

Learn strategies to deal with everyday difficulties and emotional stress.



What?

As part of a study, we offer a course called “Problem Management Plus (PM+)”. The course provides simple support for dealing with stress in everyday life. You will learn how to help yourself in various situations.

Participation is voluntary and free of charge. We pay for your travel expenses.



Flight and migration come with challenges in everyday life.

Would you like to learn how to deal with them better?

How does it work?

The Swiss Red Cross Canton Zurich offers the course together with the Outpatient Center for Victims of Torture and War (AFK). The course includes 5 individual conversations of 90 minutes each. Trained staff members conduct the course in your native language. We offer the following languages: Arabic, Dari, Farsi, Kurdish, Pashto, Russian, Tamil, Tigrinya, Turkish and Ukrainian.

For whom?

Persons 16 years and older with refugee background (ID N, F, S or B refugee), who live in the canton of Zurich.

Interested? Get in touch with us!

Registration:

Registration form, phone: 044 388 25 57, ☎ 079 959 25 57, mail: spirit@srk-zuerich.ch

After your registration, we will screen your health situation for the definite participation, to determine if the course is right for you.

Conditions of participation:

The "PM+" course is part of a scientific study conducted by the AFK. The aim of the study is to improve access to health care for refugees.

By participating in the course, you agree to take part in the study. For the study, you will be required to complete questionnaires in your first language. All your information will be kept strictly confidential.

We look forward to hearing from you!



spirit-p.ch/registry/en



srk-zuerich.ch/spirit-anmeldung



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Contact:

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