

One year after the COVID-19 pandemic.

By: Ramón Rubio Manuel.

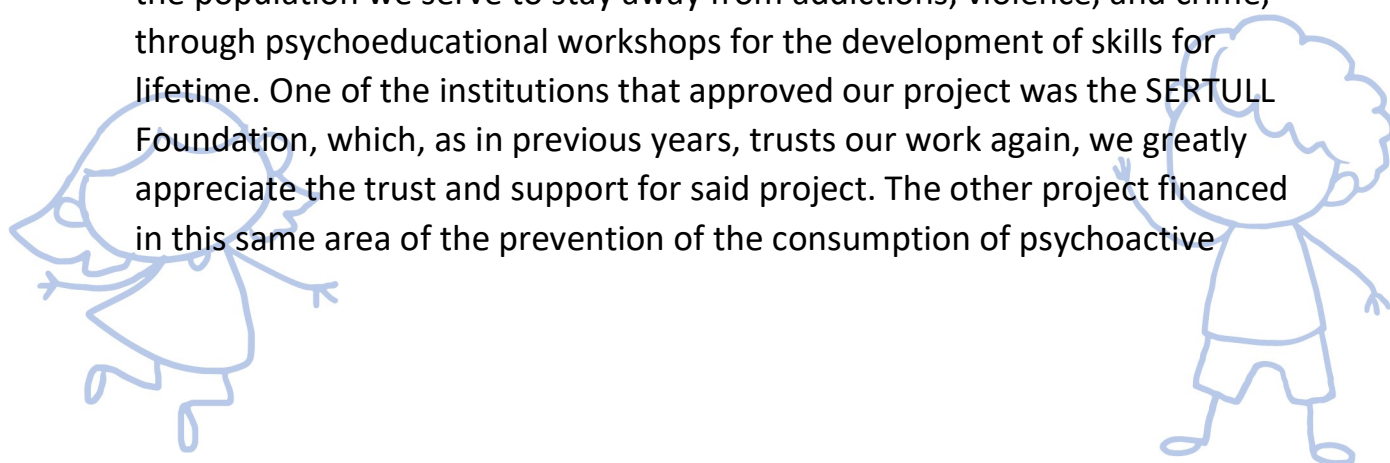
In April, it was a year of the start of the pandemic. With all that it entails and due to the support of many generous people and institutions, we have managed to carry out the work of education in favor of girls, boys, adolescents, young people and families living on the streets.

As part of the care and right to protection and health of the population served, we thank Fundación CAAAREM for its valuable donation of KN95 face masks, which have been distributed in our three Community Centers, which, although we are already at a yellow traffic light, we must continue with protection measures to avoid the contagion and spread of COVID-19.

We appreciate the valuable support of ATFIL, “Alta Tecnología en Filtración de Aire SA de CV”, which is also concerned about taking care and preserving the health of the girls, boys, adolescents, youth and families who participate in our programs, through Foundation Quiera, again They donated masks to us, which were also distributed in the three Community Centers and will serve to reinforce actions to prevent the spread of COVID-19.

Another institution that has also been attentive to the girls, boys, adolescents, youth, and families we serve is the Taiyari Foundation, which this month supported us with a donation of protective masks and thus further reinforce physical health care, before this pandemic, these masks will be distributed in the three community centers of Ednica.

During this month, two projects focused on the prevention of the consumption of psychoactive substances were approved, which may allow the population we serve to stay away from addictions, violence, and crime, through psychoeducational workshops for the development of skills for lifetime. One of the institutions that approved our project was the SERTULL Foundation, which, as in previous years, trusts our work again, we greatly appreciate the trust and support for said project. The other project financed in this same area of the prevention of the consumption of psychoactive



substances, was by a public agency, which once again shows its commitment to children, youth and families that have been socially excluded, due to the ban. We cannot say his name, however, we appreciate the support they give us and the confidence to work on this social problem.

As part of the diversification of our activities for the collection of resources, we held our first "Gran Bazaar" which had a positive response from the community surrounding our community center Ajusco and from our collaborators. We thank all the people who have joined our cause by donating all kinds of items to strengthen our "bazaar", which operates two days a week. The resources have helped to remedy some expenses such as: electricity, water, gas, gasoline, among others. We invite you to help us spread this permanent campaign and donate things that you no longer use and that are clean and in excellent condition. Stay tuned, soon we will carry out the next one.

We also thank the advertising agency "Épica GKS Comunicación, SA DE CV" and those who have joined our *#IAlsoHaveTheRightToStudy* campaign, which has managed to gather 15 computer teams which will serve to prevent the desertion or dropout of girls, boys, adolescents and young people who do not have access to technology for this educational work, we still have a long way to go, our goal is 86 computers, tablets or cell phones, we are also receiving financial support for mobile data and have internet, we invite you to Join this campaign and share it with your friends and family.



Social skills and responsible practices with adolescents and young people linked to life on the street.

By Román Díaz Salgado.

In April we gave continuity to the processes of attention to the emotional health of adolescents and young people linked to street life (AJVCs) who participate in the Morelos Community Center, Ednica IAP.

The care provided was in the group modality, oriented to favor the exercise of Human Rights, and particularly the right to emotional health, so that the participants have access to the construction of a life project outside the public space, free of violence and without discrimination.

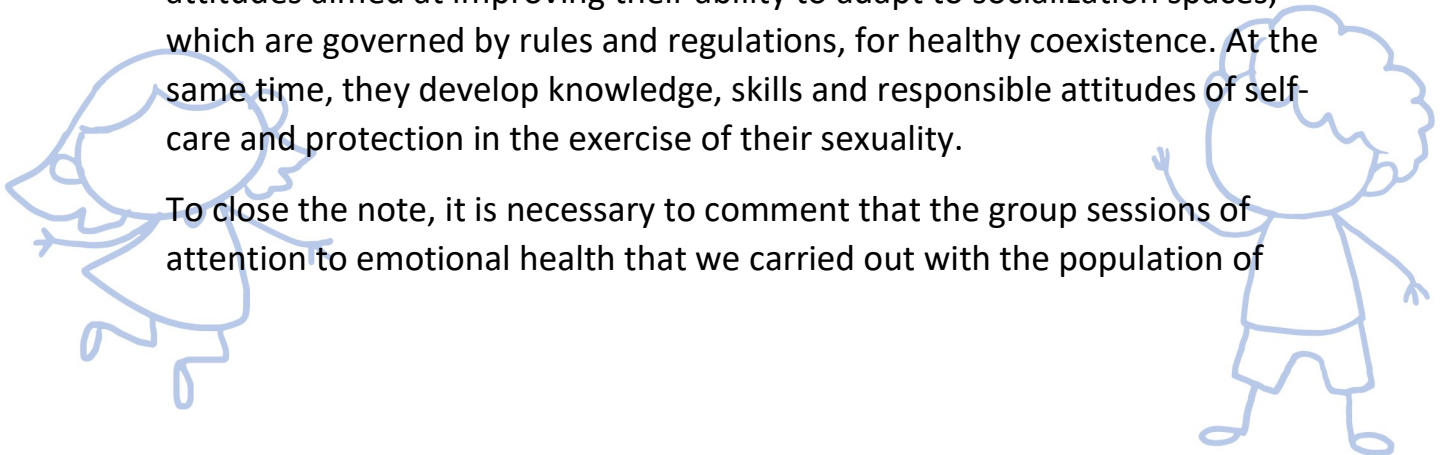
The sessions of attention to emotional health were focused on developing the acquisition of social skills, by strengthening skills to adapt to standards in AJVC's, as well as the construction of a life project based on the exercise of rights, by promoting responsible sexuality practices.

It should be noted that in addressing these issues, the socio-emotional component was retaken from which the identification and expression of thoughts, beliefs, perceptions, behaviors, attitudes, and problems with respect to the adaptation to the norms of coexistence and the risk practices in the exercise of sexuality, to later generate alternative solutions.

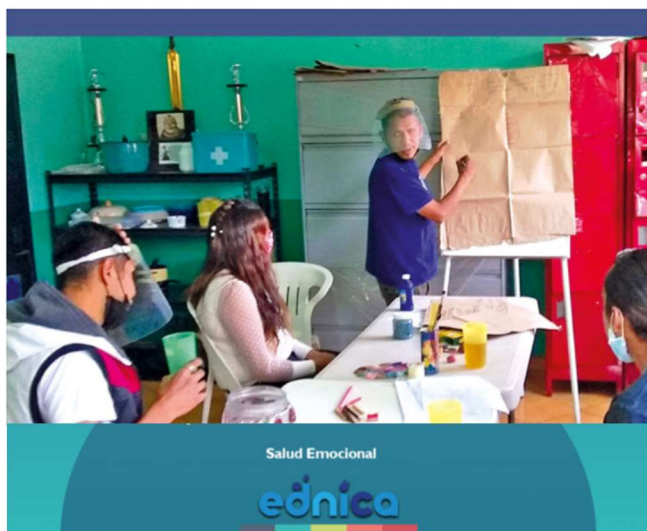
To achieve this purpose, dynamics such as opinion polling, reflection, analysis, expression (verbally, in writing and drawing), plenary sessions and feedback were used.

Thus, through these dynamics, the participants develop notions, skills and attitudes aimed at improving their ability to adapt to socialization spaces, which are governed by rules and regulations, for healthy coexistence. At the same time, they develop knowledge, skills and responsible attitudes of self-care and protection in the exercise of their sexuality.

To close the note, it is necessary to comment that the group sessions of attention to emotional health that we carried out with the population of



AJVCs during the month of April, were developed with the due care and protection measures for the prevention of the risk of contagion of COVID 19, to preserve the health of the participants.



Social skills to adapt to the rules of coexistence with young people linked to life on the street.



Responsible sexuality and emotional health practices with young people linked to life on the street.



Knowing the importance of prevention.

By Eddyán Escobar Puebla.

In the Xochimilco Community Center we have resumed our face-to-face activities and the continuity of the educational processes. One of the workshops that took place during the month of April with children and adolescents was the psychoeducational workshop for the prevention of substance use and the development of socio-emotional skills, supported by the “Gonzalo Río Arronte Foundation”, IAP, the Activities carried out in the workshop were designed to reduce the risk of substance use.

During the workshop, it was intended that the children and adolescents (NNA) had information about what drugs are, their classification, the importance in decision-making and identify risk factors, we also listened to the doubts they had in relation to the subject. Some of the topics that were seen were the physical damages caused by substance use, which were seen through recreational activities, such as the production of short films with puppets in which they expressed their ideas about the importance of decision-making before the social pressure; Discussions were also held where they were able to reflect on the emotional and social damage caused by substance use in their community.

With the educational sessions and through the activities we provide them with the tools for an emotional strengthening that helps them in making assertive decisions in the face of the problem of substance use, as well as identifying risk factors and that in this way they can develop interpersonal relationships healthy, avoiding or preventing problematic substance use.

At Ednica we are committed to the healthy physical and emotional development of each of the children and adolescents who attend with us, which allows them to build a dignified life project.





Reflection on the emotional and social damage caused by using psychoactive substances in your community.

Together with our community, we review some of the physical damages caused by the consumption of psychoactive substances, for the prevention of addictions.



Exhibition of ideas with puppets on the importance of decision-making in the face of social pressure for the prevention of addictions.



Emotional health in the face of the pandemic.

By Erandi Villanueva Dávila.

The coronavirus pandemic has disrupted our daily lives. The rhythm of our life has been altered: schools, shops and workplaces closed; social distancing has caused important events to be slowed down and overlooked; Many families' incomes have been affected during the COVID-19 pandemic due to job losses or low sales at their businesses.

For Ednica the work with children and adolescents (NNA) and their families is of utmost importance, therefore, this April we continued working on emotional health, especially, in the face of this situation of confinement that they have had to pass the children.

During this ludic therapeutic workshop, we reflected on the management of grief, identification, and management of emotions such as sadness, anger, frustration and fear, and activities were carried out to reduce stress. The conclusions reached by the children and adolescents were that their greatest losses that they have suffered during this last year have been events, such as not being able to attend their graduations and say goodbye to their friends, however, these situations have been able to talk with friends or family and that has helped them feel better. Some of the activities they have done to manage stress in this confinement are: exercising, reading, listening to music, watching videos or movies with their family, in addition to keeping busy with their school activities.

Thanks to the support of LEGO and Drawing a Tomorrow, A.C. It continues to develop, promote, and strengthen the skills that allow children to maintain emotional health, which helps them to solve situations effectively, especially during this confinement.





Emotional skills to face the uncertainty generated by the pandemic.

Emotional strengthening through play.



ednica



We are reinforcing ourselves.

By Karla Hernández Montero.

We are gradually returning to face-to-face activities with the children and adolescents who belong to the Morelos Community Center. We have overseen taking all possible preventive measures so that, in our spaces, whether in the community center or on the street, they are favorable for the development of the activities that we enthusiastically prepare for the population.

As we all know, the contingency due to COVID-19 has generated several inconveniences, which our population has received in greater quantity, especially in the school environment, since, due to lack of resources, some of our children do not they have been able to have an adequate development and it has been noticed in some activities of the projects that we have underway.

For Ednica, and of course for the Morelos team, this situation has represented an important challenge to address immediately, -for which we are working consistently-, so that children and adolescents can reinforce the development of skills literacy, mathematical logical thinking, and computational skills; along with the activities that are programmed corresponding to the workshops that are applied daily.

Spaces have been created both in the community center and in street work points, in which our population can carry out activities in which they develop cognitive skills through the relationship, identification, recognition and meaning of letters, words and numbers. They put into practice processes of solving problems, reading, and writing; use of the Office parcel, web search methods, etc. The construction of study strategies and methods is also strengthened, so that the beneficiaries can continue with their school activities and daily life, with more tools and autonomy.



We are almost completely back, and we are striving to make the most of the time with our population, accompanying them in their school career and favoring their development.



Our community reinforcing reading and writing skills.

Teaching “Office” skills to reduce educational lag.



Strengthening of cognitive skills.