



November 2017 Newsletter

Editorial

28 years of transcendence.

This 2017 we celebrate 28 years of work. To celebrate our anniversary, we updated our institutional image with the accompaniment of **épica**, advertising agency, which guided us in the realization of this transformation.

Institutional communication represents a very important role, **épica**, with its experience, has guided us in updating our logo, website, social networks, among others; these changes are the preamble to activate a broader marketing campaign, which will be developed in the coming months.

épica has been a very important ally for ednica. We take advantage of this space to thank you for your support in this process, as well as Jorge Franchini, who at the time, as part of our board of trustees, linked us.

We invite you to follow us in social media and join our cause.

#GivemeaShare / #RegálameUnShare



[@ednica](https://twitter.com/ednica)



[@ednicaiaip](https://facebook.com/ednicaiaip)



[ednicaiaip](https://youtube.com/ednicaiaip)

Skills for the future

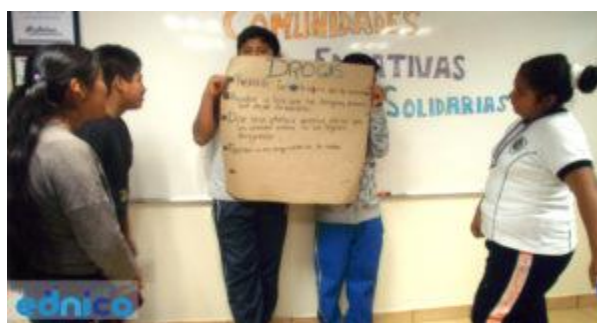
By Alfredo Navarro Colula.

In **ednica** we work to increase the knowledge of our population served through different actions, with which they can build alternatives of dignified living.

In October, we carried out different activities programmed in our Life Skills Workshop, which has the purpose of orienting and promoting healthy attitudes and preventing risky behaviors in adolescence. The topics discussed were self-knowledge, emotions and feelings, stress management, empathy, decision making, assertiveness and problem solving. This month also saw the start of the Solidarity Education Communities (CES), which consist of the formation of a support group in which participants discuss a personal problem so that from the tools acquired through the Life Skills Workshop, possible solutions are sought; in the ECS there is a regulation and agreements made by all its members and the sessions are held once a week, with different themes and problems.

In the same way, we started educational sessions with a new group of adolescents and young people linked to street life, located at the Candelaria street point of contact; the sessions have been held in the public space and also made a regulation and frameworks for participation in educational sessions. It is a very participatory group and they are expected to stay that way.

The end of the year is approaching, but in **ednica** we will continue to work so that all of our target population develops skills to defend and promote their human rights and acquire decent living options.





No to human trafficking! Not one more!

By Admin Noé Enríquez Rivera.

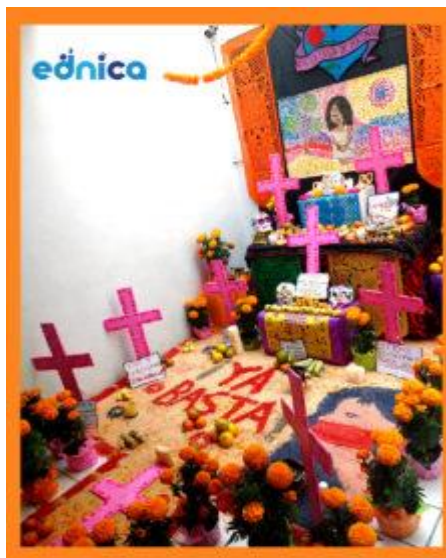
For ednica it is important that the children and adolescents who attend our facilities have truthful information and that this information is reflected and discussed. With the situations of violence prevailing in the country, it is not foreign to discuss situations that affect society on a day-to-day basis, during October, all the groups that make up the Xochimilco community center carried out different activities on human trafficking, besides placing a Day of the Dead (Dia de Muertos) offering with this theme to honor and make victims visible.

Activities were carried out where different points were discussed on what is trafficking in persons, who are more susceptible to being victims, what the consequences of this problem are; how to reduce the risks of being a victim and how, by being a victim of this crime, rights are affected; besides reflecting and discussing statistics in Mexico on this problem.

The offering was also made with this theme. Prior to placing it, the children and adolescents made different materials to decorate it, such as crosses, drawings, posters and skulls, in order to place the altar, exposing the rejection of violence suffered by victims of trafficking, as well as its cessation.

In **ednica** we are committed to make visible the different problems that afflict our country so that our children and adolescents can act in an informed way; besides rescuing and continuing with our traditions that characterize and nourish our culture.

We thank all those who make up the Xochimilco community center: mothers of families, children and adolescents for participating in the placement of our offering, as well as for their willingness to reflect and discuss this and other problems.





Psychological help for earthquakes

By Román Díaz Salgado.

Following the two earthquakes of September, in the south and center of our country, from the area of **emotional health** we provide psychological first aid services to the population of children, adolescents and young people in street situations, as well as to responsible adults of family who participate in our community centers.

Psychological first aid was offered with the aim of reaching adequate levels of emotional regulation, restoring immediate emotional balance and developing adaptive coping resources in the face of an emotional crisis situation related to these natural phenomena. In addition to the above, we explored the presence of subsequent psychological alterations (common in people who experienced a catastrophic event) such as stress, intense fear, anguish, anxiety, difficulty sleeping, intense sadness, affective discomfort, psychosomatic symptoms and muscular tension, among others, that required a specific approach.

People who accessed these psychological services participated in an environment of trust and security, were able to express their emotions, perform catharsis and normalize their affective reactions; at the same time, they identified thoughts and beliefs related to such events, to later develop realistic notions about the nature of earthquakes.

They also took up the formulation of action plans to act appropriately during and after an earthquake, as well as the generation of adaptive and propositive meanings in the face of such events, based on the recognition and valuation of available resources to continue with their daily life in the best possible way. It should be noted that these approaches were carried out individually and in groups.



Finally, the follow-up and monitoring of the people attended was carried out, thus verifying the decrease in emotional reactions related to the earthquakes of September 7 and 19.



Testimony Brenda:

Brenda,

I am 18 years old, studying nursing at the Universidad Tecnológica de México; I like my career because of helping people and making progress in my country.

I am currently doing my internship in ednica. In **ednica** I have learned about respect, sexuality, hygiene, my rights and my development in society.



Brenda tengo 18 años,
estudio lic. en enfermería en la Universidad Tecnológica
de México, me gusta mi carrera por el hecho de
ayudar a la gente y que mi país progrese. Actual-
mente realizo mis prácticas en Ednica. En Ednica
he aprendido, sobre el respeto, sexualidad, higiene, mis derechos
y mi desarrollo en la Sociedad.

Thank you for reading us!!