

# A course to learn strategies for a self-determined life

**Do you feel overwhelmed, stressed, or sad sometimes?**

**Do you struggle to manage your daily life or feel lost at times?**

If yes, the course «Problem Management Plus» offers you a quick and simple form of support.

## For whom?

Adults with a refugee background (regardless of residential status) that are registered in Basel-Stadt and receive social assistance.

## How does it work?

Specially trained persons from the same cultural background will conduct the course «Problem Management Plus» with you in your native language.

During 5 individual sessions you will learn new skills for dealing with challenges and problems in everyday life.

## What are the advantages?

By applying the newly acquired knowledge, you will be able to help yourself in difficult situations. The course is free of charge after registration is approved by the social assistance.

## Are you interested?

Talk to your advisor at the social assistance office about the course or register directly through us at:



E-Mail: [spiritKVBS@srk-basel.ch](mailto:spiritKVBS@srk-basel.ch)



Telefon: +41 61 319 56 56

All employees are subject to strict legal regulations regarding confidentiality.

Would you like to learn more about SPIRIT?

Visit our website: [www.spirit-network.ch](http://www.spirit-network.ch)



Kanton Basel-Stadt

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**SPIRIT**  
SCALING-UP PSYCHOLOGICAL INTERVENTIONS  
IN REFUGEES IN SWITZERLAND

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