

Partnership



Centrum Wspierania
Edukacji
i Przedsiębiorczości



Mindfulness
for Integration

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Mindfulness
for Integration

A project aimed at helping
refugees and migrants' mental
health through arts

Project number: 2023-1-HU01-KA220-ADU-000160977

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Co-funded by
the European Union

Objectives

1. Ensure the specific mental health needs of refugees are understood to 50 support service workers in civil society organisations and local authorities
2. Strengthen and support the mental wellbeing of 210 refugees through the work of the local CCS
3. Increase civic engagements and active participation in society amongst refugees, asylum seekers and vulnerable migrants
4. Upskill 70 CCS professionals to create creative wellbeing supportive learning material
5. Promote social inclusion and diversity through art and creativity to 12 local authorities' settlement and integration support services



Target Groups

1. Refugees, asylum seekers and vulnerable migrants
2. Support and key workers, civil society organisations
3. Local artists and creative and cultural industry professionals

Project results



Best Practice Handbook



Professional Development Sessions



Blended Learning Course



Facilitator e-Course



Awareness & Understanding
Campaign



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