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**TAMUS – Press Release #3**

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# **TAMUS Project Empowers European Families with Innovative Mental Health Support Initiative**

**TAMUS (Talking About it Makes Us Stronger), a pioneering 24-month initiative, is set to transform mental health support for European families. This ambitious project aims to empower parents to actively foster positive mental health among the youngest and oldest members of their families.**

XXX, June 20, 2024 - An important milestone was reached in May when an in-service training session in Cyprus was successfully concluded. The goal of TAMUS is to assist adult educators throughout Europe in their ongoing professional development, and this training is a vital part of that effort.

Creating a comprehensive in-service training programme for adult educators is the main goal of this work package, "In-service Training to Support the Continuous Professional Development of Adult Educators." The purpose of this curriculum is to improve their capacity to implement TAMUS's novel family learning model. The project's focus on enhancing educator competences, a sector-specific priority, is in line with its overarching objective of modernising the digital and pedagogical skills of community-based adult educators.

Following the pilot event in Cyprus, the training programme will be implemented locally in each partner country, involving an additional five adult education professionals per location. This localized training approach ensures that the program is tailored to meet the specific needs of diverse communities across Europe.

## **About TAMUS:**

TAMUS is a collaborative project dedicated to supporting European families in managing their mental health. By empowering parents and educators, TAMUS aims to create resilient communities capable of fostering positive mental health across generations.

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For more information about the project, visit the website <https://tamusproject.eu/> or contact your local partner.

### *Contact your local partner*

The Rural Hub

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