

## **World Refugee Day 2026: Community Care as Collective Resilience**

Resilience is deeply personal and profoundly shared. Each child and family we work alongside carries their own strengths, stories, and ways of coping – shaped by experiences, culture, and the communities that have sustained them through hardship. As providers, we hold the privilege of witnessing and honoring that resilience every day.

This year's **World Refugee Day (June 20<sup>th</sup>)** reminds us that "...the right to seek safety" belongs to all of us ([UNHCR](#)). The UNHCR's 2026 theme frames safety-seeking not as an individual act, but as a collective one – a value that resonates deeply in child and family mental health work. For children and families navigating trauma and chronic stress, safety is not only physical. It is relational. It is the knowledge that their community will not let them carry the weight alone.

That is what collective resilience means in practice. It means we actively work to ensure no child, no caregiver, no family faces uncertainty in isolation. It means asking families directly what resources and supports feel most relevant to them right now – and being willing to map new community pathways when familiar ones have shifted or disappeared. It means expanding and restoring social networks, because for many of the families we serve, community is not a supplement to healing. It *is* the foundation of it.

As providers, we can nurture this by continuing to offer safe spaces for honest conversations, by taking a strengths-based approach that reflects back the capabilities families already possess, and by collaborating across our networks to make sure the right tools are accessible – not just to individuals, but across families, communities, and systems. In a time of continued uncertainty and instability, collective care is not a bonus. It is a clinical and human necessity.

The resources below are a starting point for your own reflection and for the families and communities you support:

1. (Article and Resources) [CARRE March 2026 Newsletter: Self and Collective Care](#)
2. (Article) [CARRE June 2025 Newsletter: World Refugee Day 2025 Managing Uncertainty and Self-Determined Resilience](#)
3. (Resource) [Boston Children's Hospital: Coping in Times of Uncertainty](#)
4. (Article and Resources) [Mental Health America: Culturally-Based Practices](#)
5. (Exercise) [My Maintenance Self-Care Plan Worksheet](#)
6. (Webinar) [Switchboard: Supporting Others, Sustaining Yourself: Trauma Informed Care in Action](#)

Please make sure to view the rest of the CARRE June 2026 newsletter for other suggested resources based on specific, timely topics that may be of need. Thank you, as always, for your solidarity and commitment to collective and shared resilience.