

The Formentera Office of Social Welfare and the Balearic Department of Social Affairs are pleased to offer local families with children aged 12 to 16 the chance to take part in the Family Skills Program (Programa de Competencia Familiar, PCF).

Rafael Ramírez, Councillor of Social Welfare, signalled that "this year, the social welfare office has joined PCF to give families –fathers, mothers, sons and daughters– the tools to improve family relationships, parenting skills and child behaviour, and to guard against problematic conduct like drug use".

The Family Skills Programme is geared toward families with dependent children aged 12 to 16. The programme accommodates all members of the family unit with a methodology based on scientific evidence. Staff provide parents with tools to prevent nascent problems from escalating, helping them to resolve conflicts democratically and work with youth to strengthen social skills.

The programme plays out in 14 sessions to be held in the Sala de Plens of the Consell de Formentera. The schedule is to be determined. To register, send an email to educaciosocial@conselldeformentera.cat or telephone 971.32.12.71 from 15 December to 15 January.

*14 December 2021
Communications Office
Consell de Formentera*

Aprenem junts

TALLER GRUPAL PER A FAMÍLIES



Programa de Competència Familiar AFECT 12-16 anys
Consellerna d'Afers Socials i Esports - Govern Illes Balears
PROGRAMA BASAT EN L'EVIDÈNCIA CIENTÍFICA



Data d'inici: gener 2022 (horari a concretar)
Lloc: Sala de Plens del Consell (al costat del Centre de dia)
Duració: 14 sessions / 2 hores setmanals
Sessions de fills, sessions per a pares i mares i sessions grupals

Continguts

- El nostre temps i recompenses
- Metes i objectius
- Comunicació: millorar les relacions, reunions familiars
- Ajudar els adolescents a portar la pressió grupal
- Aprendre en família
- Resoldre problemes i donar instruccions
- Relacions afectivosexuals saludables
- Habilitats d'afrontament: desenvolupar l'empatia i reconèixer els valors

Inscripcions

Del 15 de desembre de 2021 al 15 de gener de 2022 al correu educaciosocial@conselldeformentera.cat o al telèfon 971 32 12 71



Activitat gratuïta



Consell Insular de Formentera



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