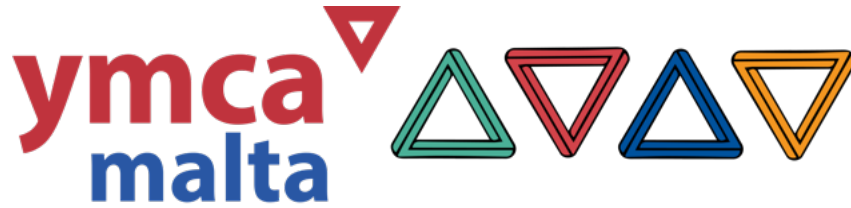


NEWSLETTER

HIGHLIGHTS FROM YMCA MALTA FOR THE MONTH OF APRIL 2023

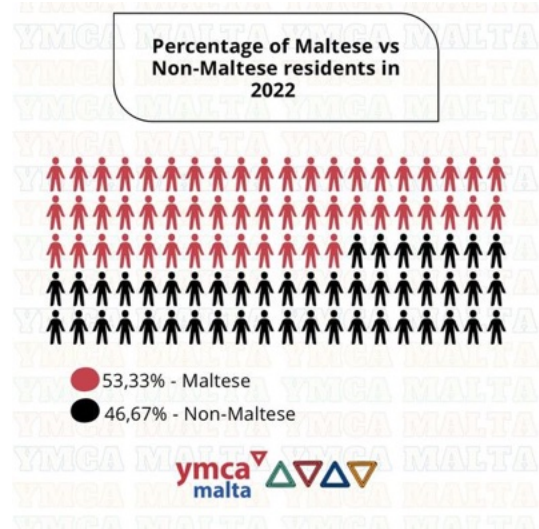
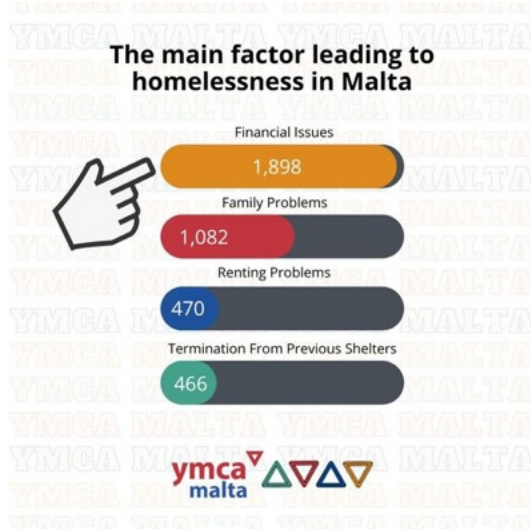


May 2023 - Issue 68

HOMELESSNESS CANNOT BE SILENCED!



Homelessness Cannot be Silenced!
YMCA has been working in the field of homelessness for almost 20 years, and recently issued the Homeless Human Evolution Retrospective Research. Through this project we looked at and examine the data collected for the past 10 years in relation to homelessness in Malta.



WORKING WITH REFUGEES

Our team, along with over 35 other practitioners from around Europe, participated in the third conference of YMCA Europe: “YMCA Work with Refugees”. For 3 days, the group worked hard and exchanged best practices on issues & challenges faced by refugees such as: employment issues, working with children, preventing and resolving conflicts in local communities, housing issues, education, and mental health issues.

The knowledge and insights gained during such events are essential for our team to always provide relevant services and initiatives for all the people we support



ANNUAL GENERAL MEETING

The Annual General Meeting offers a space for our teams to appreciate the work and achievements of every department, encourage collaborations and serves as a great opportunity to get together, chat and share some anecdotes.



It's also a chance to show appreciation for the great commitment and dedication of our teams by rewarding some members for initiatives that strongly resonate with our organisation's values and causes. The awards are given for Wellbeing Projects, Youth Projects, Exemplary Leadership, Social Justice and finally to the Volunteer of the Year

WE ARE HERE FOR YOU!

It is okay to ask for help



Contact our counsellors and
psychotherapists on 27674278 or
nicola.ymcamalta@gmail.com



The YMCA Malta prevention department believes in the importance of regular practices that improve your wellbeing and prepare you better for dealing with life's adversities. The department provides services to the community at large based on the philosophy of preventing members of the community from harming a base of good enough self-development whilst promoting active citizenship, community engagement, and providing a safe space for healthy wellbeing. This includes good health practices for mental, physical, and sexual health.

Our team of dedicated Warranted & Trainee Psychotherapists provides psychotherapy and counseling sessions to clients who wish to work on themselves and improve their mental health against a donation to YMCA of €5.00 per session which covers the upkeep of the premises and the coordination of the service, however, this can be waived for clients who genuinely can't afford it.



WHAT IS THERAPY?

Therapy is a way to get help with a mental health problem, or get extra support if you are going through a tough time. If you go to therapy, you'll have meetings with a therapist to talk and learn. You'll learn skills to cope, feel better, and get help with the problem you're having.

For more information on our free psychotherapeutic services, kindly contact:
nicola.ymcamalta@gmail.com



HOW CAN THERAPY HELP?

Therapy helps build self-esteem, reduce anxiety, strengthen coping mechanisms, and improve social and community functioning. Supportive psychotherapy helps patients deal with issues related to their mental health which in turn affect the rest of their lives.

For more information on our free psychotherapeutic services, kindly contact:
nicola.ymcamalta@gmail.com



Who is this service for?

This service is for anyone who wishes to improve their life by learning how to manage stress and anxiety, work on symptoms of mental health difficulties, wishes to process difficulties in their life, or deal better with hardships, improve their relationships with partners, families, children, or any other difficulty in life which you wish to work on.

This service is not an emergency service and therefore does not cater to crisis situations and is on an appointment basis.

How to make use of this service?

Anyone who wishes to make use of this service can contact the Head of Prevention on nicola.ymcamalta@gmail.com, by providing name, surname and contact information of the client. The prevention department will contact you to conduct a referral and assign the right professional for you.

EGO SUM



Coming soon: Ego Sum Multi-Venue Exhibition portraying the Face of Homelessness.

Ego Sum is about uncovering other identities that define homeless people more than their current situation.

This project is supported by Arts Council Malta.

[Watch the video here](#)

ME, MYSELF & ARTS



The Me, Myself & Arts project provides a space to young people to explore the self through different medium. The aim is the empowerment of self-confidence, and self-esteem and enhance concentration.

After a first block of arts classes, a group of participants now started dancing sessions with Chakib. In Chakib's words: "This class is a constant reminder to free yourself and your body from society's expectations and wear your true self as a victory. It is about empowering communities, and about acceptance." He addresses individual movement goals to improve physical health advantages including greater strength, flexibility, less muscle stress, and better coordination. It provides significant mental health advantages, such as stress reduction, anxiety reduction, and mood improvement."

This project has been funded by the Be Active Scheme managed by Aġenzija Żgħażaġh.

A big THANK YOU to all of our readers!

If you would like to support us further, please call:

51702068 - €15

51802007 - €25

51902073 - €50

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