



Empowering mothers through education and art - EMERGE Call for participants!

Are you a first-time mom seeking a creative outlet to relieve stress and enhance your mental wellbeing? Join us for art activities designed just for you!

What to Expect:

- Fun and relaxing art projects
- Safe and supportive environment
- Connect with other first-time mothers
- No previous art experience needed!

Benefits:

- Reduce stress and anxiety
- Improve mood and relaxation
- Foster creativity and self-expression
- Support the creation of tools for other mothers around Europe

WHO WE ARE:

EMERGE is a project co-funded by the Erasmus+ Program aiming to support the wellbeing of first-time mothers through art making. Your participation and contribution will be valuable to design a set of tools and resources available online for all mothers according to their needs and woman-centred.

MAAP is a non-governmental organization based in Skopje, Macedonia, dedicated to enhancing the mental health and wellbeing of Macedonian citizens. **Email: contact@simbolikum.mk**

Arteteka is a small Social Enterprise based in Dublin, Ireland. We drive social change through art based methodologies mainly focused on sustainability, biodiversity, social empowerment and equal rights.

Email: artetekaltd@gmail.com

Xient is a private company that is a solution partner of organisations and companies in the field of software and sustainability. **Email: eu.projects@xient.org**

HOW TO APPLY:

<https://empowering-mums.com/>

[instagram.com/emergeeu2023](https://www.instagram.com/emergeeu2023)



x.com/emergeeu2023



[facebook.com/emergeeu](https://www.facebook.com/emergeeu)



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