



Mindfulness  
for Integration

August 2025

European e-brief

## Achievements

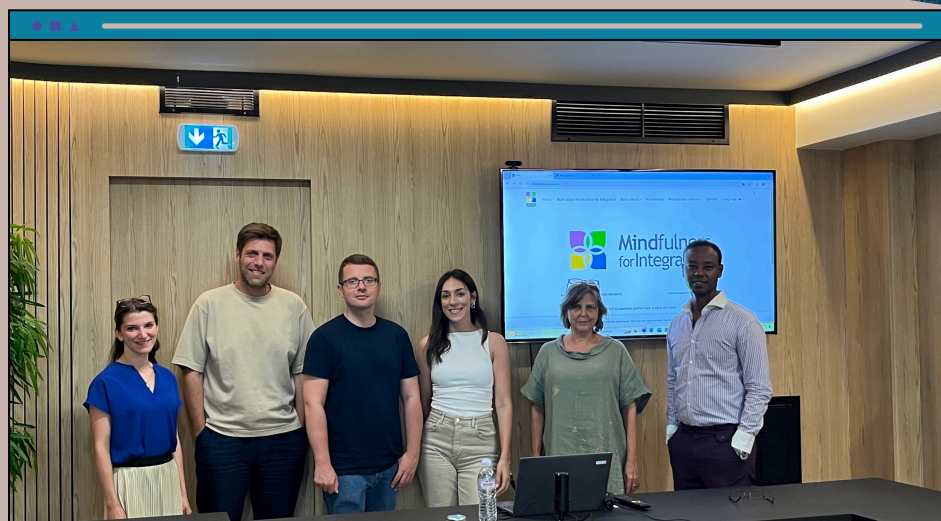
- **Best Practice Handbook** - in the use of creative activities to support migrant mental health and social integration.
- **The Ultimate Guidebook: Upskilling CCS Professionals** - for creative industry professionals and artists to be able to adapt their skills towards the project target groups.

## Mindfulness for Integration Digital Learning Courses

- **M4I Blended Learning Course** - to support the mental health and social integration of refugees, asylum seekers, and vulnerable migrants.
- **M4I Facilitator e-Course** - to equip support workers, key workers, and civic society organizations.

Available in 7 languages!

## Meeting in Larissa



In July, project partners gathered in Larissa, Greece, for the final transnational meeting in order to reflect on the project's achievements and plan the final steps to the successful completion of the project.

## Final Conferences



Until the end of August, each partner country is hosting a final conference to present the outcomes of the project. These events bring together stakeholders such as educators, NGOs, and community organizations, providing an opportunity to share the project's results, exchange good practices, and discuss how mindfulness can continue to support the integration and well-being of refugees, asylum seekers, and vulnerable migrants.

Scan to visit our website and  
access the project's results!



The Mindfulness for Integration partnership warmly thanks all who joined us on this journey and looks forward to seeing the impact continue beyond the project!



Co-funded by  
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