

Our Mission

Why We Exist

The Albanian Mental Wellness Hub was created with one simple purpose: to make trusted mental wellness education more accessible to Albanians around the world.

For generations, many of us were raised to work hard, stay strong, protect our families, and put others before ourselves. These values have helped our community overcome extraordinary challenges and preserve our culture across generations, and they deserve to be honored. At the same time, some emotional patterns have also been passed from one generation to the next without being questioned. Silence became strength. Perfection became expectation. Sacrifice became identity. Boundaries were sometimes misunderstood as disrespect, and emotional struggles were often hidden behind phrases like, "You'll be fine," or "Other people have it worse."

These patterns did not develop because people wanted to cause harm. Many were learned through survival, hardship, cultural expectations, and the environments in which previous generations lived. Our goal is not to criticize where we come from. Our goal is to better understand where we've been so we can make healthier choices about where we're going.

Our Philosophy

We believe lasting change begins with understanding—not shame, blame, or embarrassment. Real growth happens when we begin asking different questions. Why do I react this way? Where did this belief come from? Why do I continue repeating the same relationship patterns? What was considered normal in my family that may not actually be healthy?

Education gives us something incredibly powerful: choice. When we understand ourselves, we become better equipped to decide which beliefs, behaviors, and patterns we want to continue and which ones we want to leave behind.

Breaking unhealthy cycles isn't about rejecting our culture, blaming our parents, or judging previous generations. It's about recognizing that every generation has the opportunity to learn something new, build upon the strengths that came before, and create healthier relationships for the future.

Why Education Matters

Today we are surrounded by more information than ever before. Social media can introduce important conversations, but it can also oversimplify complex issues, normalize unhealthy

behaviors, spread misinformation, and encourage people to label others instead of understanding them.

Mental wellness deserves more than thirty-second videos and catchy phrases. It deserves thoughtful conversations, meaningful context, and practical education. Our goal is to provide resources that help people think critically, ask meaningful questions, and develop a deeper understanding of themselves and the people around them. Knowledge should create clarity, not fear.

What You'll Find Here

The Albanian Mental Wellness Hub is designed to be a place where learning never stops. Here you'll find educational articles exploring relationships, family dynamics, anxiety, communication, attachment, boundaries, and emotional well-being. You'll also find the **Dear Maria** series, where real questions become opportunities for education and reflection, community stories shared by individuals who have experienced hardship and healing, podcasts that bring meaningful conversations to life, books and guided workbooks, and premium educational resources that provide deeper learning through structured reflection and practical exercises.

Whether you're taking your first step toward understanding yourself or continuing a lifelong journey of growth, we hope you'll find resources that meet you where you are and encourage you to keep moving forward.

Our Commitment

We cannot promise easy answers, that every relationship can be repaired, or that growth will always feel comfortable. What we can promise is that this community will always encourage curiosity over criticism, understanding over shame, education over judgment, compassion over fear, and personal responsibility without blame.

We are committed to respecting culture while remaining willing to examine the emotional patterns that shape our lives. We believe people are capable of growth at every stage of life, and sometimes the first step isn't changing your life—it is simply understanding it differently.

A Message to Our Community

If you've ever felt misunderstood, questioned whether what you experienced was normal, or struggled to balance culture, family expectations, and your own emotional well-being, you're not alone.

This Hub was created for people who want a place to learn without fear of ridicule or shame. We don't expect everyone to agree, and we don't expect everyone to be ready. We simply hope to create conversations that help individuals, couples, parents, families, and future generations build healthier relationships with themselves and with one another.

Every cycle that is understood has the potential to become a cycle that is broken.

Important Information

Educational Purpose

The Albanian Mental Wellness Hub is an educational platform dedicated to increasing mental wellness awareness and understanding. All content, including articles, podcasts, videos, downloadable resources, community stories, Dear Maria responses, and educational materials, is provided for educational and informational purposes only.

The information on this website is not psychotherapy, psychological treatment, medical advice, diagnosis, crisis intervention, or a substitute for services provided by a licensed healthcare professional. Reading content, submitting questions, downloading resources, purchasing products, or interacting with this website does not establish a therapist-client relationship with Maria Shkreli or any affiliated organization.

The purpose of this Hub is to encourage learning, reflection, self-awareness, and informed conversations about mental wellness. Every individual, family, and relationship is unique, and readers are encouraged to seek qualified professional care whenever personalized assessment or treatment is needed.

If you are experiencing thoughts of harming yourself or someone else, are in emotional crisis, or believe there is an immediate emergency, contact your local emergency services or seek immediate assistance from a qualified healthcare professional.