

Mindful Pathways to Mental Health for Youth-ZenG

Kick-Off Meeting – Thessaloniki, Greece
21–22 October 2025



Project Number: 2024-3-FR02-KA210-YOU-000286699

We are pleased to announce the successful launch of ZenG – Mindful Pathways to Mental Health for Youth, a European project dedicated to strengthening young people's mental well-being by integrating mindfulness practices and non-formal learning into youth work. The Kick-Off Meeting was held in Thessaloniki, Greece, on 21–22 October 2025 and was hosted by EQUALINE, with the participation of project partners Avec Nous (France) and Well-being Lab (Sweden).

Purpose of the Meeting

The kick-off meeting marked the beginning of collaborative work across partner organizations. During the two-day gathering, partners:

- Reviewed the project goals, structure, and timeline
- Confirmed roles and responsibilities for each Work Package
- Discussed communication, coordination, and quality assurance processes
- Finalized the visual identity and initial dissemination plan
- Developed the roadmap for the Research & Needs Analysis phase

This foundational meeting ensured a shared understanding and aligned vision for the implementation of ZenG over the next 18 months.

About ZenG

ZenG supports youth professionals and young people in improving emotional resilience, stress management, and overall mental well-being.

The project will create:

- Educational learning modules
- Digital mindfulness tools (videos, audio meditations, interactive activities)
- Two international training sessions

Our purpose is to make mental health support more accessible, more practical, and more inclusive for young people, especially those facing social or geographical barriers.

NEWSLETTER 1

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Next Steps

Over the coming months, partners will begin working on:

- Research & Needs Analysis to understand youth mental health challenges
- Development of the Educational Material and Curriculum
- Designing the concept framework for upcoming Digital Mindfulness Tools

Updates will be shared on our Facebook page and website.

Stay Connected

Follow ZenG online to stay updated on progress, news, events, and digital tools:

Facebook: https://www.facebook.com/profile.php?id=61582534212222&locale=el_GR

Thank you for being part of the ZenG journey.

Together, we are shaping a more mindful and resilient future for young people. 



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