



Invitation

FemCities Conference 2024 Vienna
Mental Health or Mental Load

26th and 27th of September 2024
Vienna, Austria

hosted by
FemCities associate partner Sigmund Freud Private University,
Faculty of Psychotherapy Science

Location:
Sigmund Freud Private University, Campus Prater, Freudplatz 1, A-1020 Vienna

Mental Health or Mental Load

The FemCities conference 2024 "Mental Health or Mental Load? **Mental health care as a city responsibility**" will delve into the multifaceted intersection of mental health, women, and support systems by cities, fostering crucial conversations on pressing issues faced by today's urban environments.

AGENDA

DAY 1:

Moderation by Sophie Rendl

- 08:30 Arrival, registration, welcome coffee
- 09:15 Welcome Words
- Political representation from Vienna's City Council
 - Alfred Pritz, rector of Sigmund Freud Private University
 - Ricarda Goetz-Preisner, coordinator of FemCities network
- 10:30 Keynotes
- Keynote 1
Educating mental health professionals with a gender perspective
Erzsebet Fanni Toth and Elisabeth Schafer
Sigmund Freud University
 - Keynote 2
Study presentation: Mental Health in Vienna
Dr.in Heike Hromatka
Psychosozialer Dienst Wien (Psychosocial Services Vienna)
- 12:30 Lunch break
- 13:30 Fishbowl discussion with keynote speakers, facilitator: Ricarda Goetz-Preisner
- 14:45 Coffee break
- 15:00 Supervision groups
- *A. Mental load of mothers "Mom can do it all"*
Facilitator: Ivana Dragic
 - *B. Women in positions of power "Queen bee or motherhood"*
Facilitator: Kathy Rebulj
 - *C. Mental health in migrant / BIPOC communities "Arriving with a backpack"*
Facilitator: Gina Hargitay
 - *D. Burnout in the workplace "Just one more email"*
Facilitator: Katharina Scherfler
- 16:30 Wrap up of 1st day and reminder / invitation to plan for the evening
- 19:00 Evening program: Dinner at own costs, reservation at Luftburg Prater

DAY 2:

Moderation by Sophie Rendl

- 9:00 Arrival, registration, welcome coffee
- 9:30 Wrap up of the first day, facilitator: Erzsebet Toth
- 10:00 World Café Participants inputs
- *Sigmund Freud Outreach Client Clinic*
Facilitator: Agnes Stephenson, Sigmund Freud University Linz
 - *Peregrina*
Facilitator: tba
 - *Association's Vilnius Women's House*
Facilitator: tba
 - *Femspace*
Facilitator: Eva Pogacsas
 - *City of Vienna Women's Health Program*
Facilitator: Alexandra Muench-Beurle
- 10:30 World Café breakout sessions
- 12:30 Wrap up of conference & closing remarks, FemCities partner outreach, invitation to guided tours
- 13:00 Networking Lunch, FemCities info desk with Ricarda Goetz-Preisner
- 16:00 Cultural event

I. Guided tour Vienna Museum (no entry fee)

II. Walking tour around the Ringstraße about famous women (no fee)

➔ REGISTER HERE: [FemCities Conference 2024 in Vienna, topic: Mental Health or Mental Load? \(wien.gv.at\)](https://www.wien.gv.at/femcities2024)

➔ You are invited to bring materials such as posters, brochures or folders of your relevant projects and organizations. There will be a poster wall.

The conference is free of charge, so are the meals. Please register in time to save a seat, as the contingency is limited.

There will be photos taken at the conference, which will also be included in the conference documentation, on the FemCities website and on the SFU's social media channels.

If you have any allergies, please ask the catering team about possible allergens.

The conference language is English; there will be no translation available.

The conference location is barrier-free; there is an elevator behind the main steps. Please let the organizers know if you need any specific support: Ricarda Goetz-Preisner ricarda.goetz-preisner@wien.gv.at and Erzsebet Toth erzsebet.toth@sfu.ac.at

INFORMATION:

GETTING TO THE CONFERENCE

The conference location is located in the heart of Vienna in the 2nd district. It is located directly at the Messe-Prater stop of the U2 underground line and in the immediate vicinity of the Südosttangente and the A4 motorway. From there you can reach the city centre in 7 minutes by underground or Vienna airport in 25 minutes via the fast train CAT or the public trains that run from Vienna airport. A particular advantage is the immediate proximity to the green Prater. You can also come by bike.

How to get there by public transport:

Subway U2 » stop "Messe/Prater" » exit "Messe" (approx. 4 minutes walk)

Bus 82A » stop "Südportalstraße" (directly in front of the building)

HOTELS

There are many hotels close to the conference location, such as:

- Hampton by Hilton Vienna Messe, Perspektivstrasse 10, 1020 Vienna, Austria
<https://www.hilton.com/de/hotels/vienahx-hampton-vienna-messe/>
- Superbude Hotel Wien Prater, Perspektivstraße 8 1020 Wien
<https://www.superbude.com/hotel-wien/prater/>

DINNER

The dinner at your own cost on the evening of the first day of the conference will take place at **Luftburg Prater**, which is located closely to the conference building, accessible via a beautiful walk through the Prater Hauptallee. There is a reservation for 40 people, you will be asked in the morning if you are planning to attend. Luftburg Prater is an EU Organic Awards winner and offers Austrian specialties. <https://kolarik.at>

CULTURAL EVENT

On the second day, September 27th, conference guests will have the opportunity to enjoy two different cultural events. The first option is a **guided tour** through the newly renovated **Vienna Museum**. There is room for 20, first come first serve, registration on the first day of the conference at the registration desk. <https://www.wienmuseum.at/en>

The second option is a **guided walking tour** around Vienna's famous **Ringstraße**. The tour will focus on renowned Viennese women and how they shaped Vienna today. There is room for 20, first come first serve, registration on the first day of the conference at the registration desk.

HOSTS

FemCities network

<https://femcities.at/de/>

Sigmund Freud Private University | Faculty of Psychotherapy Science

<https://ptw.sfu.ac.at/en/>

Vienna in general

<https://www.wien.info/en>

