



Announcement

Welcome to the eighth edition of Ndabuchiseh newsletter! Every three months, we publish a newsletter. You can subscribe to our newsletter by filling the form on our website:

www.ndabuchiseh.org or write to us at info@ndabuchiseh.org.

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Our Milestones!



The context in which Ndabuchiseh carries out peacebuilding remains volatile and, sadly, increasingly precarious. For over ten years, violence has persisted and continues to spread across Cameroon. Despite these challenges, our work has grown stronger and more impactful.

Ndabuchiseh continues to scout and train idle youth through a **nine-month residential peacebuilders program**. The program combines psychosocial counseling, peace practices, and livelihood training. Youth recalibrate, build resistance to violence, develop vital peacebuilding skills, and reenter their communities as agents of sustainable peace and development.

In this issue, we reflect on some of our milestones. **Transformation.** Our greatest milestone has been witnessing the profound effects of our training as beneficiaries move from war trauma to safety, regulation, and growth. This transformation is visible across physical, emotional, and social dimensions, marking a true story of change that communities can be proud of.

Physical and Neurological Changes

Nervous system regulation: Participants leave “fight-or-flight” mode, experiencing better sleep, reduced chronic pain, and fewer stress symptoms.

Brain integration: neuroplasticity strengthens connections between emotional centers and rational thought, reducing impulsive reactions.

Emotional and Cognitive Changes

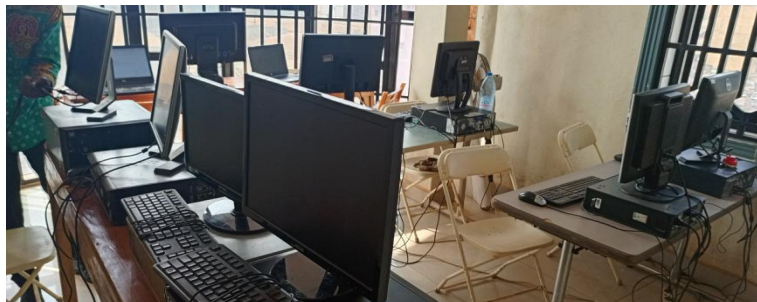
Triggers lose intensity, with faster recovery when they occur.

Traumatic memories are processed into coherent, understood experiences.

Shame and self-blame are replaced by self-acceptance and compassion.

Behavioral and Social Changes

- Relationships improve through trust and vulnerability.
- Beneficiaries shift from avoidance to proactive, intentional living.
- Post-traumatic growth emerges, with greater purpose, appreciation for life, and personal strength.



These milestones are not just about healing but about transformation. They represent the journey from trauma to resilience, from despair to hope, and from survival to thriving. It is the clearest evidence that our work is changing lives in ways that inspire pride and lasting impact.

“Our greatest challenge is not the passion of our youth peacebuilders—it’s the lack of resources to sustain their impact. With your support, we can turn empowered young leaders into lasting agents of peace and development.”

— Emmanuel (Director)

Our Second Cohort Training Soon to End!

In 2018, Jane’s father was killed by unknown gunmen, leaving her family displaced and struggling to survive. At 23, she dropped out of school and endured fear, shame, and hopelessness. Her self-esteem was shattered, and she carried deep anger and guilt. When she joined the second training cohort, she was assessed and guided through counseling and peace practices and is presently undergoing livelihood skill training in organic farming. Over seven months into the training, she is seeing her trauma as part of her past rather than a continuing threat. She is regaining her confidence, rebuilding her dignity, and finding new purpose. Today, Jane proudly hopes to graduate in two months’ time and return to her community to engage other young people in peaceful activities, turning her pain into a source of hope and inspiration.

Over seven months into our second batch of peacebuilders training, we have so far taken them through the following. A Thorough Psychosocial Assessment: This helped us to see who among our participants needed more attention or specialized care and chart a route for counseling. This also helped us identify people who could play a leadership role in their lives. Here, we started building their inner peace through counseling and personal peace practices.

Livelihood skills and interpersonal peace practices: we have trained our participants in self-employment and entrepreneurship skills in the field of organic farming. This livelihood was chosen for the reason that it is not merely generating income; it can provide the youth with a sense of a higher purpose of helping the community or environment to be better. We have also guided them on creating an environment that is grounded in empathy for each other,



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being non-judgmental, being tolerant, listening, and being able to communicate assertively rather than aggressively.

In the remaining two months, we are focusing on preparing them to thrive in their community. We will introduce them to community peace practices such as dialogue, peer education, counseling, mediation, negotiation, activism, nonviolent action, etc. Finally, before they leave our center, we ensure that they have in hand a solid business plan and every tool necessary to effect lasting peace in their own lives and surroundings.

- Our vision is clear: youth from conflict areas becoming confident and resilient advocates of peace, standing up against violence in schools, homes, and communities, even in times of war.

- To achieve this, we seek your support. A scholarship of \$800 per youth will enable us to train each participant, equipping them with the tools to transform trauma into resilience and violence into peace.

- We believe that every investment in Ndabuchiseh is not just funding—it is fuel for lasting peace, community healing, and generational change. We would be honored to explore how we can work together to achieve this vision.