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# ArtEMi Project

## Art and Education for social inclusion of Migrant women

### Our project

Our consortium aims to promote social inclusion among migrant women and marginalised groups to overcome psychological distress through art therapy, storytelling and activities aimed at increasing self-esteem, self-entrepreneurship and employment prospects by involving a wide range of organisations at local, national, and European level.

### Our objectives



Social inclusion of migrant women through the enhancement and development of skills and competencies to facilitate access to educational and training pathways



Acquisition and improvement of digital skills, through the development of competencies needed for accessing education and employment opportunities



Participation and social engagement for encouraging migrant women to actively take part in local communities



Training opportunities for adult education and social professionals working with migrant women as subjects of intersectional discrimination

### Our results

ArtEMi Toolkit: guide for migrant women's support groups on art therapy

ArtEMi Occupability Guidelines: set of guidelines to rediscover competencies and skills with autobiographical narration and to motivate towards training and self-entrepreneurship

ArtEMi Support Practices: guide for psychological support to migrant women through art therapy and mutual aid groups

### Our workshops



Art and sand play therapy workshops for enhancing creativity and psychological well being



Autobiographical storytelling workshop focusing on the valorisation of personal skills and abilities



Motivational workshop aimed at developing skills and personal vision oriented towards education, training and self-entrepreneurship



Experiences of peer support groups and self-help practices



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### Our activities

Training event in Rome

Partners' meetings in Rome,  
Porto, Patras & Lund

Open access events in Rome,  
Porto, Patras & Lund



## Our team



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