

PARTNERSHIP

LITHUANIA

ASOCIACIJA KURYBINES ATEITIES IDEJOS
(KAI) - PROJECT COORDINATOR

🌐 WWW.KAIDEJOS.LT

ROMANIA

ASOCIATIA DEMETRIUS (DEMETRIUS)

🌐 WWW.DEMETRIUS.RO

GREECE

EDRA

🌐 WWW.EDRA-COOP.GR

ITALY

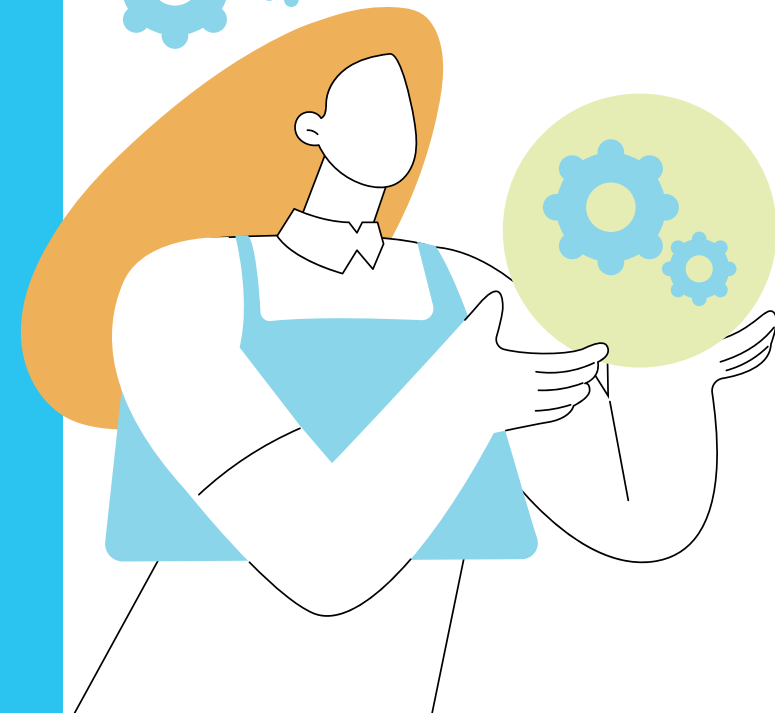
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MeRest

**EMOTIONAL SUPPORT
FOR ADULTS
USING CREATIVE METHODS**



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#MeRest_Project #Resilience

🌐 www.merestproject.eu



ABOUT US

RESILIENCE REFERS TO THE ABILITY OF A SYSTEM, BE IT A PERSON, A FAMILY, AN ECONOMY OR A COMMUNITY, TO SUCCESSFULLY ADAPT TO CHALLENGES THAT THREATEN THE FUNCTIONING, SURVIVAL OR DEVELOPMENT OF THAT SYSTEM.

COVID-19 pandemic has severely tested the resilience and psychosocial wellbeing of each individual, but especially of most vulnerable groups in our society. The significance of this historic event can have consequences in terms of personal well-being, ethics, politics, community quality of life and social justice. It is clear that the promotion of resilience and coping skills in order to re-elaborate the experience of the pandemic and to prepare for the complexity of our present and future appear among the most imperative challenges of the European Union. In this direction, visual arts, theatre and storytelling have been recognised as the most effective and successful activities to prevent illness, promote well-being and the psychosocial health of people.

The project aims to strengthen resilience and offer the opportunity for social inclusion to marginalised groups by developing and testing resilience-strengthening non-formal educational activities based on self-narration through visual arts and theatre. Mainly it addresses some of the target groups that have been particularly affected by the COVID-19 pandemic: elderly people or people with disabilities, people with mental health issues and health care professionals. The final aim is to accompany them to tell their stories of adaptation and transformation following the pandemic and to build on that to strengthen skills using artistic methods. The project will also contribute to the pedagogical research in the field of creative methods applied to adult Education.



#MEREST PROJECT AIMS TO DEVELOP:

- An innovative training package for strengthening adult resilience to life's challenges.
- Innovative tools for professional development of adult educators, in relation to the goal of increasing resilience.

THE CONSORTIUM INTENDS TO REACH THESE AIMS BY DEVELOPING, TESTING AND DISSEMINATING THREE RESULTS:

- Narrative-based workshop guidelines to elicit participants' reflective and resilience stories related with COVID-19.
- Visual-art workshop guidelines to accompany participants in visually expressing their experience, their hopes and strengths in creative ways.
- A handbook providing guidelines, recommendations and best-practices on how adult educators can replicate and adapt the project resources in their daily work.