



WEBINAR ON CULTURE AND HEALTH

“THE ROLE OF CREATIVE ARTS IN PROMOTING MENTAL WELLNESS”

Wednesday 13 May 2026 | 11.00 - 13.00 EEST

AGENDA

Moderator: Haroula CHRISTODOULOU, Board Member, Association of Inter-Balkan Women’s Cooperation

11.00 – 11.20	Welcome and opening remarks
	<ul style="list-style-type: none"> - Georgios MITRAKOS, Director General, International Centre for Black Sea Studies (ICBSS) - Amb. Dimitrios RALLIS, Deputy Secretary General, BSEC PERMIS
11.20 – 12.00	<p>In Focus Session Experts’ Panel</p> <p>UNDERSTANDING MENTAL HEALTH: COMMON CHALLENGES AND MISCONCEPTIONS.</p> <p>Experts’ insights about current mental health issues, myths and misunderstandings that often surround mental health, and the role of community involvement in promoting mental wellbeing.</p>
	<p>Speakers:</p> <ul style="list-style-type: none"> - The Creative Brain: How Arts Rewire and Heal the Mind. Doç. Dr. Mariam KAVAKCI, Advisor to the President, Presidency of the Republic of Türkiye - Main interventions for Mental Health in Albania in the recent years and alternative activities. Professor Albana FICO, University of Medicine, Tirana, Albania, f. Director General at University Hospital Center “Mother Teresa”, f. Director General, Public Health Institute, Republic of Albania <p style="text-align: center;">Q&A</p>

12.00 – 12.40	<p>Round-Table Discussion Results from the field</p> <p>EXPERIENCING ART FOR WELLBEING.</p> <p>Culture-led session highlighting creative strategies for promoting positive mental health. Case studies to inspire cultural engagement for wellbeing.</p>
	<p>In Focus:</p> <ul style="list-style-type: none"> - Art on Prescription Programme: Art for Mental Health Dr. Margarita ALEXOMANOLAKI, Head of Art on Prescription Programme, Head of Performing Arts and Cinema Directorate, Ministry of Culture of the Hellenic Republic - Culture on Prescription Erasmus+ project Jana ECKERT, Director, Coordinator Culture on Prescription Erasmus+ project, Institute for Social Infrastructure - Institut für Soziale Infrastruktur <p>Views from culture experts:</p> <ul style="list-style-type: none"> - Dr. Rarița ZBRANCA, Programme Director, Cluj Cultural Centre; Co-director, Centre for Culture, Health and Social Well-being, Romania; Lead partner CARE - Culture for Mental Health project and Partner Culture and Health Platform - Yioula KOUTSOUBOU, Zero Waste Artist and Educator
12.40 – 13.00	Q&A and open discussion with the audience

ORGANIZATION	
ICBSS	BSEC PERMIS
<p style="text-align: center;">Ms. Georgia CHANTZI Research and Policy Development E-mail: gchantzi@icbss.org</p>	<p style="text-align: center;">Amb. Ms. Venera DOMI Executive Manager E-mail: venera.domi@bsec-organization.org</p>