



The trauma experienced through terrorism breaks you, but it also bonds you.

Connection is a human experience – it ties and bonds us together in ways that we can both see and feel.

Without connections, we are bound to remain isolated.

Connections preserve love and passion, as well as strengthen and maintain inner resilience within our community.

In my recovery, it was the power of human connection that saved me from the darkest times when the act of breathing felt too hard.

Through my connections I have gained strength and shared my pain with others, this has greatly helped me: both individually and collectively.

It is because of connections with others that I have been able to live again. And, has shown how important connections truly is.

Connections [gives me] a strong voice.

[it] empowers us all to counter the terrorist narrative and hate speech. [It] speeds up my recovery and resilience.

Through contact and communications: new ideas are generated, information, knowledge, experiences, and skills are exchanged.

And, while we are able to connect remotely, what is important is that hug, that smile, that comforting hand or glance and ultimately the natural flow of tears.

We are all connected in the strength we have had to teach ourselves, in our resilience and our desire to make the world a more connected place.

[By] Standing together, we are not alone.