



# PROJECT KALEIDOSCOPE

## MENTAL HEALTH FOR ILOILO ADOLESCENTS

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**J**une 26, 2015 at Jalandoni Memorial National High School in Lapuz, Iloilo City marks the official beginning of Project KaleidosCOPE. The brainchild of resident member Mitz Serofia (Batch 37), this project aims to promote mental health among Ilonggo adolescents through research and tool-based coping strategies.

The event started at nine-thirty in the morning and for the following two and a half hours, 40 eager Grade 9 students participated in the various lectures and exercises. The program started with a survey of the participants' perceived stress levels followed by a series of

lectures on stress and coping. Fun activities, such as 'paint me a picture' and breathing exercises, were interspersed with the lectures. These not only kept the participants' attention, but also had educational and practical applications that reinforced the lectures. Before leaving, the participants were given a SchooleidosCOPE Kit containing everyday school supplies, each with a different meaning and a reminder of the coping methods taught.

This was only the first of three workshops. One workshop will be held every week, with each week having different areas of focus. By the end of the three weeks, the participants

will have learned basic but powerful tools for coping, such as breathing exercises, being mindful, and having emotional mastery.

Project Kaleidoscope aims to hold this workshop series in different schools across Iloilo City. With passionate and driven people behind the project, mental health for more members of the next generation is a reality this city will embrace and value.

Project Kaleidoscope was made possible through the efforts of Global Shapers Community - Iloilo Hub and Ten Outstanding Students of the Philippines (TOSP) - Western Visayas alumni community, in partnership with Project Happiness and the Order of Asclepius. #