



Mental health challenges in Social Inclusion and Education.

SHORT OVERVIEW

This course is designed for professionals who work with vulnerable groups and seek to strengthen their tools and learn new strategies to improve the well-being of their users. Throughout this program, participants will acquire knowledge and practical skills in key areas that directly impact resilience, inclusion, emotional awareness, and handling modern challenges such as cyberbullying. The course also explores creative and inclusive approaches to teaching and mental health care.

COMPETENCES

- Resilience building.
- Inclusion and community cohesion.
- Emotional awareness.
- Cyberbullying prevention and intervention.
- Inclusive teaching.

RESULTS

- Enhanced resilience skills.
- Improved inclusion practices.
- Advanced emotional awareness.
- Effective cyberbullying interventions.
- Innovative art therapy approaches.
- Inclusive teaching strategies.
- Practical insights from local institutions.

MAY

STANDARD DAILY PROGRAM

0	Arrival.
1	-Welcome Meeting and introduction. -Fears and expectations. -Most common mental health problems and risk - protective factors. Building resilience. -The importance of inclusion and community cohesion in promoting mental well-being. -Welcome lunch. -Guided tour around the city center.
2	-Developing emotional awareness: the importance for parents and school to talk about feelings and how to manage them. -The role of school in promoting mental well-being. -Participants presentations.
3	-Visitin the facilities of a social inclusion enterprise, to show the daily work so as the social and environmental function that they do, focused on the social inclusion actions they carry out. -Methodologies for wellbeing: Storytelling, the digital gap in migrant population.
4	-Open air activity: Therapies for coping with illnesses. -Cyberbullying.
5	- Art and mental health. - Tools for Creating More Inclusive Teaching. - Final Meeting for Final Evaluation of the project. - Farewell lunch.
6	Departure.

