

## That is to say

**Who can participate:** Young refugees, allgender, Age: 15-19 years, languages: french, english

**Regularity:** It is important to attend each workshop to fully benefit from the program.

**What to wear:** Wear comfortable clothing that allows for free movement and bring a water bottle.

## Facilitator



This cycle of workshops will be facilitated by Solène Jaubert, whose multidisciplinary approach integrates writing, dance, and clown performance. Solène Jaubert holds a Master degree in Dramaturgy and Stage Direction. She has worked with the *Essevesse Compagny* or *Let's fly little birds Compagny*

### Where?

Refugio Bremen e.V.  
Ausser der Schleifmühle 53, 28203 Bremen

### When?

The Workshops take place Tuesday, 15.30 to 17.30 Starting date: 04.02.2025

**How to register:** Contact the office of Refugio Bremen e.V., tel: 0421/1766770 email: [info@refugio-bremen.de](mailto:info@refugio-bremen.de)

Please note clearly that you want to register for "hearts of youth"

## ABOUT THE PROJECT

The Aim is **to provide a safe space for artistic exploration, using various mediums**, with a focus on drawing and movement.

The workshops are designed to foster self-expression and personal growth. The experience is shaped by approaches from dance therapy and art therapy.

The workshops are open to all and no prior experience on art is required.

We provide a space where you can explore creative tools to better understand your emotions, relax or simply take a pause.

The aim of the project is to empower, build self confidence and improve communication skills.

These workshops are an invitation to explore, connect, and grow together, in an atmosphere of mutual respect and support

**Important: this workshop is not a therapy and cannot replace therapy**



## The HeARTS of Youth

An artistic workshop for Young Refugees



# General Organization

**Workshop Duration:** Each workshop lasts about 2 hours.

## Session Structure

1. A brief discussion and reminder of the rules.
2. Warm-up.
3. Creative activity divided into several steps (working alone, in pairs, etc.).
4. Participant evaluation and feedback.

## What participation involves

- **Group Work:** Activities are primarily done alone or in pairs, with rare group sharing announced in advance.
- **Health:** Health issues should be taken into account to ensure everyone's well-being.
- **Evaluation:** Participants are invited to give feedback at the end of each workshop to adjust the program as needed.

# Workshop Program

The cycle consists of 6 workshops that build upon each other. Here are the themes and objectives of each workshop:



**GET IN TOUCH!**



[heartsofyouth.infoproject.eu](https://heartsofyouth.infoproject.eu)

Quoting participants:

« I think that this therapy has helped me in particular to relax, to feel calm and to come in contact with other people. »

« This activity is very important for me because it makes me feel good in my mind and relax and it makes me forget so many things in my mind and it makes me feel very good. »



CEIPES

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