### NEW SERVICE TO BREAK DOWN LANGUAGE BARRIERS

# PROJECT ROJECT R



When the transcultural approach may help you to take flight!





# What?

Service of psychological support and psychoterapy

#### Where?

On site at IPSE Varese and Como and Online

#### How?

In Italian, in English and in French

#### Who?

Young adults and adults: expat and migrants





## Why?

To move to another country and to live in can be a big opportunity.

Anyway, leads to some challenges that test our psychological well-being.

LOST OF SOCIAL SUPPORT

LANGUAGE BARRIERS

CULTURAL SHOCK

HEALTH CARE

RELATIONSHIP PROBLEMS

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