Y·CARE
Youth-Centered Approaches for Resilience and Empowerment

www.y-careproject.eu

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Hello from the Y-CARE Project!

Thank you for taking a look at the 6# newsletter of our project. e are currently focusing on organising Multiplier Events and Panel Discussions dedicated to mental well-being. These activities aim to raise awareness, encourage open dialogue, and promote the exchange of experiences and good practices among stakeholders.

We are also pleased to announce that our e-learning platform has been launched! The platform provides access to educational resources and learning materials designed to support mental well-being and strengthen knowledge and skills in this important area.

Stay tuned for more updates and upcoming events!

- **Read about panel discussions**
- **Check out project social media**

Want to know more?

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

#Y-CAREproject #mentalhealth #youthwork

Subscribe

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

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

Stay Connected

Facebook: YCareProjectEU

Instagram: ycareprojecteu

email: info@y-careproject.eu

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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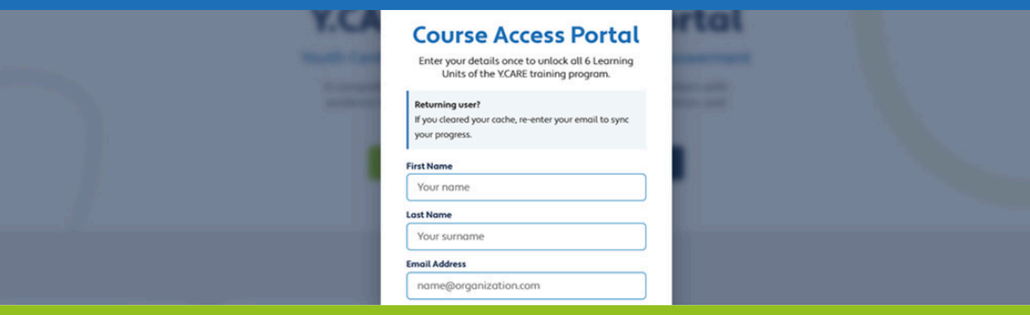

E-learning platform is on!

We are pleased to announce the launch of the Y.CARE E-Learning Platform, developed to support youth workers in strengthening their mental well-being, resilience, and professional skills. The platform offers six interactive learning units covering key topics such as burnout prevention, work-life balance, emotional intelligence and communication, peer support, mental health awareness, and sustainable self-care practices. Through practical tools, exercises, and educational resources, participants can develop strategies to manage stress, foster supportive environments, and promote long-term well-being in their daily work. Explore the platform and start learning today: https://qualityculture.it/y-care-training-portal/



Y-CARE Multiplier Events Across Europe

Throughout October and November, we are organising Multiplier Events to disseminate the results and achievements of the Y.CARE project among local youth workers and organisations working with young people. These events provide an opportunity to present the project's key outcomes, introduce the Y.CARE E-Learning Platform, and share practical tools and resources supporting mental well-being in youth work. Through these activities, we aim to raise awareness, encourage knowledge exchange, and promote the wider use of project results within local youth work communities. Stay tuned! https://y-careproject.eu/

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