

YOUTH WORKSHOP SERIES: CARING FOR YOUNG PEOPLE'S MENTAL HEALTH, HEALTHY LIFESTYLES

BY AS

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Maribor

The Association EPEKA, Soc. Ent., organises a series of workshops for young people in the framework of the EPEKA Youth Centre: caring for young people's mental health, healthy lifestyles.

In recent years, we have become increasingly aware of the importance of mental health care, especially among young people. In this spirit, we are pleased to announce a series of twelve workshops aimed at improving the mental health of young people, with a special focus on Roma youth. The workshops are organised in collaboration with Petra Cirkovski, a long-time colleague with extensive experience in the field of mental health and working with young people. Petra has extensive experience with Roma children, having also worked extensively with them in the field of learning support in the framework of EPEKA activities.

Aim of the workshops:

Our aim is to offer young people a safe and supportive environment where they can learn, discuss and share their experiences and concerns related to mental health. We will pay special attention to Roma youth, as statistics show that this community faces additional challenges in this area. Through a series of workshops, we aim to reduce the stigma surrounding mental health and encourage young people to take proactive care of themselves and their peers.

About the workshops:

The workshops will run throughout the year, one every month, and will cover a variety of topics related to mental health, healthy eating, healthy living. Topics will include self-esteem, stress management, emotional literacy, peer support, how to eat healthily, healthy lifestyle and more. Each workshop will be tailored to the needs of the participants, using interactive methods and techniques that promote learning and personal growth.

Petra Cirkovski, who will lead the workshops, brings her extensive knowledge and experience to the table. Her work is known for empowering young people to find their voice and learn how to deal effectively with life's challenges. Petra believes in the power of community and dialogue to promote mental health and resilience.

How to get involved

The workshops are free and open to all young people. Due to limited places, pre-registration is required at epeka@epeka.si.

Petra Cirkovski

COACH, RELATIONSHIP AND PERSONAL GROWTH CONSULTANT, SOFT SKILLS TRAINER, WORKSHOP LEADER, LECTURER.

More:



Workshop support Milica Nedeljković, Sociologist / Project Manager, Erasmus internship at EPEKA Slovenia.

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