



The councilor of Social Welfare, Youth Services and Equality of the Formentera Island Council, Dolores Fernández, presented that office's project for the “Escola de Pares i Mares” (School for Parents) learning programme, to begin Thursday 6 March and continue through Thursday 3 April. Also in attendance at the press conference were Marilina Bonet, counsellor at the Office of Social Welfare, and Paco Pérez, psychologist at Formentera's parent and child mental health resource centre, Espai Creix.

The decision by the Office of Social Welfare to once again organise this series of guided learning conferences for mothers and fathers came thanks in no small part to the positive reception received by the project last year. The learning programme is based on the specific requests voiced by FAPA (Federació d'Associacions de Pares d'Alumnes de Formentera, a federation of different parents' associations) and collected by the Xarxa Socioeducativa de Formentera. The Xarxa (Catalan for 'network') is a committee of local professionals and organisations working together to create action plans and projects for children and adolescents in Formentera. The Office of Social Welfare's own social worker and specialist in family and youth care also plays an important role in the organisation of the educational cycle.

The classes are the fruit of collaboration between the Office of Social Welfare, Pérez and other highly-experienced specialists from CEPCA (the centre for the study and prevention of addictive behaviour).

The programme was created for parents, guardians and caregivers of children in Formentera and is 100% free. It was conceived as a way to help parents develop and hone learning strategies, thus improving relationships both with their children and also with their immediate surroundings.

The intention is to make the classes participation-based and dynamic, and the idea behind the programme is that mothers and fathers can attend any classes that interest them. On 3 April, a closing ceremony will be held in the company of all the professionals, institutions and organisations that made the School for Parents a possibility.

PROGRAMME

Thursday 6 March: First session: “Aprendre a aprendre” (Learning to learn). A different way to approach the learning that will serve us for the rest of our life. Techniques in studying and how to use them; day-to-day homework management; values for successful academic achievement; hard work; what happens when students don't succeed in school, and what are the causes? Led by P. Pérez, psychologist at Espai Creix.

Thursday 13 March: Second session: “Noves tecnologies i Xarxes socials” (New technologies and social networks). How to maintain an informed watch given the burgeoning new ways in which children use the Internet. How the family can help to successfully tackle this challenge. Led by Paula Villena, CEPCA specialist.

Thursday 20 March: Third session: “EDUCANT LES EMOCIONS” (EDUCATING OUR EMOTIONS). The road to healthy relationships: showing our children how to deal with their emotions. Specific situations will be analysed and will serve as practise. Led by P. Pérez.

Thursday 27 March: Fourth session: “Interculturalitat i convivència” (Living together in multicultural environments). Educating to respect our differences. Led by Cristina Mayans, immigration specialist of the Formentera Island Council's Office of Social Welfare.

Thursday 3 April: Fifth session: “Educació afectiva sexual” (Emotional sexual education). Health questions that the family must deal with at every age. Led by Alejandro Moreno, CEPCA specialist.

SCHOOL FOR PARENTS 2014

All of this year's classes will be held in the Conference Hall (Sala d'Actes de Cultura) every Thursday during the month of March and the first Thursday of April, at 6 pm.