Noor lived a simple life in Syria, with her husband, two daughters, and son. She lived in Ghouta, a suburban area on the edge of Damascus, the capital city of Syria. Early on in the fighting many of Noor’s neighbors joined the demonstrations against the government. And then the government started to fight back. Noor started to feel afraid. Her neighborhood was raided all the time and there were many security forces there.

Eventually her neighborhood became an active war zone. Noor and her family would sleep with our clothes on to be prepared in case security forces raided the house at night. Noor said “There was no safety anymore. We’d hear the sounds and I would gather my children and stay in one corner of the house. It is a feeling I cannot describe. When I heard the sounds of the bombings and shooting we’d wake up startled, and we’d all start crying.”

After many attempts, Noor and her family fled and came to Jordan. Noor said, “I got out of the war but the war stayed with me because I left a part of my soul there.” What’s worse is Noor’s younger brothers, still in Syria, were detained and tortured by the government. One brother died. Her parents were killed when a bomb dropped on their house.

Noor told us, “It is not only me; I am not the only one who got hurt, millions of Syrians did. There is a missing or dead person in every Syrian house. You won’t find a Syrian person who wasn’t harmed by the war.” While Noor was physically safe in Jordan she found herself angry all the time. And she suffered from severe depression. She said she felt “injured with a big wound.” But then she found CVT. In therapy, she learned exercises to find calm and peace. Her depression wasn’t as debilitating. She continues her healing journey every day.

This year, CVT will help nearly 30,000 survivors and family members, like Noor, know that they are not alone in their pain. To offer healing, capacity development, and advocacy on such a large scale this year, it will take $26 million dollars.