

During the art therapy workshops, the participants expressed their feelings of anxiety and their worries for the future...



"Feeling good but worried about my future"

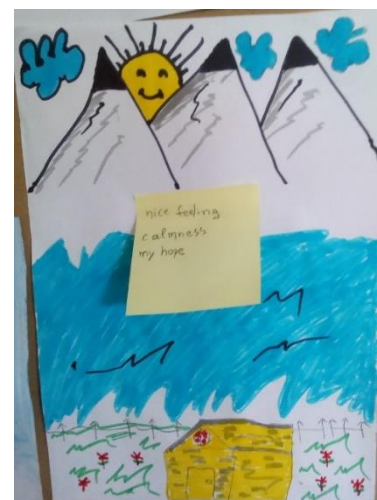


"No feeling"

But also their hopes and wishes...

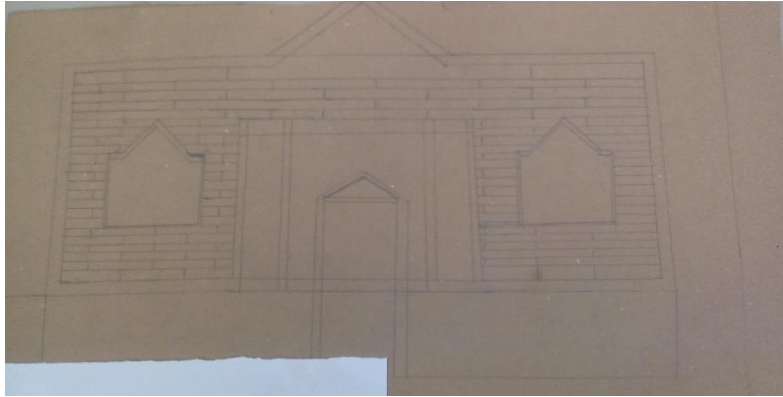


"I love Canada"



"Nice feeling, calmness, my hope"

A young participant from Pakistan drew a “school”, expressing his unfulfilled wish to finish school, a wish which wouldn’t come true due his age. The mixed mobile team (IRC-SSP&MH) could motivate him to an arrangement of language lessons for him inside a school building. Entering a school building to learn, made him feel that his wish had partly come true.



"A school"

A young 16 year old boy from Afghanistan shared his hope and strength to continue, painting a long road around a mountain, mentioning a quote from Afghanistan which claims that “*However tall the mountain, there’s always a road*”.



"Nothing is impossible"

Young people from Afghanistan and Pakistan had the chance to work together, composing a story that expresses their common experiences. From right to left the story goes like this: «I started a journey for a better future. I am a fighter, I am an athlete. I want to develop my talent. I used the bus to go from Pakistan to Iran. It was a very difficult road so I used a horse because horses are very

strong». The way their journey will end is still (as the last picture shows) unknown...



Young refugees were encouraged to creatively express their feelings and thoughts, revealing their common experiences and goals despite their different countries of origin. Young refugees felt relieved and supported, while their art highlighted their hidden wishes which led to a more insightful planning of their every day life to match their real needs.