



Project “Workforce at the center of strengthening health services”

National Health Equity Program (PNES) 2021 - 2027

CUP: I75E22000590006

NATIONAL TRAINING PLAN – PFN 2026

MODULE 1 – “COMMUNITY OF PRACTICE WORKSHOPS FOR THE PNES” - 1.9.1.

PNES THEMATIC WEBINARS

MENTAL HEALTH FOCUS: “JOINT ACTION PRISM: THE CIRCLE OF FRIENDS BEST PRACTICE”

29 MAY 2026

10.00-12.00

ONLINE

Agenda	Contents	Speakers
10.00 - 10.10	Introduction	<i>Team ProMIS</i>
10.10 - 10.30	Presentation of the Joint Action PRISM	<i>Team ProMIS</i>
10.30 - 11.45	<p>Presentation of Circle of Friends (CoF)</p> <p>The Finnish Association for the Welfare of Older Adults provides its expertise to explain the methodology:</p> <ul style="list-style-type: none"> ● The Group Model: An in-depth analysis of how "Circle of Friends" operates, explaining how the group structure helps to combat loneliness among the adults. ● Training the facilitators: Details on how professionals and volunteers are trained to lead these groups in an effective and sustainable way. ● Historical Perspective: An overview of the 20-year history of the intervention in Finland, highlighting the evolution of the method. ● Experiences and Results: Real feedback, challenges overcome, and the positive impact measured on the Finnish population, providing concrete evidence of the model's effectiveness. 	<p><i>Raita Lehtonen</i> Regional coordinator, Circle of Friends</p> <p><i>Laura Rautiainen</i> Head of regional coordination, Empowering self-management group intervention</p>
11.45 - 12.00	Q&A with participants and concluding remarks	<i>Team ProMIS</i>