



## Latest project news

Within the framework of the WLE project 15 training sessions were held along the project duration, involving 248 participants among parents, carers, adult staff educators and future professionals (psychologists and psychotherapists) in the four targeted countries.

Of these 15 sessions, 7 were held in more remote places (Namur in Belgium, Ikaria in Greece, Pinerolo in Italy, Los Alcazares and Ceuti in Spain) to ensure a more equitable access to participants from all backgrounds, trying to mitigate geographical obstacles. The other 8 sessions were held in bigger urban areas where the partners' organisations are based (Turin in Italy, Brussels in Belgium, Athens in Greece and Madrid in Spain). The objective of this in-presence training was to improve participants' awareness on the impact of the pandemic and confinement on families and childrens' mental health and well being. Starting from this acquired consciousness, the second goal of this training was to enlarge to focus on crises in general and to the resilience capacity of families and children's pedagogical needs, mental health, well-being and family ties during challenging times. Thanks to these in-person training sessions the participants were able to benefit from a peer-learning approach and to improve their soft skills and

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comprehension of mental health, family dynamics, developmental stages of children, identifying alarming symptoms, communication & active listening skills, stress management and team- working.

The training sessions took place over one day and all partners followed a common outline:

- Brief welcome with an icebreaker activity
- Theoretical PowerPoint-Presentation covering the following topics:
- The negative part that the pandemic had meant for families and individuals: stress, uncertainty, anxiety, economic hardship etc.
- Self-care and the special need for it in critical moments
- How stress affects our capacities and causes us to end up turning our discomfort on others
- Resilience: the need to develop this skill for personal growth
- The need for sincere and open communication
- Stages of the life cycle: 0-3 y.; 3-6 y.; 6-14 years; 14-18 y.
- Q&A session of the participants
- Roundtable and open conversation
- Presentation of the Booklet and pedagogical activities
- Presentation of the Digital Learning Centre
- Promotion of Erasmus+ opportunities as a catalyst and a game-changer in everyday life
- Collection of feedback and interviews

Check the articles on the training sessions on WLE website by clicking [here](#).



## Upcoming activities

Release of the LEARNING GUIDE on the project Website - addressed to the Project's Consortium and to ADULT EDUCATION STAFF ensuring consistent delivery of the WeLearnEverywhere materials by integrating all project outputs, including digital resources, texts, and audiovisual content. It supports training sessions for parents, carers, and education staff, enhancing their capabilities and ensuring target group involvement. The guide helps avoid conflicts and delays, aiming to assist trainers and educators in applying the developed methods and materials.





## Reading suggestions

Today we would like to suggest this very interesting guide selected from our virtual library, available [online](#).

“An integrated approach to childcare services from a children’s rights perspective”

Language: English

Audience: Researchers, future professionals, educational staff

Type: Policy paper

Author: Make Mothers Matter

Link to the resource: <https://makemothersmatter.org/an-integrated-approach-to-childcare-services-from-a-childrens-rights-perspectiv/>

