekly virtual programs and in-person events designed to provide structure, support, and momentum for professionals navigating career challenges or transitions.



## Online Resources

- **Caregiver Action Network**: Provides free education, peer support, condition-specific guides, and policy advocacy for family caregivers – whether new, long-distance, or working – caring for loved ones across a wide range of illnesses and disabilities.
- **Expatly**: Offers an online therapy platform that matches expats worldwide with licensed psychologists who share their native language and cultural background.
- **HelpGuide**: Provides evidence-based articles, self-help strategies, and guided meditations covering a wide range of mental health and wellness topics, from anxiety and depression to caregiving and aging.
- **National Alliance on Mental Illness (NAMI) Support Groups**: Offers peer-led support groups that offer participants an opportunity to share their experiences and gain support from other attendees.
- **Parents Encouragement Program (PEP)**: Offers online and in-person classes, webinars, and resources that equip parents of children from toddlers through teens with research-backed knowledge and practical skills to improve communication and cooperation within their families.
- **Self-Compassion Institute**: Offers free guided meditations, written exercises, and research-backed resources to help people cultivate self-compassion, alongside paid membership options for deeper access to courses, live events, and community support.
- **Tara Brach's RAIN Meditation**: Offers free guided meditations, talks, blog posts, and printable guides that teach this four-step mindfulness and self-compassion tool for working with difficult emotions. The RAIN meditation method (Recognize, Allow, Investigate, and Nurture) can help bring mindfulness to challenging moments.
- **Truman Group**: Provides remote psychotherapy, psychiatric services, and psychological testing to English-speaking expatriates living abroad, delivered via secure video by Western-trained clinicians experienced with the unique mental health challenges of life overseas.

Disclaimer: OneAID has compiled these resources for informational purposes only. Inclusion on this list does not constitute an endorsement of any organization or its services.

