



PEACE of Mind

empowering young minds,
building resilience



PEACEPLUS

Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



Rialtas na hÉireann
Government of Ireland



Executive Office

Cedar
Opportunity Choice Inclusion



PEACE of Mind

The PEACE of Mind is a regional personal development programme delivered across a six-week period and is designed to enhance the emotional resilience and wellbeing of young people aged 9-25.

“The PEACE of Mind is supported by the PEACEPLUS Programme, managed by the Special EU Programmes Body (SEUPB).”



Special EU Programmes Body
Comhlacht na gClár Speisialta AE
Special EU Skemes Boadie

Self-Esteem and Uniqueness:

Celebrating individual strengths and recognising what makes us unique

Understanding Emotions:

Exploring and recognising different emotions and how they affect us

Coping Skills:

Learning practical strategies to manage stress and feel more in control

Building Resilience:

Identifying ways to handle challenges and adapt to change

Looking Forward: Setting personal goals and strategies to maintain wellbeing beyond the programme

Support Networks:

Recognising who we can turn to for help and how to build meaningful connections

Contact Us:



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