

# Self-Help Group for Mental Health

*Pietura Dāvana*

*Presentatio Author : Group Member/Participant Guna Veidemane*

# Pietura Dāvana

- History
- Target group
- Identity – Station The Gift (Translation of The Name of The Group)

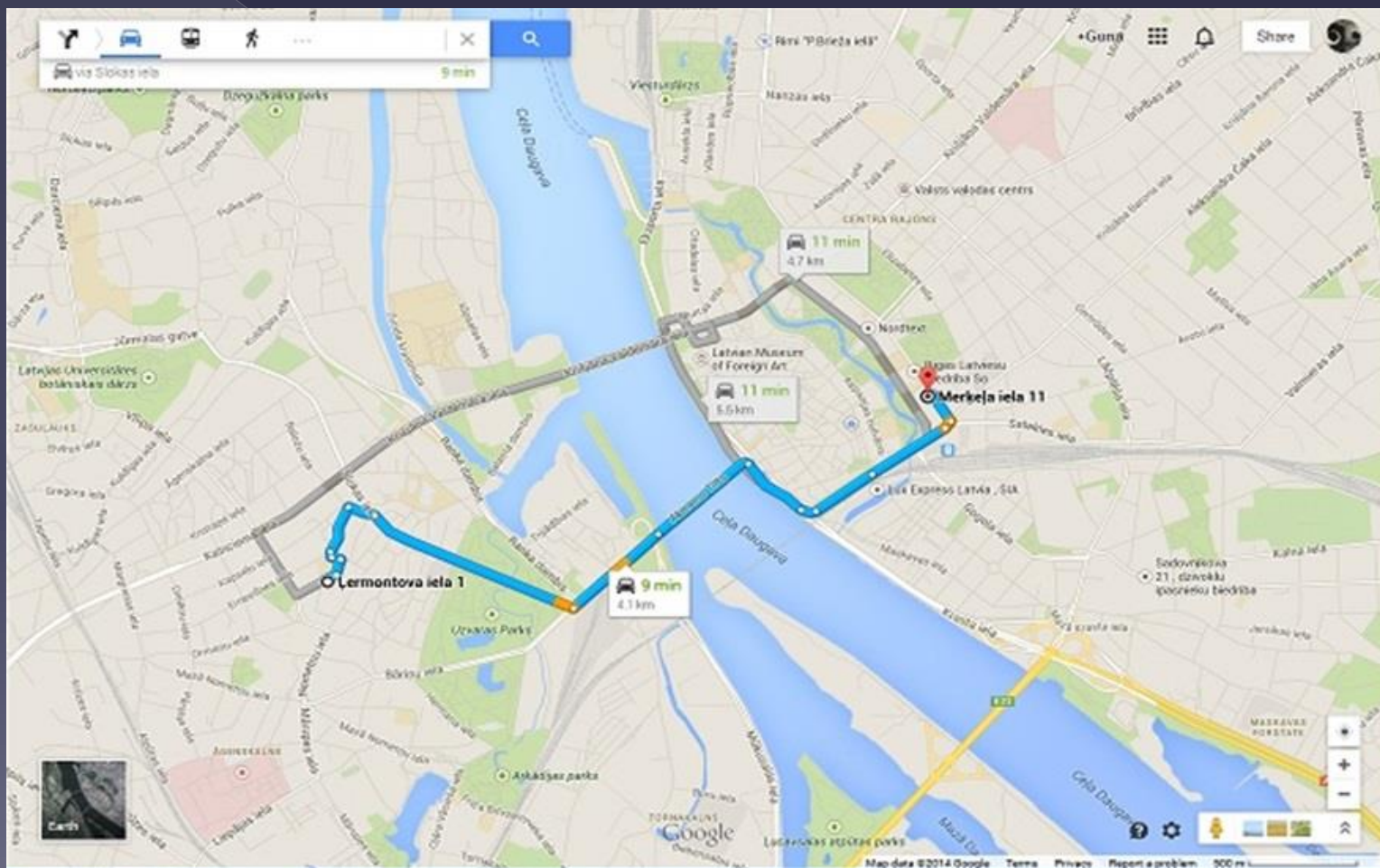


Katru ceturtdienu  
no plkst. 14:00  
līdz plkst. 16:00  
tiekamies  
Ļermontova ielā 1

Tālrunis  
2953 4741

e-pasts  
[guna.veidemane@  
gmail.com](mailto:guna.veidemane@gmail.com)

# Location 10-15 minutes by transport of City Center



# Premises: entrance door



Outpatient Center Pārdaugava, Branch of  
Riga Psychiatry and Addiction Center, Ļermontova iela 1, Rīga, Latvia

<http://www.rpnc.lv/psihiatriska-palidziba/ambulatora-arstnieciba/ambulatorais-centrs-pardaugava>

Self-Help Group for Mental Health Pietura Dāvana For M-CARE  
Project, Workshop on September 22nd 2014 in Riga, Latvia

# Premises: on the way to



# Premises: waiting passage to canteen and chambers



# Premises: group therapy working room

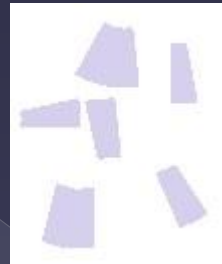




# Leaders: advisers



Ieva Bīte, Center Psychologist, Associate Professor  
Education, Psychology and Art, University of  
department of Psychology, University of Latvia



Open Effective Puzzle of  
professional experts



Elmārs Tērauds, Center Manager,  
Psychiatrist



Inga Zārde, Center Psychiatrist,  
Ordinator fo chamber of hospital



Ilona Krone, Center Psychologist

# Leaders: participants



Maruta



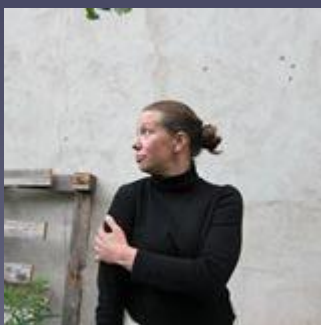
Ilze



Linda



Ansis



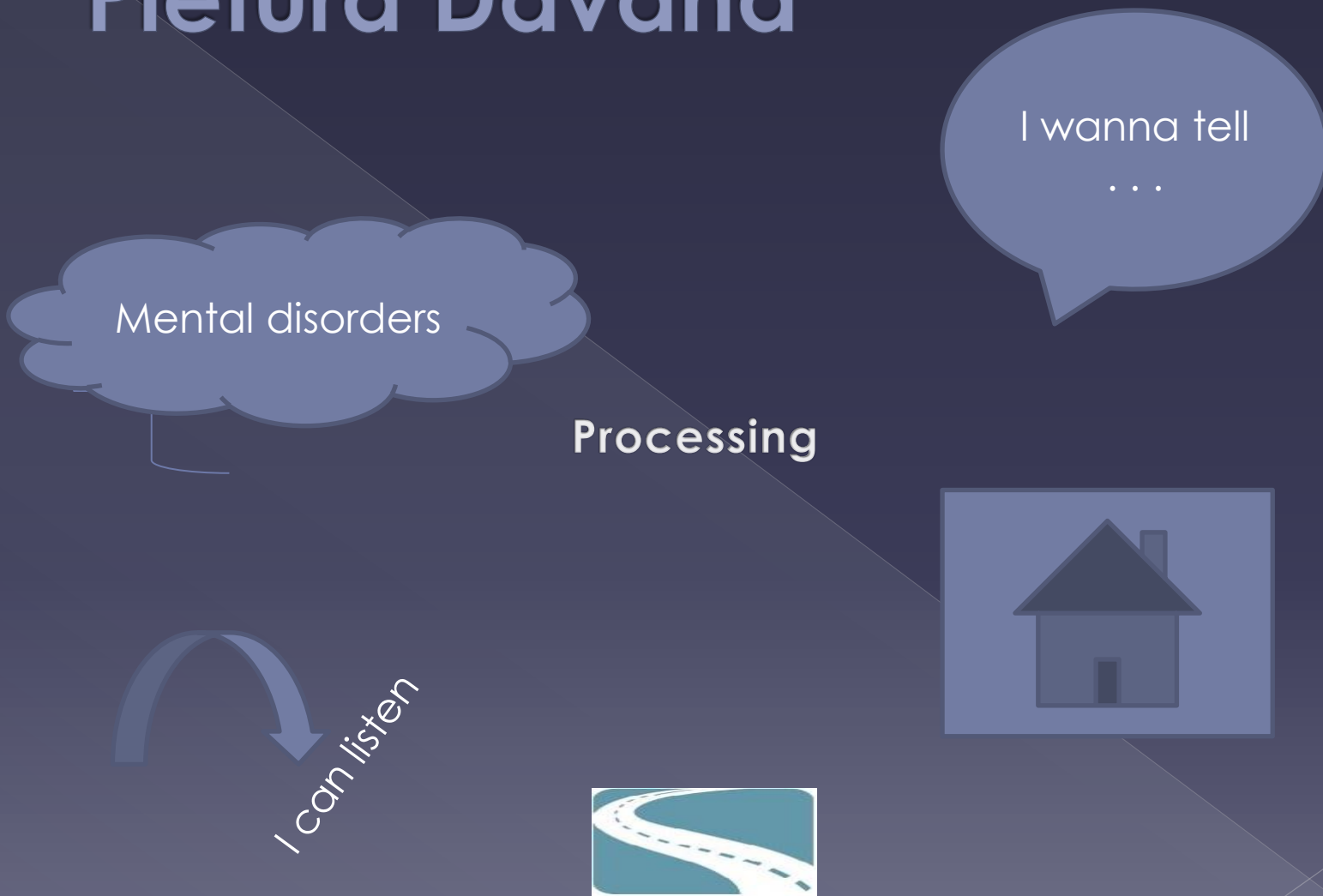
Guna

To be continued . . . . .



Kařina

# Pietura Dāvana



# Community Tools

- Sweets/Coffee
- Traditions
- Parties
- Jokes and more jokes
- Social media
- E-mail listing
- Phoning, texting
- Discussion forum ???

# The Best Teacher

- ◉ Flexibility
- ◉ Patience
- ◉ Faith/Belief
- ◉ Mindfulness
- ◉ Openness
- ◉ Taking part
- ◉ . . .



circle, equivalence, freedom

# Simple Basic Rules I

15

- We are here to support each other for good without any judgement and any interruption while sharing
- We treat each other equivalently in dignity
- Each of us expresses for himself/herself by using the pattern "me" (only me, my own experience)
- Our talks are having time limited boundaries

# Simple Basic Rules II

- The meeting moderation duties can be transferred to the other participant at present
- We do arrive in time
- We share just our own experiences
- We do avoid any advice giving unless the participant is asking for it specifically



# Meeting Agenda

17

Theme

Moderator

Agenda Triple Rule

Opening up circle

Let's share circle

Closing for good circle

Happy Socializing

# Social jungle

stigma

emotional  
profit

payment

habit  
'tricks'

following  
the track



Heading To Where ... ?

# Are there gifts left? (group)

- ◉ How much to join?
- ◉ For how long?
- ◉ What can I give? What can I get?
- ◉ How I feel for meetings?

# Network spreading

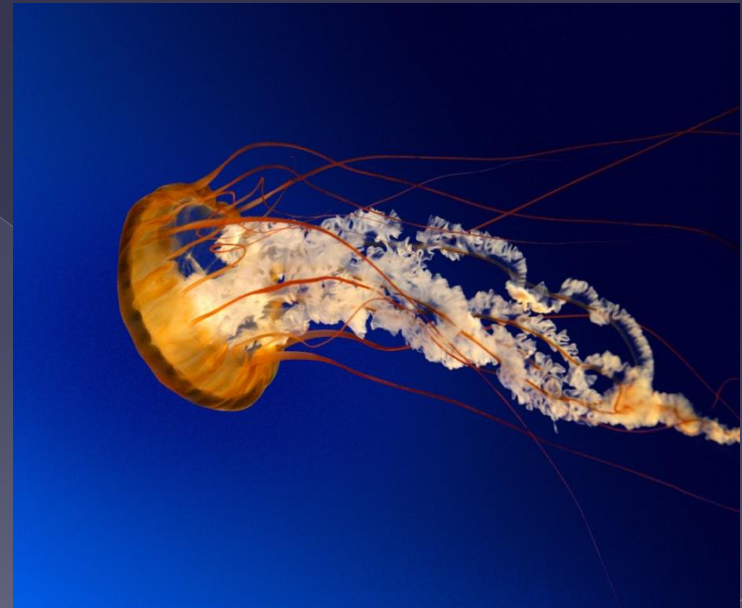
- ◉ Long term goals
- ◉ To cooperate 'within the system'
- ◉ Are we ready for?
- ◉ Local stigma
- ◉ Can pioneer experience help?

# People are different

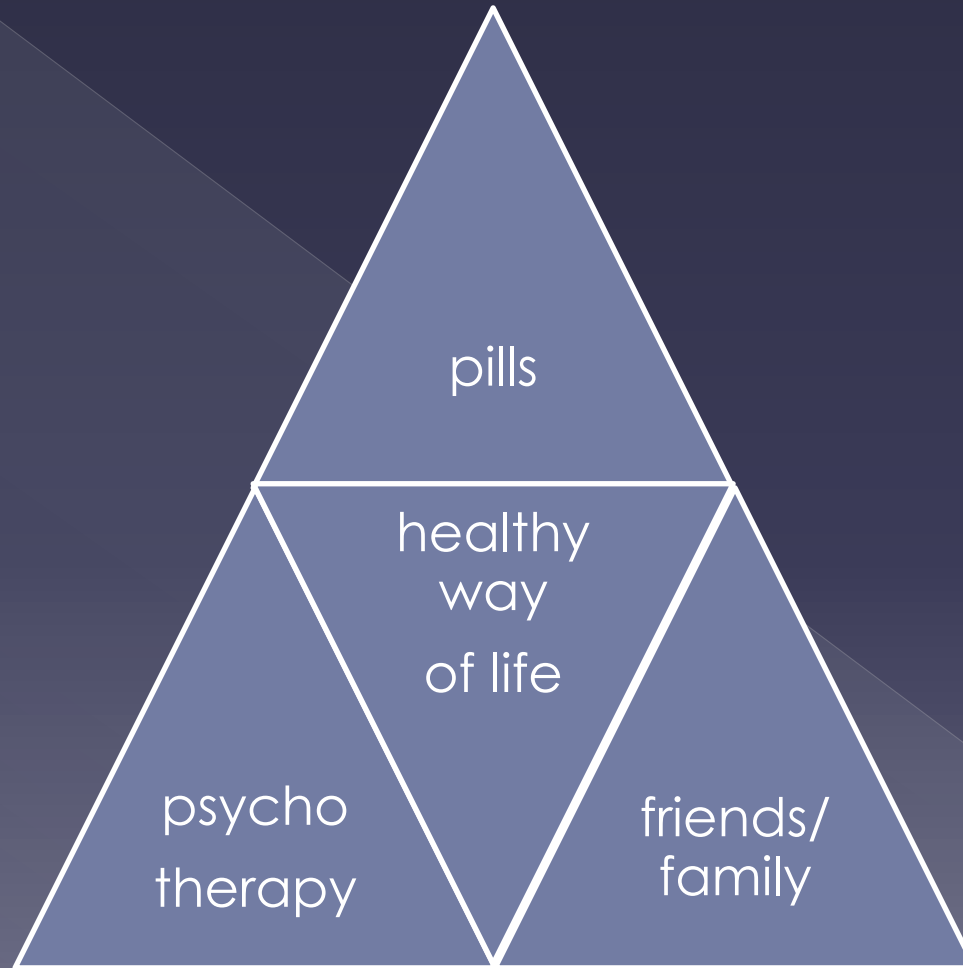
○ On the one hand



○ On the other hand



# Harmony Formula



# Contact details

Are you interested?

Having questions?

Ideas?

Suggestions?

Cooperation?

Just wanna send greetings . . .

Go ahead to:

Self-Help Group For Mental Health “Pietura Dāvana”

Ļermontova iele 1, Rīga, Latvia

Participant Guna Veidemane, Phone: 00 371 2953 4741

E-mail: [guna.veidemane@gmail.com](mailto:guna.veidemane@gmail.com)

Facebook: <https://www.facebook.com/guna.veidemane>

Linkedin: <https://www.linkedin.com/pub/guna-veidemane/37/a85/b85>

Skype name: gunave



Thank you

Dear Workshop Participants  
for  
your Time and Involvement!