

# AGENDA

## Mental Health and Drug Awareness Week 2021

11 Oct – 15 Oct 2021

### 11 October – Monday

*Speaker: Maja Misira Rašić, MA in Psychology, CB psychotherapist*  
*Theme: Mental health during the Covid-19 pandemic*  
*Time: 12:30*

*Workshop*  
*Speakers: Students of Psychology Club*  
*Theme: Coping techniques*  
*Time 13:00*

### 12 October – Tuesday

*Speaker: Porodično savjetovalište*  
*Theme: Addictions of modern society (games, internet, social media etc)*  
*Time: 12:30 PM*

*Speaker: Ema Salihbegović, GSSST student*  
*Theme: Beauty standard and social media: Feeling Unpretty*  
*Time: 13:00*

### 13 October – Wednesday

*Speaker: Đana Lončarica, Mr. Sc Psychologist and Gestalt Psychotherapist*  
*Theme: Emotional wellbeing and coping during crisis*  
*Time: 12:30*

*Medica – SSST University Sarajevo Medical School Student Association*  
*Theme: Stress and Immune system: changing health by change of lifestyle*  
*Time: 13:00*

### 14 October – Thursday

*Police department*  
*Theme: Legal regulations and consequences related to drug use*  
*Time: 12:30*

*Workshop for parents*  
*Speakers: Maja Misira Rašić, School Psychologist and Enisa Ćehajić, School Pedagogue of GSSST*  
*Theme: Understanding your teen's emotional health*  
*Time: 17:00*

### 15 October – Friday

*Speaker: Nikolina Vujić, MA in Music and Indira Rovčanin, MA in Fine Arts*  
*Theme: Healing power of music and art*

*Time: 12:30*

*Workshop*

*Theme: Art therapy and Music therapy for students*

*Time: 13:00*