

## “BUILDING A HEALTHFUL FAMILY”

Our Association has organized Drug prevention seminars in Pozoblanco for 16 years, we hold them on 3 evenings and they are geared towards anyone who is interested in learning more about dependencies and how to prevent them.

This year 106 people in total attended our seminars in the main auditorium in Pozoblanco. Juan Varela, Coordinator of the program of Direction and Family Mediation for the Foundation Sowing for the Future, spoke on the first two evenings and on the final day we had a round table with contributions from a psychologist, a doctor, a pastor and the president of a parents association.



The theme this year was centered around the family, and how to ensure that it is built on fundamental values which are “healthy” for each of its members: couples, children and grandparents. We know that the education received at home from the very beginning has a great influence in the life of a young person and adult. Through years of experience that we have in drug rehabilitation, we have verified that is in the family nucleus where the majority of the personal conflicts originate. These conflicts can make a young person initiate the consumption of addictive substances: lack of affection, attention, clear limits, permissiveness, conflict between parents etc. Obviously, there are also other factors that play a part, but this year we wanted to concentrate on the family, trusting that some of the advice that has been given is a useful in drug prevention.

This year we had two special activities to introduce the topic each day: a local theatrical group “La Luna” staged two models of very different families and how the way “to construct them” (literally since they were bricklayers) had strong repercussions; very interesting and entertaining. The last day, the young people from the Evangelical Church presented a choreography to the song “I will believe”.





Our organization is very happy with of the development of these days, the impact that it has had in the people who have attended and the repercussions in local media. The Mayor and the Councillor in charge of Social Services in Pozoblanco were present in the opening and in closure of our seminars, they encouraged us to continue with our work of drug prevention and rehabilitation.