



Y-CARE

Youth-Centered Approaches
for Resilience and Empowerment



www.y-careproject.eu

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Youth-Centered Approaches for Resilience and Empowerment

Project Number: 2024-2-PL01-KA220-YOU-000286535

Hello from the Y-CARE Project!

Thank you for taking a look at the 5[#] newsletter of our project. Since the previous issue, we have achieved a great deal. We have tested the project modules and the e-learning platform, and we have organised discussion panels on the mental health and wellbeing of youth workers. Some of these panels are still ongoing.

We are also continuing to actively promote the Awareness Campaign on Mental Wellbeing.

With only a few months remaining until the end of the project, we are sure that many more important activities and results are still ahead of us.

- ✓ **Read about our ESG campaign**
- ✓ **Check news about Awareness Campaign**

Want to know more?

Join our newsletter and stay updated every step of the way!

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Y-CARE is a project that unites Europe in supporting those who support young people.

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Project Partners

Countries involved

Poland • Greece • Croatia • Austria • France • Italy

Organizations

Miasto Łomża • IDEA • IASIS • ISUM • BildungsLab • Tandem Plus • Quality Culture



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26 Stories for Mental Well-being

The Y-CARE Awareness Campaign shared 26 stories and practical examples promoting mental wellbeing in youth work across Europe.

The campaign highlighted tools and approaches supporting young people and youth workers, including peer support, emotional literacy, mindfulness, creative activities and burnout prevention.

Through these actions, Y-CARE promotes healthier, more inclusive and resilient youth work environments. [Read more...](#)



Y-CARE Panel Discussions on Mental Wellbeing Underway Across Europe

As part of the Y-CARE project, partners are organising panel discussions on mental wellbeing in youth work across Europe. The events focus on topics such as burnout prevention, resilience, peer support and access to mental health services. Several panels have already taken place and attracted strong interest from youth workers, educators, mental health professionals and other stakeholders. More events are still underway.

We will soon share reports and highlights from the discussions on the project website. Stay tuned!

<https://y-careproject.eu/>