



Drug Awareness And Alternative Pathways

Newsletter 3
September 2025

Training in Finland

Our Learning, Teaching and Training Activity (LTTA) took place in Jyväskylä, Finland, hosted by YAD. Over five days, 14 youth workers from 7 partner countries came together to test the new educational resources developed by the Chill Pill project.

Through interactive workshops, role play, and group discussions, participants learned how to use the Peer-led Well-being Coaching Toolkit and gained practical insights into how to teach coping skills, build resilience, and promote positive mental health among young people.



On the final day, participants enjoyed a peaceful nature walk by the lake, a fitting close to a week dedicated to well-being and mental health.



Workshops in 7 countries

In the coming weeks, each partner country will host a series of free local workshops for young people interested in mental health promotion and peer support. Together we'll develop short films to spread positive messages about well-being and drug prevention.

There will also be follow-up training opportunities for youth workers, helping them to implement and adapt the Chill Pill materials in their daily practice.

Stay tuned for updates, stories from participants, and sneak peeks of the short films being developed across Europe!

