

Returning Home?

Embrace Change with Psychosocial Support



The transition of returning to your homeland can bring its fair share of challenges. Through YEN (Youth Employability Network) you can take part in exercises that can help you to navigate these changes and provide the psychosocial support you may need along the way. You have the opportunity to take part in three sessions, that each last two days. These sessions are filled with exercises and lectures aimed to provide you with the tools to take on your challenges.



Session 1 - General Counselling and Re-integration Support.

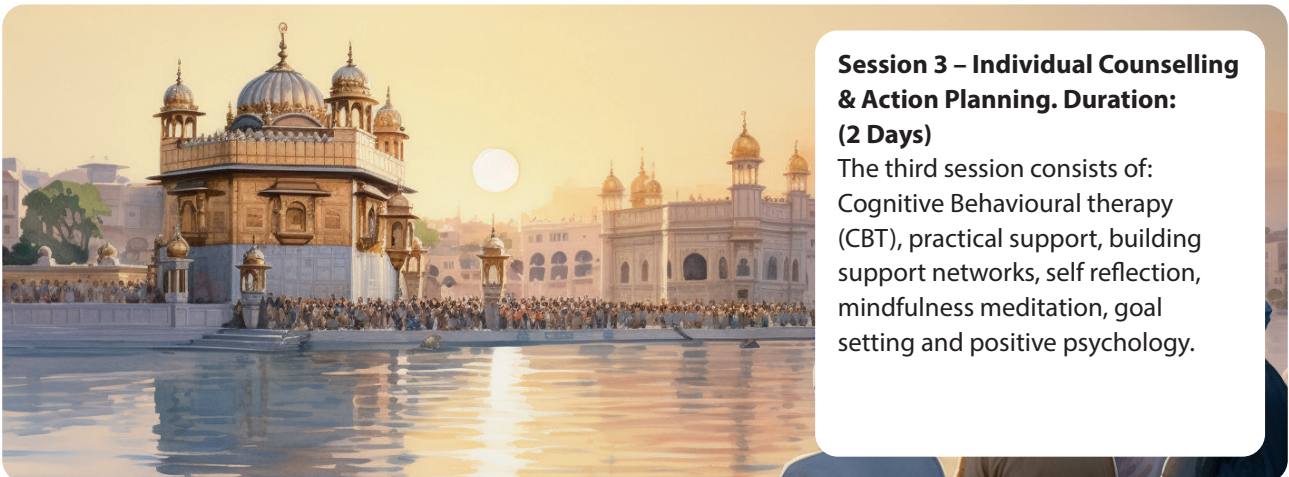
Duration: (2 Days)

The first day's sessions consists of: Exercises in mindfulness, expressive writing, role-playing, relaxation, acknowledging your experiences, validation of your challenges, addressing shame and self-blame, cultural activities and more.




Session 2 - Group Counselling, Networking and Community Re-integration. Duration: (2 Days)

The second session is filled with: Group discussions, breath work for relaxation, creative expression, coping strategies and social support, career counseling, cultural sensitivity training and goal setting.



Session 3 - Individual Counselling & Action Planning. Duration: (2 Days)

The third session consists of: Cognitive Behavioural therapy (CBT), practical support, building support networks, self reflection, mindfulness meditation, goal setting and positive psychology.



As a returning migrant you will face a range of emotions, from nostalgia to anxiety, as you readjust to life back home. We understand that adapting to a different environment, reconnecting with family and friends, and reestablishing routines can be overwhelming. These exercises and lectures are designed to give you a firmer ground to stand upon. You will be provided accommodation, travelling and food for the duration of these sessions.

You are also offered continuous support for 5 months through online contact and telephone contact following the participation in the sessions. Through these contacts you can receive recommendations on how to improve your mental health. This psychological aid will be provided on a weekly basis helping you to better reintegrate into your local community. Upon completion of the program you will be paid a daily allowance.

Our psychosocial support services are designed to enhance your overall well-being during this significant transition. You are not alone, and by working together, we will help you develop resilience, improve your coping skills, and foster a positive mindset as you reintegrate into your home country.

Don't hesitate to reach out and access the support you need. We are committed to supporting you on your journey back home.

These sessions are fully funded for the returning migrants, we are facilitating for

- **Free accommodation facility during exercises and lectures days**
- **Food and refreshments for the participants**
- **Traveling and Daily Allowance**
- **Training Kit and Stationery**



www.yenpakistan.com



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https://reintegrationfacility.eu/rrf_projects/sustainable-reintegration-pakistan/

