

Mental Health and Drug Awareness Week

7.10. Monday 13:00 h

**Theme: Mastering Emotional Balance:
Techniques for Regulating Intense Feelings**

Belma Žiga, Psychologist and Psychotherapist
Counseling Centre Belma Žiga

9.10. Wednesday 17:00 h

**Theme: Parenting Through Adolescence:
Understanding and Addressing Teen Mental
Health Challenges (Workshop for parents)**

Nataša Kahrmanović, Pedagogue and Psychotherapist
Family Counseling Centre/Porodično savjetovište

10.10. Thursday 13:00 h

**Myths and Facts About the Use of
Psychoactive substances**

Sanela Pekić, Pedagogue and Social Worker
Association Narko Ne

11.10. Friday 13:00 h

**Theme: Youth Mental Health and Substance
Abuse: Understanding the Immediate and
long term effects**

Association Medica SSST

**07 - 10. October
SSST Gymnasium**