



A course to learn strategies
for a self-determined life

For more humanity in your region

Croix-Rouge suisse
Schweizerisches Rotes Kreuz
Canton de Berne Kanton Bern



Do you ever feel overwhelmed, stressed, or sad? Do you ever struggle to manage your daily life or feel lost? The “Problem Management Plus” course offers you a quick and easy form of support.

Who is it for?

Adults with a refugee background (regardless of residential status).

How does it work?

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

Are you interested?

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

E-mail: → spirit@srk-bern.ch



All employees are subject to strict legal regulations regarding confidentiality. Would you like to learn more about SPIRIT? Visit our website: → srk-bern.ch/spirit



SPIRIT
SCALING-UP PSYCHOLOGICAL INTERVENTIONS
IN REFUGEES IN SWITZERLAND

Croix-Rouge suisse
Schweizerisches Rotes Kreuz
Canton de Berne Canton Bern

