

# CHILL PILL

## Drugs Awareness And Alternative Pathways

Newsletter 2

February 2025

### Empowering Youth Well-Being

The Chill Pill Project is an Erasmus+ funded project that aims to promote youth well-being and prevent drug use through peer-led interventions and innovative drug education approaches.

Our mission is to equip young people and youth workers with the tools and knowledge to foster healthier lifestyles in their communities.



### Free Workshops Coming Soon!

We're gearing up to test our materials, and you can be part of it!

Between July and October, the Chill Pill partners in Spain (Torrevieja), Ireland (Cavan), Germany (Berlin), Greece (Athens), Czech Republic (Ostrava), Poland (Rzeszów), and Finland (Jyväskylä) will be hosting free workshops to develop short films to promote well-being as an alternative pathway to dealing with negative emotions and thoughts among peers.



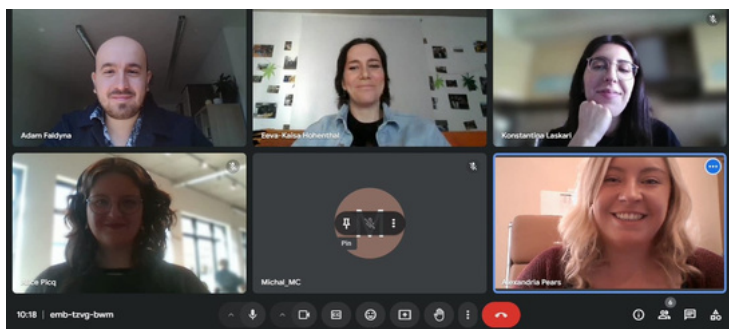
Co-funded by  
the European Union

## Get in touch!

If you are a young person or youth worker who would like to be involved in our drug awareness alternative pathways workshops, why not follow us on social media or reach out to us directly for more details:

- Facebook: ChillPillProject
- Instagram: @chillpillprojecteu

For more information, visit our website: [www.chillpillproject.eu](http://www.chillpillproject.eu)



## Project Meeting in Torrevieja, Spain

Our latest Transnational Project Meeting was hosted in Torrevieja, Spain. It marked the first in-person gathering of our partners since the project's launch in March 2024. During the meeting, we discussed the progress we've made so far on several key deliverables:

- Toolkit for Young People – Featuring a Peer-led Well-being Coaching Programme and creative Digital Content Creation Activities.
- Programme to Enhance Youth Worker Skills – Ensuring those who support young people are equipped with the best tools and resources to foster well-being.
- Practitioner Handbook – Packed with insights, recommendations, and real-world experiences to help youth workers implement Chill Pill-inspired initiatives.

All materials will be available for free on our eLearning platform in seven languages: English, German, Spanish, Greek, Polish, Czech, and Finnish.