

(TOGETHER WE CAN) PROJECT

NEWSLETTER 2



TOGETHER

APRIL 2026

As the **Together We Can** project approaches its successful conclusion at the end of April, we are proud to reflect on the progress and impact achieved throughout its implementation. Over the past months, partners have worked collaboratively to develop meaningful resources aimed at supporting our target groups.

Project Results:

- Training Methodology (English, Greek, Bulgarian)
- Training course package for parents/guardians of children with ADHD: Includes Modules, trainer guides and presentations. (English, Greek, Bulgarian)
- Pilot Training Activity for Parents/Guardians of children with ADHD in Greece
- Multiplier Events in Cyprus, Bulgaria and Greece

TOGETHER WE CAN – TRAINING MODULES:

- **Module 1: Building Daily Routines & Time Management**
- **Module 2: Communication & Instruction Techniques**
- **Module 3: Homework, Learning & Concentration Strategies**
- **Module 4: School Collaboration & Advocacy**
- **Module 5: Emotional Regulation, Behaviour & Social Inclusion**
- **Module 6: Healthy living: Nutrition, Physical activities & Sleep**



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Pilot Training for Parents/Guardians 1-2 April 2026 in Athens, Greece

The main highlight of the 2-day pilot training was the TOGETHER WE CAN training course and materials on the use of practical tools and skills, using real case studies and exercises developed by the consortium.

The TOGETHER WE CAN methodology, training program and materials are intended to become a publicly available tool to support parents and guardians of children with ADHD.

Final Transnational Parters Meeting Athens, Greece April 3rd 2026

Our partners from Cyprus, Greece and Bulgaria met for one last time in Athens. During this meeting the partners discussed the conclusions of the pilot training and other important milestones of the project. The next step for all partners is to each organise their own Multiplier event in April consisting of 20 local participants in their countries. The event will be an opportunity to present the results of the partners' collaboration. The event will discuss key features of the Training Course and materials and its importance to parents / guardians of ADHD children.



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Together We Can

