

IMMIGRANT EXPERIENCES

A READING AND RESOURCE GUIDE



STORIES OF JOURNEY, IDENTITY, AND BELONGING

The Immigrant Experiences Reading & Resource Guide was created by Kelly Hooker, an avid book reviewer @kellyhook.readsbooks, alongside Rawand Amedi, mental health therapist and refugee from Kurdistan. Together, we created this guide to foster understanding, build empathy, and open meaningful conversations across ages.

Through carefully selected stories for both children and adults, these books invite readers to see the world through lived experiences of migration, identity, belonging, and resilience. They remind us that stories have the power to connect us, even across different backgrounds.

TABLE OF CONTENTS

- Immigration FAQ
- Adult Reads: Fiction
- Adult Reads: Nonfiction
- Children's Books by Age Group
- Support Immigrant Bookstores
- Helpful Scripts for Talking to Children
- Additional Resources



IMMIGRATION

FAQ

Immigration is deeply personal and shaped by history, policy, economics, and lived experience. This FAQ section is designed to address some of the **most common questions and misconceptions** about immigrants in the United States and provides the foundation for our reading. Grounded in research and current data, these responses aim to provide clear context while encouraging thoughtful, respectful conversation. As you read, consider how the information here might **challenge assumptions, add nuance, or deepen your understanding** of the stories and perspectives explored in this guide.



What is the difference between an immigrant, refugee, and asylum seeker?

- Immigrant: Someone who chooses to move to another country (often for work, education, or family).
- Refugee: Someone forced to flee and granted status before entering a country.
- Asylum seeker: Someone who requests protection after arriving or at a border.



Do immigrants pay taxes?

- Yes, multiple studies show that immigrants, including undocumented immigrants, pay significant amounts in taxes in the United States, even though many are excluded from benefits like Social Security and Medicare.
- A recent analysis shows that all immigrants in the U.S. (documented and undocumented) paid nearly \$652 billion in total taxes in 2023. This includes federal, state, and local taxes. Source: [American Immigration Council](#)
- Immigrants also represented a large share of key parts of the workforce, like agriculture and manufacturing.

IMMIGRATION

FAQ

? Do immigrants take jobs from Americans?

- Economic research shows immigrants often fill labor shortages or create businesses. Source: [National Bureau of Economic Research](#)
- Immigrant entrepreneurship rates are high, and many major companies were founded by immigrants or their children. *Nearly half of U.S. Fortune 500 companies were founded by immigrants or their children, generating trillions in revenue and employing millions.* These "New American" companies, which span technology, retail, and manufacturing, include iconic brands like Apple, Amazon, Google, Costco, and NVIDIA. Source: [American Immigration Council](#)

? Do immigrants increase crime rates?

- No, many studies have found immigrants (including undocumented immigrants) commit crimes at lower rates than native-born citizens. Source: [American Immigration Council](#)
- This misconception is often amplified by political rhetoric or isolated news stories.

? Do constitutional rights apply to noncitizens?

- Yes, many constitutional rights apply to noncitizens, but not all, and the scope can depend on their immigration status and whether they are physically present in the U.S.
- The United States Constitution uses the word "person" in many amendments, not "citizen." Courts, including the Supreme Court of the United States, have interpreted that to mean many protections apply to anyone in the country.

IMMIGRATION



Here is a breakdown of rights that apply to noncitizens:

Due Process (5th & 14th Amendments)

- Noncitizens have the right to due process of law
- They cannot be deprived of life, liberty, or property without legal procedures
- This applies in criminal and many immigration proceedings

Equal Protection (14th Amendment)

- States cannot deny equal protection of the laws to any “person”
- This includes undocumented immigrants in many contexts

Protection Against Unreasonable Searches (4th Amendment)

- Applies to noncitizens physically present in the U.S.

Free Speech & Religion (1st Amendment)

- Noncitizens generally have First Amendment protections
- They can practice religion and express opinions (with some limits in immigration contexts)

Criminal Trial Rights (6th Amendment)

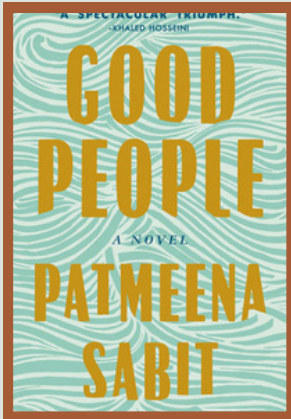
- Right to an attorney
- Right to a fair trial
- Protection against self-incrimination (5th Amendment)



FICTION BOOKS

for adults

FAMILY DRAMA

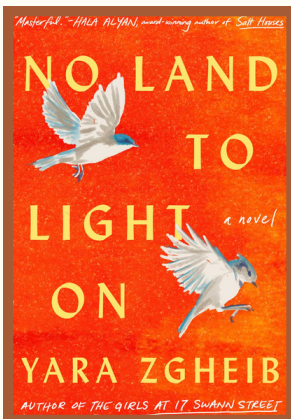
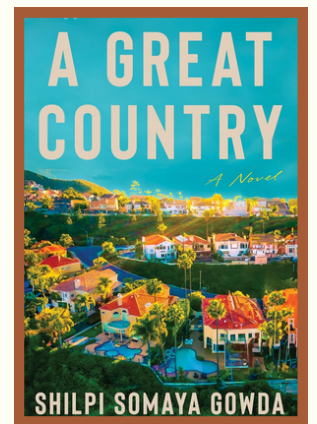


GOOD PEOPLE by Patmeena Sabit

Good People is a powerful debut about the Sharaf family, who flee Afghanistan for the promise of safety in America, only to face cultural strain, generational divides, and the pressure to be the “model minority.” Told in a compelling **Greek-chorus style** through members of their Afghan American community, the novel slowly unravels a **looming tragedy** while examining identity, belonging, and the Islamophobic narratives often imposed on immigrant families. Author Patmeena Sabit, an Afghan refugee who came to the U.S. as a baby, brings **lived insight** and emotional depth to this timely exploration of family, faith, and the cost of being seen as “good.”

A GREAT COUNTRY by Shilpi Somaya Gowda

A Great Country is a timely, discussion-worthy novel about the Shah family, who move from modest beginnings in India to an elite California suburb in **pursuit of the American Dream**. When their 12-year-old neurodivergent son is involved in a violent encounter with law enforcement, the family is forced to **confront the limits of privilege** and the realities of racism and community tension. Both page-turning and thought-provoking, the novel explores assimilation, generational conflict, and the shifting meaning of what it means to be American.



NO LAND TO LIGHT ON by Yara Zgheib

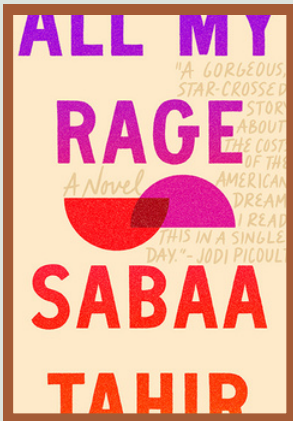
No Land to Light On is a searing novel about a young Syrian couple building a life in Boston, whose world is upended by the 2017 Muslim travel ban. **Suddenly separated** just as their newborn son lies in the NICU, they are left at the mercy of a system that disregards their refugee status and years in the U.S., forcing them to redefine what “home” truly means. Emotionally gripping and beautifully written, the novel explores love, displacement, and longing, weaving in powerful bird migration metaphors that underscore the ache of separation. It’s a quick but unforgettable read **based on the author’s experiences**.

A PLACE FOR US by Fatima Farheen Mirza

A Place for Us is a deeply moving portrait of an Indian American Muslim family grappling with love, faith, and belonging. Centered around a wedding and an uneasy reunion after years of estrangement, the novel traces **decades of family history**, revealing the quiet fractures and fierce bonds between parents and children. Fatima Farheen Mirza explores the **tension between tradition and selfhood**, and what it means to be both American and Muslim. Intimate yet sweeping, it’s a resonant, unforgettable story of identity, loyalty, and the search for home.



COMING OF AGE

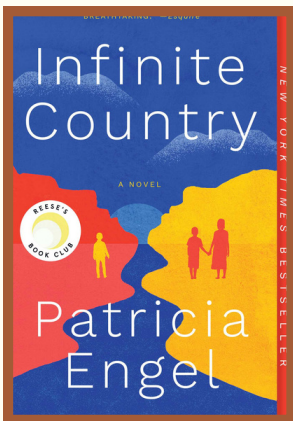


ALL MY RAGE by Sabaa Tahir

All My Rage is a poignant young adult novel about family, friendship, and **resilience across generations**. Misbah and Toufiq leave Lahore, Pakistan, to start anew in the U.S., opening the Cloud's Rest Inn Motel, while years later in Juniper, California, Salahudin and Noor navigate the fallout of a devastating conflict that tests their lifelong bond. As Sal struggles to save the motel amid his parents' struggles and Noor seeks freedom from her controlling uncle, both must **confront past traumas** and define what friendship and forgiveness truly mean. Rich in emotion and cultural depth, the story explores young love, family ties, and the courage to face one's demons.

THE BAD MUSLIM DISCOUNT by Syed M. Masood

The Bad Muslim Discount is an **irreverently funny yet moving** novel about Muslim immigrants navigating life in modern America. Following two families from Pakistan and Iraq from the 1990s to San Francisco in 2016, the story centers on Anvar, a rebellious boy from Karachi, and Safwa, a girl escaping war-torn Baghdad, whose paths converge in California. With sharp humor and warmth, Masood explores family dynamics, arranged marriage, Islamic identity, and the **complexities of assimilation**, offering a witty, insightful, and deeply human portrait of immigrant life in the U.S.



INFINITE COUNTRY by Patricia Engel

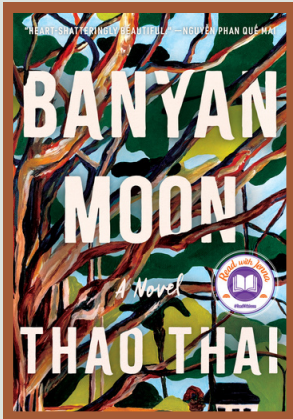
Infinite Country is a lyrical novel about a Colombian family navigating life in the U.S. as **undocumented immigrants**. Elena and Mauro move from Bogotá to Houston seeking safety and opportunity, sending wages home while facing the risks of overstaying their visas. When Mauro is deported, Elena must care for their three children alone, revealing the precarity and heartbreak of mixed-status families. Rich with Colombian culture and Andean myth, Engel offers an intimate portrait of identity, family, and the **realities of living between two countries**.

LUCKY GIRL by Irene Muchemi-Ndiritu

Lucky Girl is a tender and fierce novel about a young Kenyan woman **navigating life as an immigrant** in 1990s New York. Soila flees her strict family in Nairobi after a traumatic experience, seeking independence and opportunity, but encounters new challenges including cultural clashes, racial awareness, and the complexities of love. As she falls for a free-spirited artist, she must reconcile her Kenyan identity with her desires, **forging her own path**. Rich, honest, and insightful, *Lucky Girl* explores coming-of-age, family, and the immigrant experience at the turn of the millennium.



ECHOES OF THE PAST

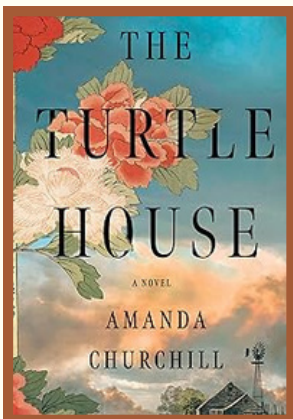
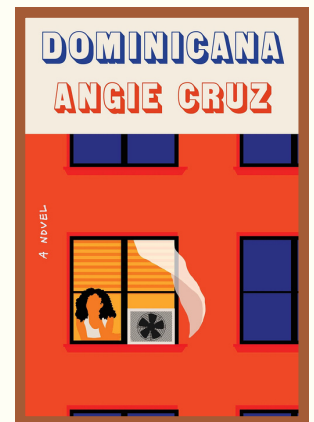


BANYAN MOON by Thao Thai

Beneath a Florida banyan tree, three generations of Vietnamese American women grapple with **grief, regret, and forgiveness** after the family matriarch's death. Told in alternating perspectives with a unique voice that reaches beyond the grave, this lyrical, character-driven novel explores motherhood, sacrifice, and the **strength of imperfect relationships**. The house and banyan tree serve as powerful symbols throughout, making this a thoughtful pick for book clubs.

DOMINICANA by Angie Cruz

In 1965, fifteen-year-old Ana leaves the Dominican Republic for an arranged marriage in New York, giving up her close-knit countryside home for a lonely life in a cramped Washington Heights apartment. When her husband returns to the DR amid **political unrest**, Ana forms a connection with his free-spirited younger brother, Cesar, and begins to explore the city, learn English, and imagine a different kind of life in America. Lush and emotionally resonant, this novel is a powerful story of immigration, sacrifice, and self-discovery, capturing a young woman's struggle to balance duty to her family with the desire to **follow her own heart**.

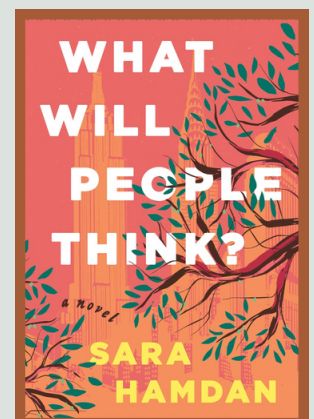


THE TURTLE HOUSE by Amanda Churchill

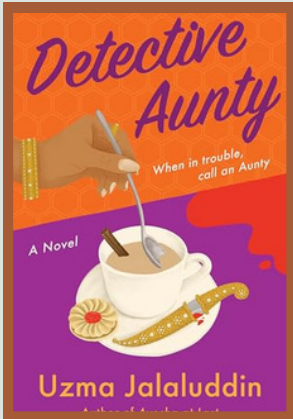
The Turtle House is a sweeping, multigenerational debut inspired by the author's grandmother, a Japanese woman who married an American soldier during WWII. Told in alternating timelines, the novel follows Mineko as her life in Japan is **forever changed by war and relocation** to Texas, alongside her granddaughter Lia in 1999 as she navigates the early stages of her architecture career. **Spanning continents and decades**, this heartfelt story explores identity, belonging, cultural inheritance, and what it truly means to call a place home, while beautifully tracing the evolving bond between grandmother and granddaughter.

WHAT WILL PEOPLE THINK? by Sara Hamdan

What Will People Think? is more than a love story; it's a layered coming-of-age debut about **identity, culture, and the courage to choose** your own path. Mia, a Palestinian-American fact checker by day and secret stand-up comedian by night, is hiding both her creative life and a forbidden romance from her traditional family. The lives of two women from different eras and continents are woven together, with each navigating family pressure, cultural expectations, and the **search for belonging**. The result is a poignant, thought-provoking exploration of womanhood, self-discovery, and the quiet rebellion of living life on your own terms.



A HINT OF HUMOR

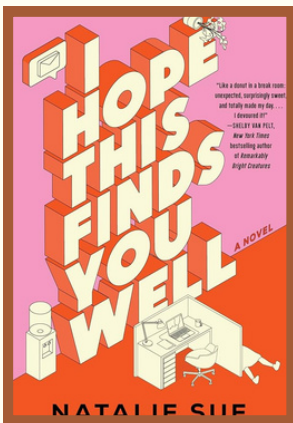
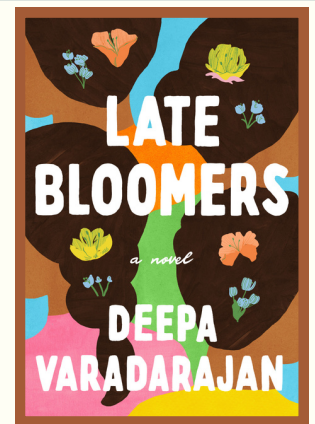


DETECTIVE AUNTY by Uzma Jalaluddin

After her daughter is arrested for murder, Kausar Khan takes matters into her own hands, relying on the sharp observational skills she honed through her desi upbringing. In *Detective Aunty*, Uzma Jalaluddin delivers a witty, **heartfelt cozy mystery** that blends intergenerational tension, gentrification, and female friendship. With its clever nod to classic Agatha Christie-style mysteries and a charming amateur sleuth reminiscent of *Vera Wong's Unsolicited Advice for Murderers*, this series opener is a delightful pick for fans of **smart, character-driven whodunits**. The second book in the series, *Moonlight Murder*, publishes 5/5/26.

LATE BLOOMERS by Deepa Varadarajan

Late Bloomers is a delightfully dramatic debut about an Indian American family reeling after their parents end a thirty-six-year arranged marriage. Tender, funny, and **refreshingly candid**, the novel explores intergenerational cultural tensions, second chances, and each family member's pursuit of their own version of the American Dream. Filled with flawed yet deeply endearing characters and written as an Own Voices story, it captures the **messy beauty of family** with warmth and humor.

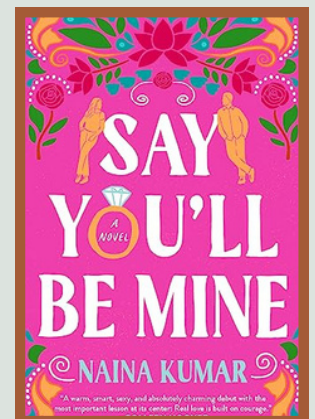


I HOPE THIS FINDS YOU WELL by Natalie Sue

I Hope This Finds You Well is a **comical yet tender** story about Jolene, a second-generation Iranian American stuck in a soul-sucking job, disappointing her high-achieving mother's expectations, and privately venting her frustrations through unsent emails. When one of those brutally honest drafts is accidentally exposed, her carefully contained workplace resentment explodes into chaos. The novel explores **generational pressure, immigrant family expectations**, and the messy humanity behind even the most insufferable coworkers. What begins as office satire evolves into a thoughtful story about empathy, second chances, and the complicated dynamics we carry.

SAY YOU'LL BE MINE by Naina Kumar

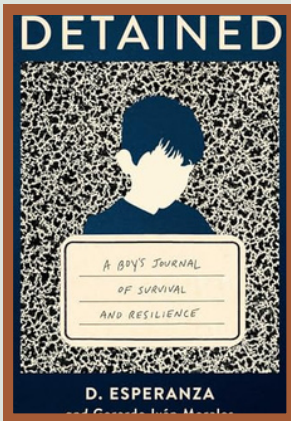
Say You'll Be Mine is a charming, culturally rich romance about two Indian American leads navigating love, family expectations, and the **possibility of an arranged marriage**. Meghna is still hung up on her college ex turned best friend, while Karthik is determined not to repeat his father's mistakes and avoid marriage altogether, despite their parents' hopes. With warmth and humor, Kumar explores intergenerational dynamics within immigrant families, layering the romance with the emotional complexity of **tradition and modern choice**. Featuring fake dating, one-bed tension, grumpy-sunshine energy, and a slow-build connection with just a touch of open-door romance, this is a heartfelt story that truly delights.



NON FICTION BOOKS

for adults

MOVING MEMOIRS

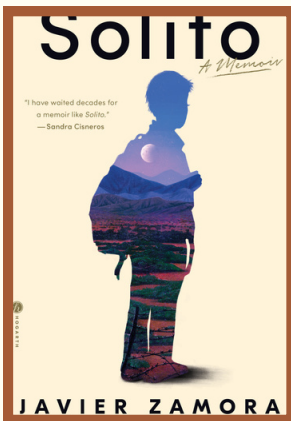
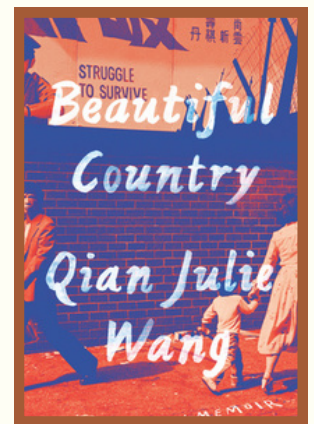


DETAINED by D. Esperanza

Detained is a harrowing memoir told through D. Esperanza's journal entries, recounting his journey from Honduras to a U.S. detention center at just 13 years old. Separated from his parents as an infant and **forced to flee violence**, Esperanza set out northward with hope and the dream of family reunion, only to be met with steel fences, locked doors, and a cold, isolating system. Through raw, unfiltered entries, this memoir offers a deeply personal view of the border crisis, humanizing headlines and policies, and reminding readers that every child deserves **dignity, compassion, and understanding**.

BEAUTIFUL COUNTRY by Qian Julie Wang

Beautiful Country is a powerful debut memoir about growing up undocumented in 1980s New York City. Arriving from China at seven, Qian experiences fear, poverty, and invisibility while her parents work in sweatshops and the family navigates a **harsh new world**. Told through the eyes of her child self with adult insight, Wang captures both the hardships and small joys that make life bearable, from library escapes to magical moments in the city. Poignant, lyrical, and deeply human, this memoir offers an **essential perspective on immigration**, resilience, and the search for home.



SOLITO by Javier Zamora

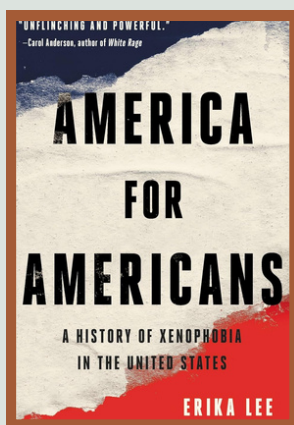
Solito is a powerful memoir recounting Zamora's journey from El Salvador to the United States at just nine years old, traveling alone to reunite with his parents after years of separation. Told through the lens of his child self, the story captures both the innocence and the **unimaginable weight** of crossing borders under the care of a coyote. The pacing mirrors the uncertainty and waiting that define such a journey, while the writing remains poetic and immersive, often reading like fiction and reminding readers that his experience represents thousands of others whose **voices deserve to be heard**.

THIS AMERICAN WOMAN by Zarna Garg

This American Woman traces Garg's remarkable journey from a homeless teenager in Mumbai who fled an arranged marriage at fourteen to an Upper East Side mother and **unlikely stand-up comic** with a Netflix special. Garg shares what it meant to rebuild her life in the United States while navigating identity, motherhood, marriage, and cultural expectations. Heartfelt and laugh-out-loud funny, this memoir explores reinvention, resilience, and the courage to pursue a bold, **unconventional path**. Narrated by Garg herself, the audiobook adds an extra layer of warmth and humor, making her story feel even more personal and inspiring.



NOTEWORTHY NONFICTION

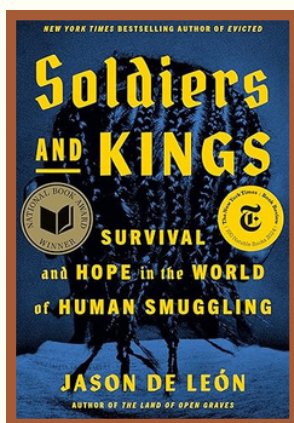
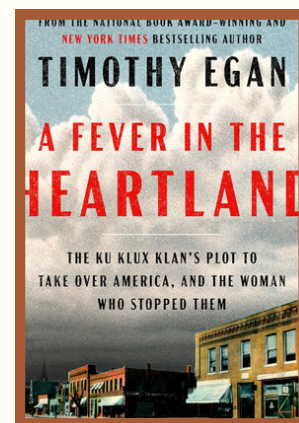


AMERICA IS FOR AMERICANS by Erika Lee

America for Americans is a definitive history of xenophobia in the United States. From colonial-era prejudice against Germans to anti-Irish, Chinese, Japanese, and Mexican discrimination, Lee shows how **fear and hostility** toward immigrants have shaped American politics and society. Updated with an afterword on xenophobia during the coronavirus pandemic, this sweeping work examines why anti-immigrant sentiment persists and how it continues to affect Muslims, Latinos, and other marginalized groups today. A vital, urgent read for **understanding the enduring challenges** of prejudice and immigration in America.

A FEVER IN THE HEARTLAND by Timothy Egan

A Fever in the Heartland is a gripping nonfiction account of the Ku Klux Klan's rise in 1920s America, led by the manipulative D.C. Stephenson. Egan chronicles how the Klan infiltrated governments, churches, and communities, **spreading nationalism and white supremacist** ideology with chilling efficiency targeting Black, Jewish, and immigrant populations. Amid this darkness, Madge Oberholtzer's courageous deathbed testimony changed the course of history, showing the **power one person can have** against hate. Timely, powerful, and page-turning, this book illuminates the roots of American extremism and the enduring relevance of individual bravery.

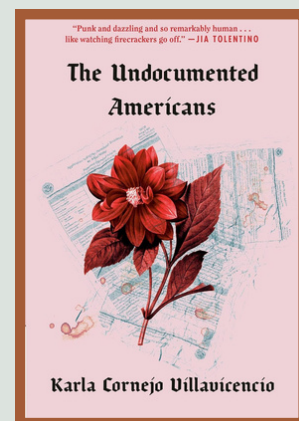


SOLDIERS AND KINGS by Jason De León

Soldiers and Kings is an illuminating work of narrative nonfiction exploring the billion-dollar human smuggling industry across Mexico. Based on seven years of immersive research, De León reveals the **desperate circumstances** that drive migrants, especially mothers and children, to risk everything in search of safety, while also examining the lives of the coyotes who facilitate these journeys. By humanizing both migrants and smugglers, the book **fosters empathy** and challenges readers to see beyond policies, offering a nuanced understanding of the complex realities shaping immigration and border crises today.

THE UNDOCUMENTED AMERICANS by Karla Cornejo Villavicencio

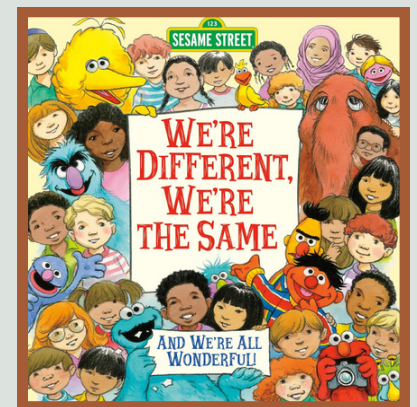
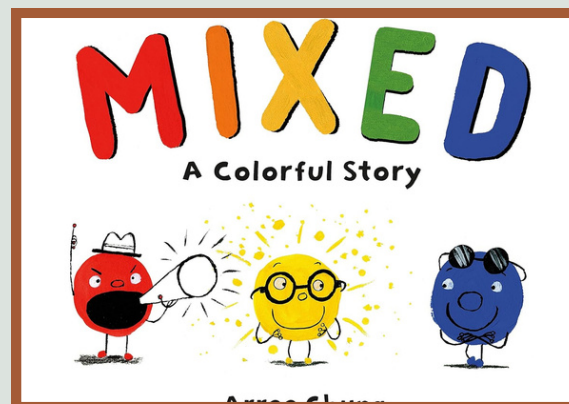
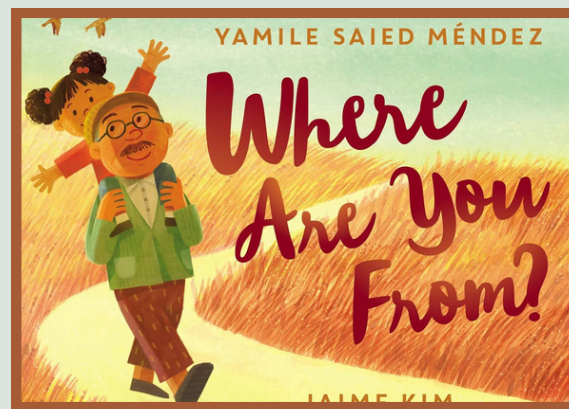
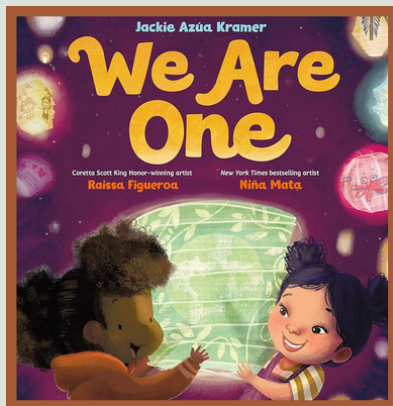
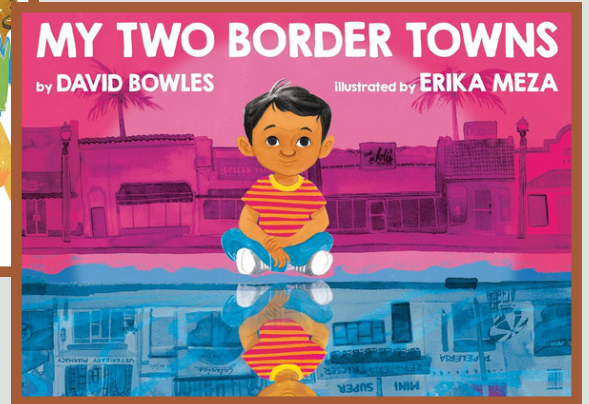
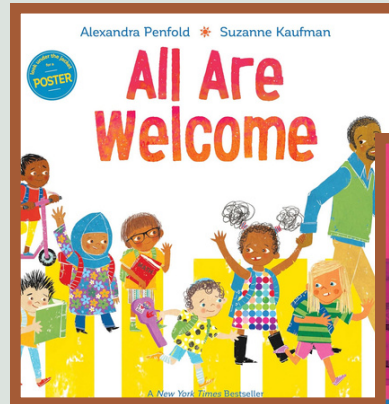
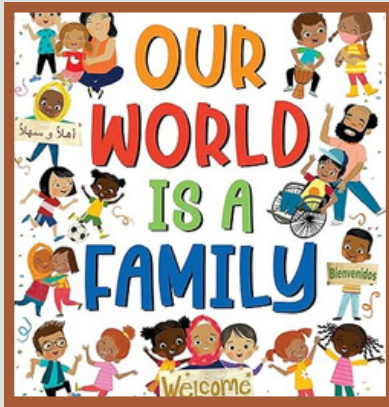
The Undocumented Americans is a powerful nonfiction exploration of the hidden lives of undocumented immigrants in the U.S. Drawing on her experience as one of the **first undocumented Harvard graduates**, Cornejo Villavicencio traveled the country to document stories from Ground Zero cleanup workers in New York to botanica communities in Miami and sanctuary families in Connecticut. Beyond headlines and activism, she reveals the love, struggle, resilience, and humanity of people often **reduced to statistics** or political pawns, offering a vivid, essential portrait of undocumented life in America.



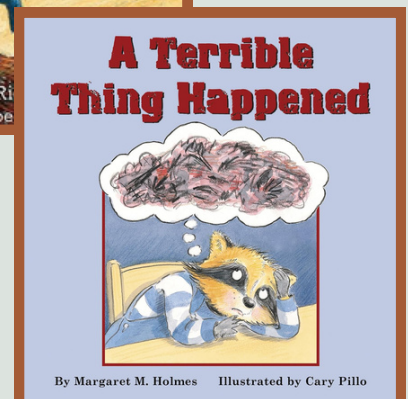
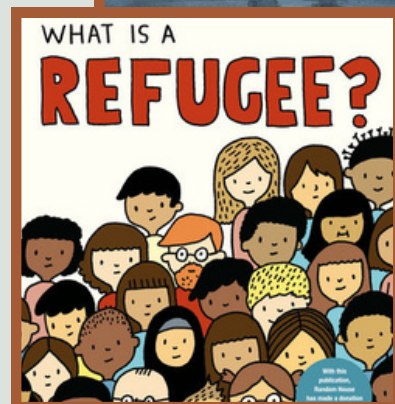
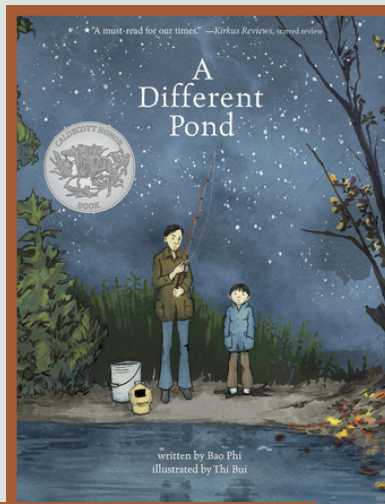
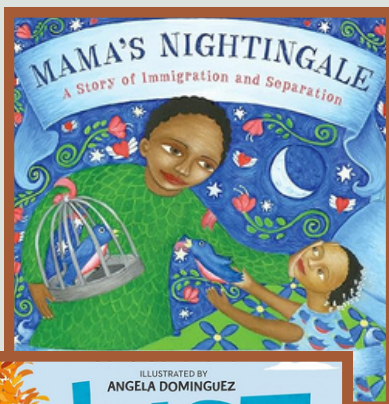
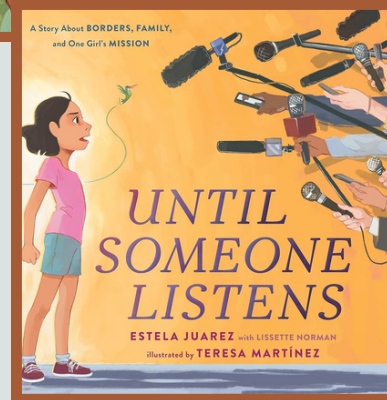
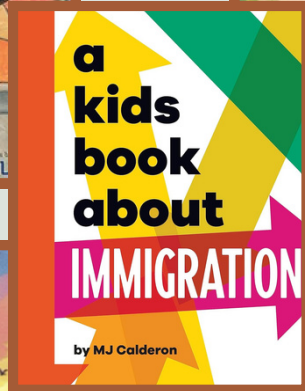
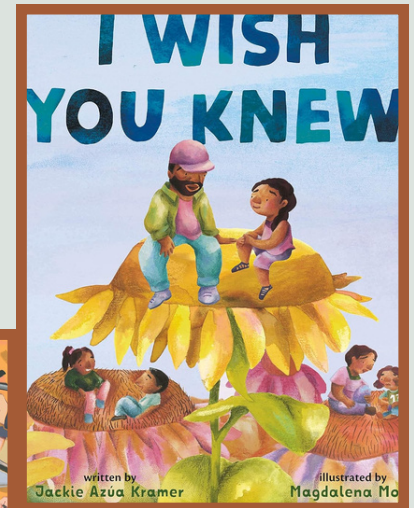
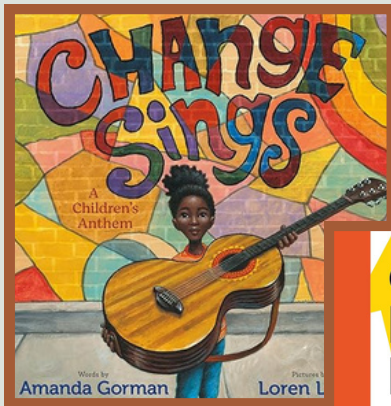
BOOKS FOR KIDS

grouped by age

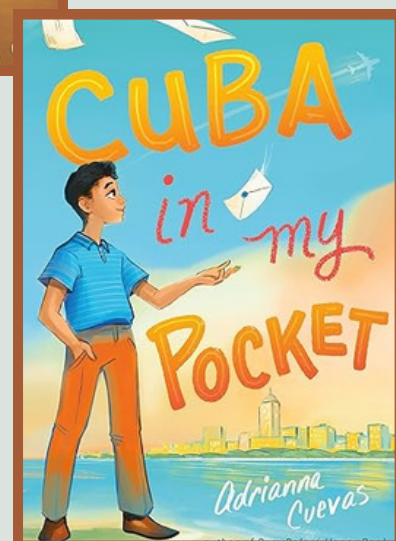
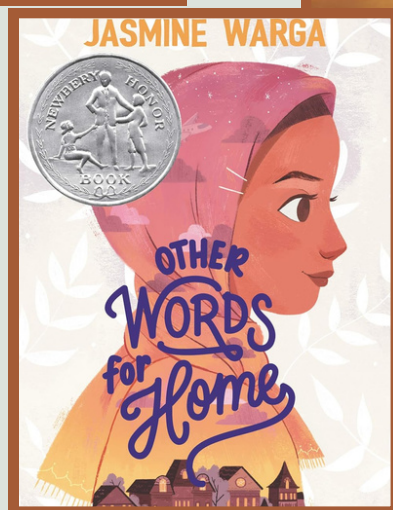
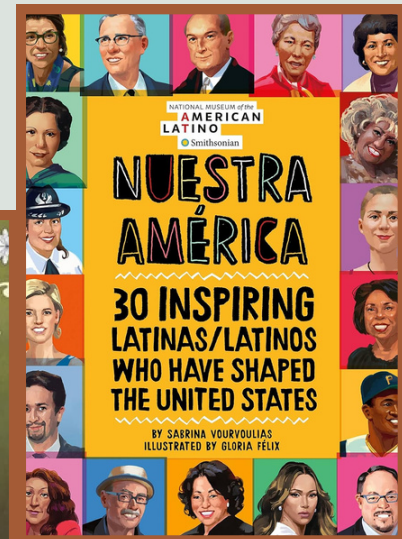
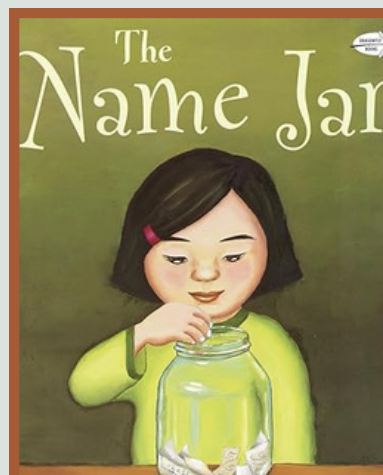
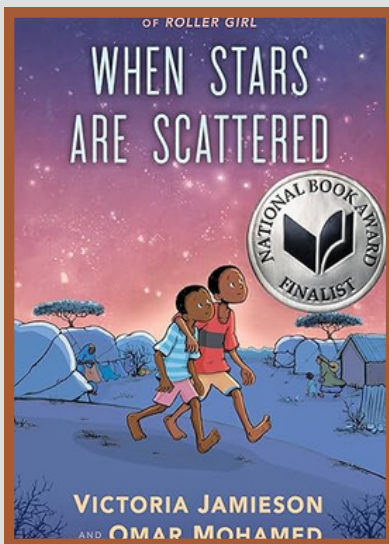
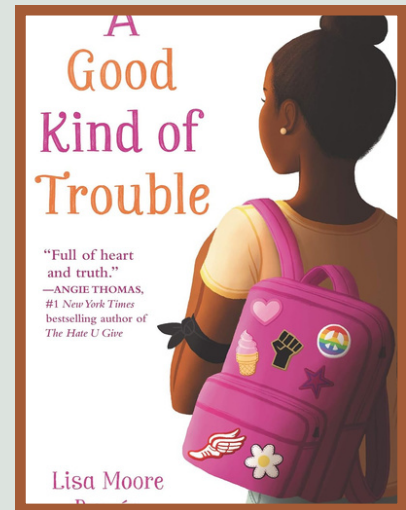
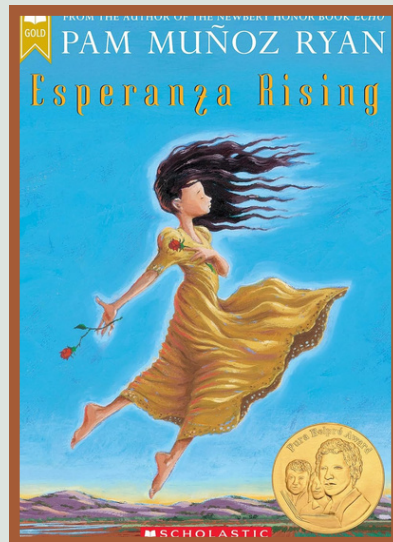
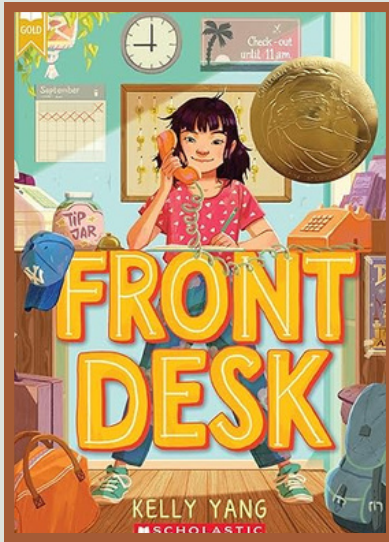
FOR YOUNG CHILDREN



EARLY ELEMENTARY



MIDDLE GRADE



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Support an immigrant-owned independent bookstore with your book purchases. When you purchase through the link below, you're shopping the book list through Yu & Me Books via Bookshop.org, which ensures a portion of every sale goes directly to this immigrant-owned shop. All of the books in this guide are gathered in one place for easy browsing. 📖✨



About Yu & Me Books:

Yu and Me books is the first female Asian American owned bookstore in NYC located in historical Manhattan Chinatown. Their focus is on the strong, diverse voices of their community, with a highlight on immigrant stories.

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TALKING TO YOUR CHILDREN

about immigration

GENERAL BELONGING

Talking with children about inclusion and belonging can help them build empathy, curiosity, and respect for people whose experiences may be different from their own. This page provides age-appropriate conversation starters and simple scripts that parents and caregivers can use to guide thoughtful discussions about fairness, kindness, and welcoming others.

The goal is not to have all the answers, but to create space for questions, listening, and understanding as children learn about community, identity, and what it means for everyone to feel that they belong.

o Preschool

Start with curiosity (what have you heard about ICE, do you know what immigration means). If they are unsure, explain simply: *“ICE is a government group that makes sure people follow immigration laws. Some people are scared because ICE can decide if someone has to leave the country.”*

 **Ages 3 to 6:** Keep explanations simple and comforting. Say, “Some families are being treated unfairly because of where they were born.” Offer extra comfort with hugs, stories, and routine. Reassure them they are loved and protected.

o Elementary School

Start with curiosity (what have you heard about ICE, do you know what immigration means)

 **Ages 7 to 11:** Provide more detail. Say, “Some families are being separated because of how they came to the U.S. That isn’t right.” Let them ask questions and remind them to talk only to trusted adults.

o Middle School

Start with curiosity (what have you heard about ICE, do you know what immigration means)

 **Ages 12 to 18:** Be honest and open. Say, “It’s not fair that families are treated differently because of where they’re from.” Encourage teens to express feelings and ask questions. Support any positive actions they want to take.

o High School

 **Ages 12 to 18:** Be honest and open. Say, “It’s not fair that families are treated differently because of where they’re from.” Encourage teens to express feelings and ask questions. Support any positive actions they want to take.

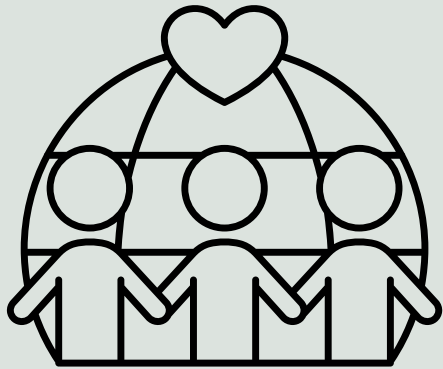
FOR WHITE FAMILIES

Conversations about fairness, safety, and justice can bring up big questions and emotions for children. This page offers guidance for white parents who want to talk with their children in honest, age-appropriate ways about inclusion, belonging, and standing up for others.



- o Name the reality, focus on grounding the child through techniques (i.e., 5-4-3-2-1 technique, body awareness, nervous system regulation, breathe, move your body), maintain hope with your child, change will come and can happen because of all the people fighting for human rights, and empower your child by modeling leadership or supporting families that have been affected.
- o Many therapists are comparing these current circumstances to COVID-19 (for example: schools closing, unexpected deaths, forced to stay inside, and unknown timeline of when this will end). People are making craft kits for children who need to stay home to be safe, and dropping them off at local schools who are affected by current circumstances.
- o Role-play standing up for others, model respectful disagreements, and teach conflict resolution.
- o Make meals from other cultures, share the background story of these meals (this exposes children/adults to the way other people live, gather, eat, and build community).

FOR WHITE FAMILIES



- o Attend the local public library to read books about immigration, belonging, and inclusion.
- o Support local ethnic/food markets in town to be exposed to diverse populations.
- o Support local programs that stand against injustice.
- o Attend local events that support immigrants (i.e., protests or marches).
- o Vote, not only during presidential elections but local elections too!
- o Stay informed through friends, family, social media, articles, and other forms of media.
- o Attend city hall meetings, demand change, give a voice to the voiceless!

FOR NON-WHITE FAMILIES

Conversations about safety and fairness can be especially difficult for children in communities directly affected by immigration policies and discrimination. This page offers guidance for non-White parents who want to support their children through honest, age-appropriate conversations about these realities.

Even if a child isn't directly affected, they may hear about ICE at school or online. Avoiding the topic can lead to more fear. Without clear guidance, they may feel anxious, confused, or afraid. You don't have to know everything to help. Calm, honest conversations help children feel safe and supported.



Non-white parents to non-white kids when talking to their children and addressing very real worries and concerns about safety.

- o Name the reality, focus on grounding the child through techniques (i.e., 5-4-3-2-1 technique, body awareness, nervous system regulation, breathe, move your body). maintain hope with your child, change will come and can happen because of all the people fighting for human rights, and empower your child by modeling leadership or supporting families that have been affected.

- o “Some families are being separated because of where they were born or how they came to the U.S. Even kids like you are being hurt, and that is not okay. That is not how problems should be solved”

- o Validate feelings and verbalize, “It is okay to feel scared.”

*Direct quotes taken from [Children's Network of Solano County](#)

HELPFUL RESOURCES

for further learning

ADDITIONAL RESOURCES



This page offers additional resources for readers who want to explore the topic of immigration more deeply. The podcasts, documentaries, and articles listed here provide a range of helpful resources.

Together, they can help expand understanding beyond the pages of books and highlight the many voices, experiences, and conversations shaping immigration today. Use these resources as a starting point for continued learning, reflection, and discussion.

o **Online/Youtube video read along for books**, if someone does not have access to local resources, online resources are available. (here is an example of one:

<https://youtu.be/ggalE1Skn6Y?si=cE6an3Rap81boWDo>

o **Free PBS Resources Regarding Immigration:**

[ARTHUR](#) - "Becoming a Citizen": D.W.'s friend Cheikh worries about losing his Senegalese culture, leading to lessons on diversity and what it means to be American.

[Let's Go Luna](#) Introduces children to different cultures, countries, and traditions around the globe.

[Alma's Way](#): Set in the Bronx and centered around a Puerto Rican family and Latino neighborhood, the show highlights bilingual families, community, culture, and multigenerational immigrant experiences.

o [Step-by-Step Family Preparedness Plan / Plan de Preparación Familiar: \(Guía Completa\)](#)
Immigrant Legal Resource Center

o [Talking With Children About Race and Racism | Journal of Health Service Psychology](#)

o [Your children may have questions about ICE](#) from the Minnesota Star Tribune

o [What to Say to Kids About ICE](#) | Children's Network

o [Talking to Children about ICE Raids and Related Events](#) - Dr. Katie Lingras, Child Psychologist and Associate Professor in the Department of Psychiatry and Behavioral Sciences at the University of Minnesota Medical School

o [Supporting Children After a Parents Deportation or Detention](#)--Minnesota Association for Children's Mental Health, resources available in multiple languages

FINAL THOUGHTS

We recognize that no single guide can capture the full diversity of immigrant voices and experiences but we tried to represent as many perspectives as possible. A special thanks to Kat Tidd (MSW, LICSW) for providing additional children's book recommendations. We hope this resource will serve you well as you open your heart and mind to the beauty of immigration.

Kelly & Rawand



Rawand Amedi
SOLACE COUNSELING

Hello!
Hi, I'm Rawand. I'm a Licensed Master Social Worker (LMSW) in North Dakota and a Licensed Graduate Social Worker (LGSW) in Minnesota. I believe healing isn't about becoming someone different, it's about finding a safe space where you can show up as your true self. Whether this is your very first step or your one hundredth, I'd be honored to walk with you.

Perhaps you're wondering how in the world you are supposed to live through the intensity of the waves of emotions you keep experiencing. Wherever you are in your journey, I want you to know this: you don't have to figure it out alone.

Who do I see?

- Refugees
- Immigrants
- Identity Challenges
- Adolescents
- Young Adults
- Adults
- Trauma
- Esteem
- Mothers/Parents
- Cultural Stressors
- Self-

Contact Information:
701-232-0760 | admin@solacecounselingfargo.com

Rawand's Story:

Rawand is a Kurdistan refugee who landed in the Fargo-Moorhead after experiencing unsafe circumstances in Kurdistan. In 2025 Moorhead proclaimed March as Kurdish Heritage Month due to its Kurdish population and their contribution towards the city's social, cultural, and economic growth. Rawand is a mental health therapist at Solace Counseling in Fargo, ND and finds her passion in working with individuals experiencing cultural stressors, discrimination, exclusion, and generational wounds.



Kelly's Story:

Kelly is a pediatric speech pathologist at a children's hospital, and an avid reader and book reviewer on Instagram [@kellyhook.readsbooks](https://www.instagram.com/kellyhook.readsbooks). She is a regular guest on the [Thoughts from a Page](#) podcast and hosts a free book online club, [Chapters & Chats](#) featuring author interviews. Kelly is an autism mom and advocate and believes that the world would be a better place if we all took more time to read about the experiences of others.