

Group life

You can join to our free, opened groups at anytime, without any previous application. You can find the date of the programs at megallo.org.

Self-help group

Group therapy based on personal sharing and permanent, honest feedback.

Theatre training

Playful training, which helps to solve anxiety, self-expression and to live out our emotions with verbal and non-verbal exercises.

Football and other sport activities

One of the best healthy substitutes is the regular sport for our target group instead of the drugs. Beside the joy of game and the importance of team-building, we use this sport as a real therapy device.

Music group

Self-abandoned music playing, which makes joy and helps extricate creativity.

Adventure therapy

Megálló Group implemented wall and rock climbing as adventure therapy method for the first time in the Hungarian drug treatment system. We achieve serious results in the therapeutic process by the help of this activity. Climbing strengthens uniquely the sense of responsibility, the confidence in others and self-confidence as well.

Yoga

Relaxation, getting away from it all, which helps to find tranquility and inner peace.

Relative group

Giving help to find the way to accept and live together with young people and their difficulties.

Group of fine arts

Creative group where knowing fine art techniques helps self-expression.

European Voluntary Service

In the scope of **Erasmus+** program (Youth In Action in the past), we offer the possibility to young people (between the age of 17 and 30) to volunteer at our organisation. For further information please check megallo.org, or come to Megálló to get more information about the possibilities.



INSPOORT+

The INSPOORT+ project aims to measure the sport possibilities of disabled people and promote social inclusion of the target group through organization of different sport events with involvement of experts, volunteers and trainers.



Megálló Csoport Alapítvány

Advisory board: Kathy Zsolt, dr. Gáborné Wéber Ágnes, Oláh Péter

Address: Budapest, József utca 49. H-1084

Phone/E-mail: +36 1 303 65 74 / info@megallo.org

www.megallo.org

[megalloportalapitvany](http://megalloportalapitvany.hu)

Megálló Group Foundation



www.megallo.org

Formation and story of Megálló Foundation

The “Megálló” Group has started its work as an Action group of the Belvárosi Tanoda Foundation in 1997. The aim of the initiative was to create a reintegration model coupled with a special educational program, where the individual-centralized, helper-developer pedagogy is interwoven with the aim of the therapeutic community. The project is for those young people, who left secondary school; regular substance users; and has been given up by other educational institute. In 2005 the community of the therapy became an independent organization and has been giving whole-day care developing for 18 years now. Recovered substance users also take part in the operation of the foundation, that's one of the specialties they have.

Megálló House

Budapest, József u. 49. H-1084

Open: weekdays, 9-19

T: +36 1 303 65 74

E: info@megallo.org

www.megallo.org

Reintegration and Community House

We offer daily activities; individual and group support, helping in the cessation for voluntarily applied substance users and youngsters with behavior problems, addiction and life-managing issues.

Focus group

- Marginalized, seekers of social relationships and activities
- Who has life life-managing and adapting problems
- Young people who have been dropped out of school, and have deviant lifestyles
- Drug addicts, alcoholics
- People with substance or behavior addiction
- Those, who went through detox cure
- Recovered substance users, who want to save their sobriety

Part of the reintegration program

- Realization of individual developing plan
- Consultation of lifestyle-managing, mentoring
- Group therapy
- Creative activity
- Sport and recreation
- Intensive daily-routine organization
- Individual teaching and learning process
- Social administration
- Cooperation with concerned young person's environment, in case, parents/tutors

Activities

Creating community

The specialty and power of Megálló lies in a loyal community, living in constant interaction. During the opening time, a community is being built based on helping the fellow sufferers.

Educational program

The aim is to finish the interrupted secondary school studies; with graduation. Studying is part of the developing process. It can help create and fi the real self esteem, confidence.

Social activity in the institute

We off er the possibility in the scope of developing-coaching for those, who reached the level of certain sobriety and want to reintegrate back to the labor market.

Preventive-informative service

Users, who have broken the law due to their addiction, are able to choose to take part in a so called “diversion”, instead of being prosecuted.

“The secret of Megálló Group Foundation's success is doing usual things unusually good.”

Mihaldinecz Csaba, founder of Megálló Group Foundation