Yonas was a 13 year old boy who lived in Eritrea. Like so many young kids, he loved to play soccer and hang out with his friends. But unlike the teenagers I know, Yonas lived in a country that makes boys to sign up for forced military service at just 13 years old. Yonas was scared for his life because this service is quite literally slavery.

So Yonas tried to run away, but he was captured and beaten so badly that the wounds didn’t heal for weeks. In fact he still has scars all over his body today. But eventually he did escape and made his way to a refugee camp in Northern Ethiopia called Tigray.

And that’s where he found CVT. Yonas was part of an intensive 10 week group therapy program with other young boys who also fled their homes in Eritrea. CVT's counselors worked with Yonas to remind him that he's so much more than the trauma he's been through, and that he's got a bright future ahead of him.

At the end of the 10 week program Yonas told us that before CVT he was going to end his life. But after, he feels like he has his life back.

This year, CVT will help nearly 30,000 survivors and family members, like Yonas, 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.