

CALL FOR VOLUNTEERS MHPSS PROJECT ATHENS

Duration: Minimum 6 months

Location: Athens

Starting Date: 15th September

Context & Need:

Accessing mental health services in Athens remains a major challenge for vulnerable and displaced populations. Language barriers, complex bureaucratic systems, lack of accessible information, and the daily stressors of survival often prevent people from seeking or receiving adequate support. In response, **MVI e.V.'s Mental Health and Psychosocial Support (MHPSS) program** provides flexible, trauma-informed, and culturally sensitive care to meet some of this unmet need.

Target Groups & Objectives:

The program primarily supports two especially vulnerable groups: **mothers** and **unaccompanied minors**. Both groups face high emotional burdens as a result of displacement, loss, and social disconnection.

- **For mothers**, the program offers a safe space to reflect on their parenting experience, reduce isolation, and develop tools for everyday challenges. Strengthening mothers' emotional wellbeing also benefits their children, who experience more stability, connection, and emotional support.
- **For unaccompanied minors**, the program provides safe, creative environments where they can process emotions, build resilience, and navigate life in a new country without their families.

Key Activities:

1. Parenting Group Sessions for Mothers:

These core group sessions create a supportive environment where refugee and migrant mothers can explore parenting challenges and strategies. Held in women's safe spaces, the sessions address topics such as child development, discipline, maternal self-care, and emotional regulation. Through discussion, psychoeducation,



and creative exercises, the program strengthens emotional resilience, builds peer networks, and promotes culturally respectful, trauma-sensitive parenting support.

2. Individual Psychosocial Support for Women:

One-on-one sessions are available for women who request additional support or are identified as needing it by facilitators. These sessions allow for deeper exploration of personal or sensitive topics, such as burnout, anxiety, or relationship issues, in a safe and confidential space. This ensures appropriate care while maintaining a healthy group dynamic.

3. Individual Needs Assessments & Short-Term Support:

MVI e.V.'s MHPSS team works closely with medical staff to identify patients who may benefit from psychosocial support. Where appropriate, we offer up to 10 sessions focused on psychoeducation, counselling, and empowerment. When long-term or specialised care is needed, we provide referrals and help individuals navigate the mental health system, ensuring access to continued support.

4. Art-Based Psychoeducational Workshops for Unaccompanied Minors:

In partnership with local shelters, these workshops address key psychosocial challenges faced by adolescents in displacement. Each session includes a group discussion on a specific theme (e.g. emotions, peer pressure, racism) followed by a creative activity (e.g. drawing, collage, storytelling). These workshops foster self-expression, emotional processing, and peer connection through artistic engagement.

5. Family Activities for Mothers and Children:

These creative workshops provide a joyful and relaxed space where mothers and their children can connect through play. The sessions highlight the importance of shared play in strengthening parent-child relationships and offer practical tools for families to replicate at home, encouraging ongoing positive interaction beyond the sessions.

Volunteer role

Duration: Minimum 6 months

Location: Athens

Working Hours: 30-40 hours per week

Starting Date: 15th September



Tasks and Responsibilities

- Conduct psychosocial needs assessments
- Manage referrals and do follow-ups with clients
- Provide short-term individual psychosocial interventions
- Document assessments and referrals
- Make regular updates on the service mapping
- Prepare regular reports on activities, progress, and outcomes
- Facilitate group sessions on motherhood and parenting
 - Prepare discussion topics for group sessions
- Facilitate art-based workshops for unaccompanied minors
 - Develop creative materials and discussion topics tailored for teenagers
- Facilitate family activities
 - Design and prepare creative activities aimed at strengthening the mother-child bond

Volunteer Criteria

- Bachelor's degree in Psychology or Social Work
- Experience in counselling, especially with mothers about parenting topics and/or unaccompanied minors
- Familiarity with working with displaced populations
- Strong cultural awareness and sensitivity