



**ERASMUS+
PROJECT**



**Co-funded by
the European Union**

PROJECT IMPLEMENTATION

DECEMBER 2023 – OCTOBER 2024



PROJECT TITLE:

Developing the approaches of emotional well-being and mental health for specialists and NGOs working with vulnerable social groups in Latvia, Lithuania and Belgium

Short name: «BE WELL»

Time: December 1, 2023 - October 31, 2024

Project No.: 2023-1-LV01-KA210-ADU-000164014





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PROJECT AIM

The project aims to empower social workers, care givers, educators, NGOs that are working with vulnerable social groups (Ukrainian refugees, immigrants, women, children, the poor, as well as people with disabilities) with the ability to transform and inspire for change not only the vulnerable groups but also themselves by learning and developing new approaches of emotional well being and mental health.

PROJECT ACTIVITIES

01

Transnational meetings of social workers:

- in Lithuania (*February 26-28, 2024*)
- in Belgium (*April 23-26, 2024*)
- in Latvia (*June 11-13, 2024*)

02

Dissemination events:

- in Lithuania (*February 29, 2024*)
- in Latvia, Rezekne (*June 14, 2024*)
- in Latvia, Riga (*October 22-23, 2024*)

03

Preparing and approbating the Guide book for the improvement of emotional well-being





BE
WELL



TRANSNATIONAL MEETING IN LITHUANIA



TRANSNATIONAL MEETING IN LITHUANIA



BE
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TRANSNATIONAL MEETING IN BELGIUM



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TRANSNATIONAL MEETING IN BELGIUM





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TRANSNATIONAL MEETING IN LATVIA



BE
WELL

DISSEMINATION EVENT IN RĪGA AND ĀDAŽI





BE
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DISSEMINATION EVENT IN RĪGA AND ĀDAŽI





Thank You!