



ABOUT US



At the end of the school year, works created during creative workshops have been displayed in a joint county exhibition.

CEDAR was founded in 2010. The purpose of our activity is counselling, education and strengthening of individuals, families and groups with the goal of personal growth, improvement of life quality and active and responsible behaviour towards yourself and your environment.

In its activities, CEDAR is focused on realization of goals such as promotion of wholesome approach to health and acting towards prevention of addiction; prevention of violence among children and adolescents and affirmation of values of non-violence and tolerance; children and human rights education; promotion of ecological values.



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The goal of the project *Zdravo!* is effective activity in promotion of non-alcoholic habits and healthy lifestyles among the secondary school teenagers.



The reasons for implementation of this project are based on current research results, as well as on knowledge about experimenting of adolescents with alcohol, which indicates on importance of preventive action in this field. Project activities are intended for teenagers, their parents and the local and broad public.

A feature of the program *Zdravo!* is development of effective, comprehensive and long-term methodology of prevention of alcohol use among young people. It operates not only on cognitive but also aims the emotional, social, experiential and expressive range of their personality.

Secondary school students are involved in activities in the form of educational and creative workshops. The project methodology is based on three sets of workshops, one for first, second and third grades. Units consist of two educational and two creative workshops.



In the first year of implementation, the workshops are organized for the first-grade students who then also take part in workshops through the second and third grade. Each year a new generation is included. Workshops are conducted by senior students of the school (peer educators), that also promotes volunteering among young people.

Peer educators have been previously educated by experts of CEDAR and external experts and continually supported by school coordinators (pedagogues, psychologists, etc.)