

BeStrong Newsletter

Building Resilience Together



Issue 1 – Spring 2026

Editorial: A new beginning for inclusion.

We are proud to present the first issue of our newsletter dedicated to the BESTRONG project (Upgrading youth work practices for building resilient and inclusive societies through a psycho-social approach).

Born from the collaboration between the lead association CO.S.SAN (Italy), CEBS (Poland), and CIACT (Cyprus), the project aims to provide youth workers with innovative tools to support the inclusion of young people with a migrant background.

In a European context marked by conflict and increasing migration flows, BESTRONG aims to address challenges related to mental health and psychosocial well-being by transforming young people from host communities into real mentors.

In this issue:

- The objectives and context of the project.
- The first steps: mapping best practices.
- From narratives to facts: using the autobiographical method.
- Focus: Dynamic QR code brochures for mental health.





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Objectives and First Activities

Why BESTRONG?

The project responds to the urgent need to update non-formal education practices. Many young migrants face post-traumatic stress disorder (PTSD), anxiety, and barriers to integration. At the same time, local youth may harbour stereotypes that hinder social cohesion.

Concrete objectives:

- Equipping youth workers with validated skills to manage trauma and anxiety.
- Promote digital innovation through gaming and micro-credential validation.
- Creating resilient communities where Native youth serve as support systems for their peers.





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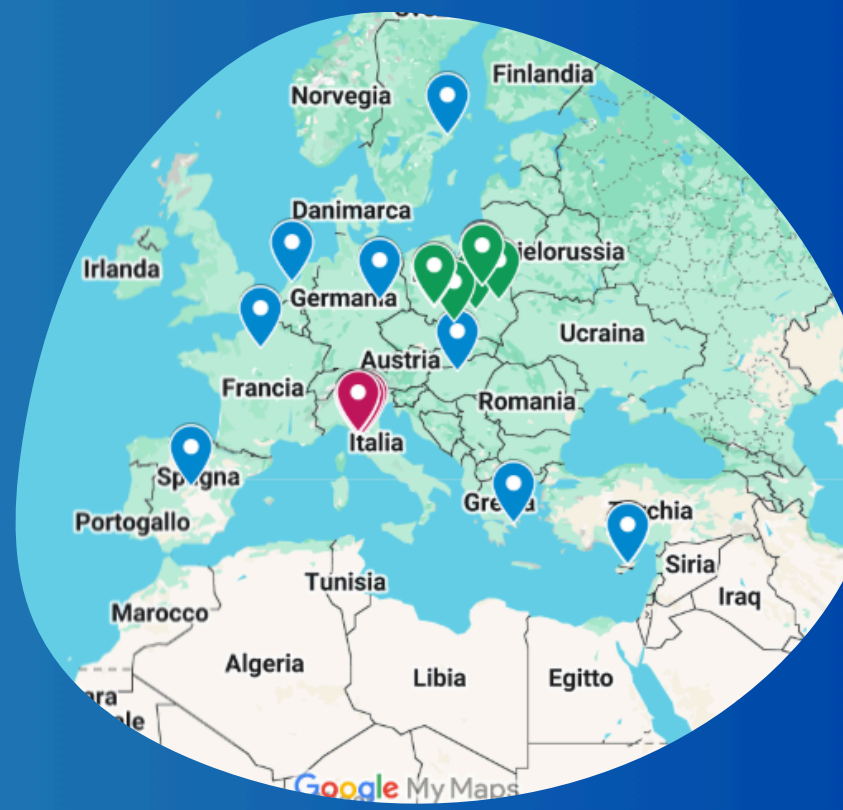
Activity 1: The heart of the preparation
The first phase of the project focused on building a solid knowledge base:

Mapping of Good Practices (A1.1):

- We have collected successful examples from across Europe regarding the integration and mental well-being of young migrants.

Autobiographical Narrations (A1.2):

- Through autobiographical and creative writing workshops, we gave voice to young people (both migrants and locals) to map their real experiences and needs.





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From Listening to Practice **Dynamic brochures**

One of the key results of this first phase is the development of 12 dynamic brochures equipped with QR codes. These tools were designed to be an immediate bridge between the youth worker and the young people.

What do the brochures contain?

Each brochure addresses specific psychosocial topics, offering:

Key information for recognizing signs of distress.

Messages of support and referral to mental health services.

Direct access to digital resources by scanning the code.





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Innovation and Accessibility:

To ensure that no one is left out, all materials, including brochures, are produced in four languages: English, Italian, Polish and Greek.

Using digital formats reduces printing costs and is in line with the project's eco-friendly practices.



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Next Steps

Towards the Resilience Toolkit Having completed the brochures and mapping, the team is now focusing on Activity 2:

The Toolkit for Resilient Communities.

This package will include:

Guidelines for Mentoring Programs.

The QR Code Virtual Mindscape Game, a virtual escape room to promote mental health through gamification.

An interactive e-learning portal.





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