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Before I thought I was just a refugee and everything was hopeless, but after joining MindSpring, I believe I can change my own future.


Asmaa
MindSpring-participant


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MindSpring has made me remember something from my own country that I had forgotten: to be together with others in a nice and pleasant way.

Nicolau
MindSpring-participant

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MindSpring

Group sessions for
and with refugees

MindSpring is ...

... a group programme with, for and by refugees and immigrants about topics related to life in exile. MindSpring's aim is to create awareness and empowerment and hereby prevent the development of psychological and social problems.

How it works

- 8-10 participants in a group
- 9 group sessions of 2 hours
- The groups are organised in local areas, e.g. municipalities, social housing projects
- The sessions are conducted in the participants' native language
- The MindSpring trainer - a volunteer with refugee or immigrant background - facilitates the group sessions (peer-to-peer method)
- The co-trainer - a professional social worker from the local area - acts as an assistant to MindSpring trainer
- The MindSpring trainer has seven days of formal training in the MindSpring method before facilitating a MindSpring group. The co-trainer participates two of the seven days.



Topics

Children

- Being new in a new country
- Identity and changing identity
- Emotional changes and feelings
- Loneliness and community
- Worries and wishes
- Methods to handle challenges

Youth

- Growing up in two cultures
- Identity and changing identity
- Sexuality, rights and gender
- Loneliness and community
- Stress, trauma and coping methods

Parents

- Parenting in a new cultural setting
- Methods of upbringing
- Social control
- Gender related issues
- Identity and changing identity
- Stress, trauma and coping methods