



# Join the Problem Management Plus training for free!

A unique training program by the GGD (municipal health service)

Are you experiencing emotional or practical problems in life? Make sure to join the Problem Management Plus (PM+) training.

- **Gain self-confidence**
- **Enhance productivity and focus**
- **Strengthen resilience**
- **Reduce stress**
- **Return to your favorite activities**

The training has a positive impact on your health and wellbeing.

## Practical information:

- **Individual intake**
- **5 weekly sessions of 2,5 hours**
- **Small groups of 3-6 people**
- **Individual sessions possible**
- **Training in Ukrainian language**
- **At convenient times**
- **At your location**

PM+ is a training,  
not therapy!

*Sign up by scanning QR-code!*

*Protection of your personal information  
is guaranteed.*



*Scan for more  
information and  
to sign up!*

