

Registration form:

Last name:

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First name:

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Address :

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Native language:

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E-mail :

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Telephone:

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„Supported by the Baden-Wuerttemberg Foundation for Preventative Health Care with funds from the Baden-Wuerttemberg statutory health insurance fund. § 20a Code of Social Law (SGB V).“



ENGLISCH

Mind-Spring

... a programme in the administrative district of Böblingen organised by refugees for refugees

- Have you recently arrived in Germany?
- Do you sometimes feel that everything is a bit too much for you?
- Are you experiencing emotional stress and problems, and are you struggling to cope?
- Would you like to do something to make you feel better?

Then this free offer is ideal for you!

Migration and Refugees



What happens at Mind-Spring:

- Groups of people who are very familiar with your situation meet up at Mind-Spring.
- You have the chance to speak in your native language about things that are important to you!
- You'll be supported by experienced trainers who provide important information and assistance.

In the Mind-Spring group, you'll talk about:

- Stress and coping with stress
- Sorrow and loss
- Identity issues
- Your own thoughts and feelings

At Mind-Spring:

- You'll learn to understand your own situation better.
- You'll look together for better ways to deal with difficulties.
- You'll be able to share your positive and negative experiences with the group.
- You'll discover exercises that can help you.



How does it work?

Just register for a Mind-Spring group!
Each group incorporates eight sessions!
Registration is binding!
Mind-Spring is free!

Contact:

Anis Yaiser
Koordinierungsstelle Mind-Spring
VDV e.V. - Vermittlung deutscher
Sprache und Kultur e.V.
Schulungszentrum Leonberg
Eltinger Str. 61
71229 Leonberg
E-Mail: mindspring@vdv-leonberg.de
Tel.: 0174-2375507

