

# CPR: Cultivating a Positive and Resilient Mental Health Environment

Zadar, September 2023  
Greek team





# INTRODUCTION



Topic of the project: Mental health and well-being

Type of the project: Training course

Place: Zadar, Croatia

Duration: 24 September-1 October 2023

Target group: Youth workers





# GOALS



The main goal of this project was to teach us (youth workers) on how to promote mental health, using non-formal education methods and also how to develop our skills in order to support the mental well-being of young people.

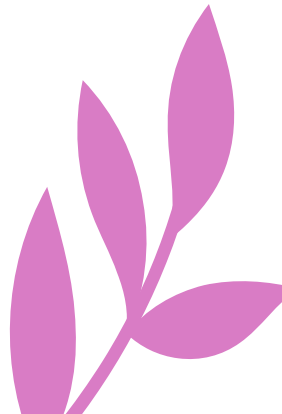




# THEORETICAL PART




As it is an integral part in every training, our trainers had prepared a number of presentations so that we will be able to understand firstly all the basic concepts in theory. After that, there was always a discussion and the participants who wanted, could share their opinions or personal examples that were related to the topics.

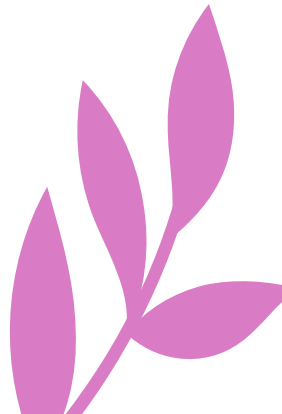




# ACTIVITIES



During these days, our trainers had organized a number of different activities so that we (the participants) could learn some topics through experiential learning, additionally to the theoretical part. For example, there was a simulation of a peer support group which was a really good opportunity for us to see how it works. We also tried yoga and meditation as relaxation techniques which was also something new for most of us. Finally, we got to know how expressive art therapy works and did some practice on it.

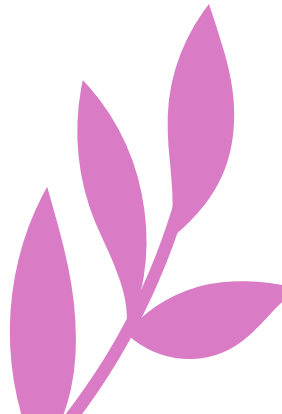




# CONCLUSIONS




By the end of this project, we could definitely say that we increased our knowledge on how to support young people that struggle with mental issues and how to encourage them to seek for professional help if needed. We learned some simple but important tools that can help in promoting their mental health and finally, we understood the key role that we, as youth workers, have, in these situations.





## OUR QUOTE OF THE WEEK



"BEING A BIT  
MENTAL(LY) HEALTHY  
IS ALWAYS A GOOD IDEA!"



# IN THE PROCESS...

