



EU-CARES EUropean Collective nArratives for Reconciliation trauma hEaling through youth engagement and Storytelling

Newsletter 1

Storytelling is a powerful and ancient human tradition that involves the art of conveying narratives, experiences, and ideas through the use of words, images, theatre, or other forms of communication.



In the context of reconciliation and collective trauma healing, storytelling is a tool for giving voices to the silenced, acknowledging the pain of the past, and working towards healing and reconciliation. By sharing most intimate individual stories, persons and communities affected by collective trauma can move from a place of suffering and vision towards one of understanding, empathy, and collective healing. It's a crucial step on the path to building more resilient, compassionate and inclusive societies.

The interactive **Virtual Handbook** is a result of numerous activities, research, interviews, analysis, collections of best practices, round-tables and Think Tank events that were successfully implemented by partners in Belgium, Italy, Poland, Bosnia and Herzegovina, Serbia, Montenegro and Albania which gathered **304 young people** directly for consultations and contribution for content creation.

“Healing is What Makes Peace Work” Angi Yoder-Maina



COLLECTIVE
TRAUMA

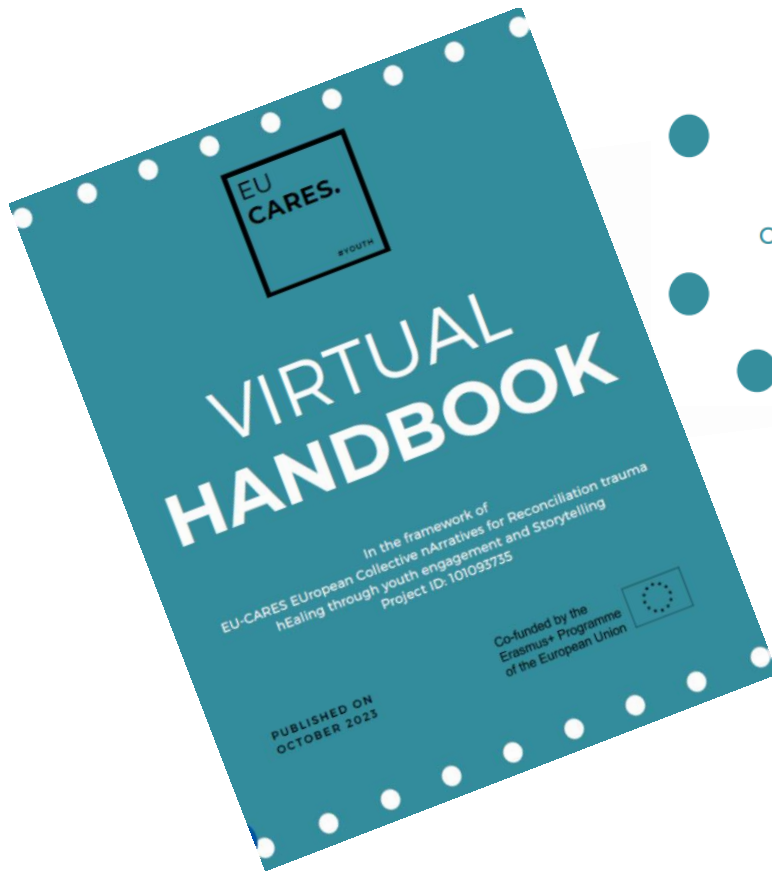


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If you want to read more about reconciliation and collective trauma healing through storytelling, click [here](#).



Types of Reconciliation

- o interpersonal reconciliation
- o societal reconciliation
- o self-reconciliation



“It's when we start working together that the real healing takes place.”

David Hume

Find more on <https://eucareyouth.eu/>

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