

August 2020 Report

Aarón Testimony

Hello, my name is Aaron. I am 17 years old.

I've been in Ednica for almost 7 or 8 years. In the time I've been there, they've taught me workshops on sexuality, drug prevention, support in my subjects, gender equity, emotional health, and math. In those workshops they taught me how to improve in my subjects, like in math, to know that legal and illegal drugs are equally harmful, to know more about myself when I'm angry, happy, etc. In these workshops, we also did activities where we made posters about the subject and we also played games.

Also, they have helped me to have scholarships, which helped me in my education, food, clothing and recreation.

What I like most about Ednica is when we play games, go out for walks and hang out with the kids in the sessions.

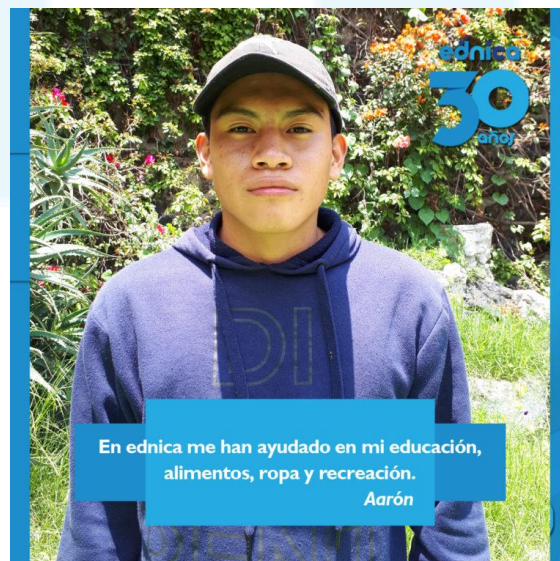
What I would most like to continue learning from the workshops would be math, since it is a little difficult for me.

Also in Ednica they helped me in boxing, where they took me with a trainer to see what was good and bad.

What I have achieved in boxing is to have entered a tournament in which they were going to take me to the Olympics.

In boxing I have had victories and defeats, which taught me to keep going and to lose my fear.

Currently, my short-term life project is to finish high school in Kolping and in the long term to become a great boxer.



Emotions in the new normality

By Alfredo Navarro Colula

For a few months now, the country has been stopped by the arrival of COVID -19, although most of the territory is at a red light, Mexico City is in orange sanitary semaphore and in the process of adapting to the new normality. At the Ajusco Community Center (CCA) we have adhered to preventive measures and designed a protocol for the admission and stay of young homeless people to work and give them emotional support.

In the CCA during the month of July we took on the task of introducing the JVCs to the subject of the new normality, although it is true that in the previous months we worked on prevention measures and healthy distance to strengthen and increase their knowledge about their responsible health practices.

We believe that without a good management of emotions can generate negative consequences for them, for this reason in the activities, we seek to learn to identify, name and express their basic emotions. For a long time, ednica has become the place where they can talk about all the emotional situations they go through every day.

In ednica we do not lower our guard, we know that we are going through a difficult time that, without a doubt, we will overcome, but while that happens we will continue with our mission so that the young homeless people acquire skills and tools so that they can build alternatives for a dignified life based on their human rights.



Identificación y expresión de emociones con jóvenes vinculados a la vida en calle.

Centro Comunitario Ajusco



Uso adecuado del cubre bocas, de la careta y del lavado de manos con jóvenes de calle.

Centro Comunitario Ajusco

Protecting our children from the COVID-19

By Karina Ruiz Avendaño

Mexico remains in a state of emergency by COVID-19, for this reason, ednica Xochimilco, during the month of July, did not resume activities in person, without leaving our children, adolescents and mothers adrift, so we continue to work remotely, using the media of WhatsApp and via telephone.

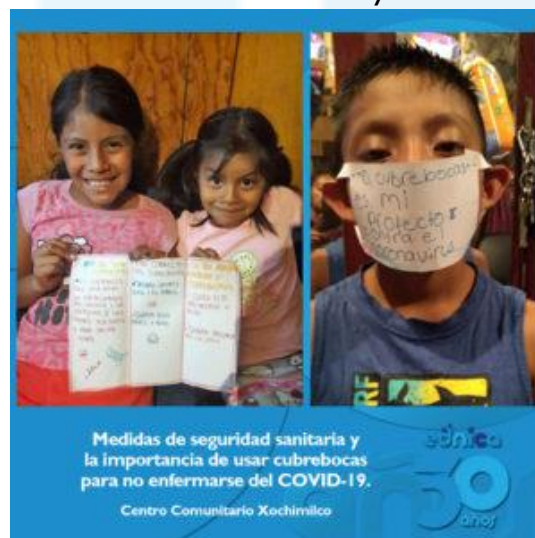
During this month, with the group of children from 4 to 9 years old, who named their group of WhatsApp as Small Giants against the coronavirus, we have been working on the issues of Safety Measures to avoid getting the COVID-19 and the importance of using the mouthpiece.

In the topic of safety measures to avoid getting infected with COVID-19, boys and girls identify how they can protect themselves, the importance of washing their hands correctly, having short nails, washing their faces and following all health safety measures to avoid getting infected with the Coronavirus and other diseases, through videos, images, posters and drawings.

In order to work on the topic of the use of mouth guards, we worked on the emotion caused by hearing the word "mouth guards", so that they recognize the importance of using it, the correct way to use it, when they should change it, when they should discard it and the elaboration of a mouth guard; for this last one, thinking about the economic situation of our families, we shared with them a video made by the educators, showing them how to make a mouth guard, using reusable materials.

During the realization of the activities, the boys and girls have shown themselves to be participative and enthusiastic, in addition they shared with us photos of the result of each one of them.

ednica Xochimilco will continue working and we will keep an eye on the population, as there is still much to do with our families in the face of this new normality.



Promotion of the culture of peace and legality

By Ramón Díaz Salgado

Although it is true that the health emergency caused by COVID-19 has led us to quickly face the challenges that this entails, which has partly meant that we have redesigned and implemented new strategies for the care and monitoring of children, adolescents and adults responsible for the family who participate in the community centers of ednica IAP. Also, prior to this event, the project for the Promotion of the Culture of Peace and Legality with Children and Adolescents in Street Situations was launched, which began to operate in January of this year 2020.

In this sense, we present some progress of the project, whose overall objective is to promote the culture of peace and legality among children in street situations for the psychosocial prevention of violence and crime.

In this way, as quantitative results, in relation to the first objective of the project, which consists of contributing to the emotional well-being of NNA in violent contexts through the development of a culture of peace and legality, 96 children from the three community centers of ednica IAP participated in psycho-educational sessions of the first module of the workshop "Culture of peace, legality and its impact on their emotional well-being". In addition, 42 mothers participated in psycho-educational sessions for the development of their children's emotional well-being based on the promotion of a culture of peace and legality from their homes.

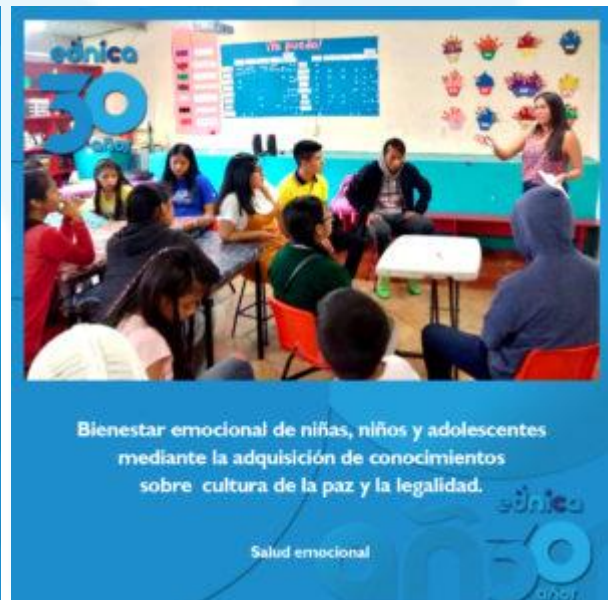
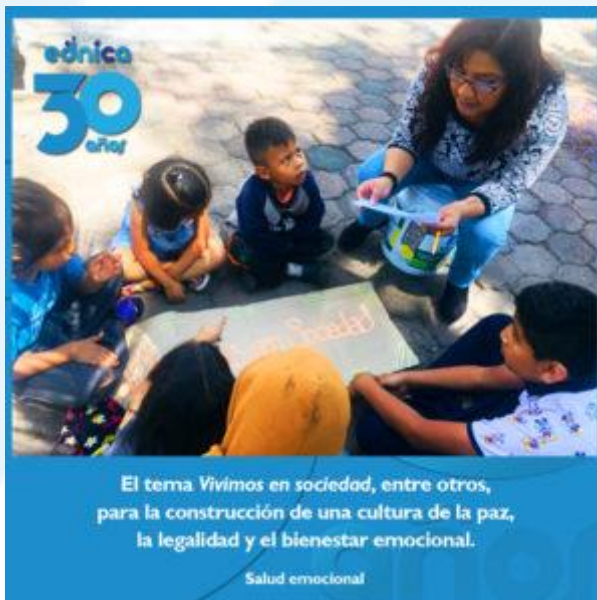
Also, with respect to the third objective of the project, concerning the strengthening of the social and psycho-emotional development of children and adolescents through therapeutic processes; psychological attention was given to 36 patients, for which 203 consultations were carried out during this period.

As qualitative achievements, from the psycho-educational sessions, children develop notions and skills on how to build a culture of peace and legality, in addition to identifying the relationship between these components with their emotional and social welfare. In this way, the participants addressed the following topics: We live in society, coexistence and teamwork, forms and benefits of social coexistence, norms of coexistence and creation of coexistence agreements. Also, mothers developed notions and skills that allow them to promote the emotional welfare of their children, taking up principles that encourage the culture of peace and legality from their homes.

In addition, the patients in psychological care were able to strengthen their social and psycho-emotional development through therapeutic processes. In this case, psychological attention was provided to emotional problems related to post-traumatic stress, anxiety, depression, challenging negativistic behavior, attention deficit and impulsivity, and social skills deficit, as well as strengthening positive parenting skills in responsible family caregivers.

It is important to emphasize that since the implementation of the measure of confinement for health risk related to COVID-19, from the end of March to the month of July, we are developing strategies of accompaniment and emotional support at a distance, with which, we provide a follow-up to children and adults responsible for family who participate in this project.

Finally, we would like to thank all our partners for supporting the initiative to promote the emotional health of children, adolescents and adults responsible for families through this project.



Ednica Morelos looks for the approach in times of COVID-19

By Karla Sarí Ramírez Eufemio

The current pandemic and the situation the world is going through has led us to look for totally different means of communication than those we were used to before this event.

The classrooms, work centers and meetings have become virtual and all of us who have the privilege of having the means and resources to carry out this virtual communication could believe that it is a need that has been occurring over the months; however, we must rethink this idea when it comes to involving hundreds of families who often do not have the economic support to make a video call, a virtual class or a task that requires being digitalized. Without a doubt, this virus has come to change things radically, but for these people who do not have the means to have the emerging communication, how can this knowledge be transmitted to them?

In Ednica Morelos we have maintained contact with children and adolescents through WhatsApp, carrying out activities of emotional health and prevention of the virus. The adolescents have been supported in the realization of their high school entrance exam, giving them study tools.

We know that our population does not always have electronic means to make video calls, some do not even have internet, but from this side we remain empathetic and look for ways to continue feeling close to ednica, to see that in complicated situations such as this pandemic can find support in ednica; and we, continue to nurture the knowledge of our population to prevent them from being misinformed and avoid alarming situations. Let them be certain that health is a right that we all have and that in this context ednica is with them.



From the street to the books

By Ramón Rubio Manuel

During the month of July we continued working on the management of resources and we share with you that we were selected by the National Fund for Culture and the Arts, FONCA for the implementation of the project: From the street to the books "Promotion of Reading Skills for children in street situations", which are part of the activities of ednica, where 130 girls and boys will benefit from this project.

Another piece of good news is that we will once again work in alliance with our colleagues from CODENI, A.C. and MATRACA, A.C.; in Xalapa and Jalisco, for the timely prevention of psychoactive substance consumption by girls, boys, adolescents and youths who work in public spaces. This is thanks to the support of Fundación Gonzalo Río Arronte, I.A.P. which, once again, places its trust in our experience and work in the area of addiction prevention, we will surely succeed in keeping our population served away from addictions.

We would also like to thank EY Mexico, a socially responsible company, for its donation in kind. Through the Private Assistance Board of Mexico City, EY Mexico supported us with kitchen furniture, which is very useful for two of our community centers: Ajusco and Xochimilco, where our patients prepare their food safely and hygienically.

In this way, we are achieving new alliances and strengthening those with which we have been working for some time. We also want to thank all our donors who are attentive to us, asking by phone or email about our activities and the health of those who collaborate in ednica, the children, adolescents, youth and families we serve, who are in good health and follow all necessary measures to prevent the spread of COVID-19.

And we continue to invite them to visit and share our social networks where we publish what we do every day and remind them that on the website <https://ednica.org.mx/participa/como-ayudar/> they will find the forms of support, either in kind or financially.

