

PROGRAMME

BREAKFAST BYTES

ON FAMILY SUPPORT

JANUARY - DECEMBER 2021



European Family Lab - Breakfast bytes

Webinar series 2021 on family supports

European Family Lab

As one of the streams of our newly launched European Family Lab, the breakfast byte webinar series will officially start in January 2021. These will be monthly webinars throughout 2021 to spread knowledge, to put the spotlight on the support services of COFACE members, and grow our international community of family support practitioners. The breakfast byte series will focus on diverse types of family supports in 10 countries, aiming to increase critical thinking and understanding of family support systems.

Target group

The target group of the webinars is especially professionals working with families and children but is open to all (researchers, policy-makers, teachers, health workers, families, and more). It is more important than ever to connect professionals through transnational exchanges in order to tackle the social impacts of COVID-19 on families and children.

Meet and connect

Connect with family professionals every monthly in 2021, for a 90-minute online webinar (from 9.30-11.00 Brussels time) to learn about family support and put your questions to our experts.

Registration

For COFACE members the access is free. For non-members, there is a symbolic fee of 5 euros per webinar, or 30 euros for the full webinar series. If you have questions, please contact us: secretariat@coface-eu.org You can register [here](#).

Working language

English. Some webinars might also be in other languages.

Programme overview

Date	Theme	Host
19th January	Building an online platform to engage with teenage parents: challenges and successes	Parents Association Step By Step, Croatia
16th February	The Flemish SafeOnline Initiative: how to deal with digital media in your family	Gezinsbond, Belgium
16th March	Loving long-distance	Väestöliitto, Finland
13th April	How to build parent communication skills with children so as to prevent and combat bullying behaviours	KMOP, Greece
18th May	Housing and other connected support for single mothers	Women 4 Women, Czech Republic
15th June	How babies influence the boardroom: supporting both parents and their employers with maternal & paternal wellbeing at work	Pro Parents, The Netherlands
14th September	Family Group conferencing – a right and opportunity for every person and every family	Tulip Foundation, Bulgaria
12th October	Building peer support to family carers of persons with disabilities	APF France Handicap, France
16th November	Taste of love: using food to build healthy and sustainable communities	NOE, Hungary
14th December	Family mediation: addressing conflicts between parents and children in adolescence	UNAF, Spain

Tuesday 19th January 2021, 9.30-11.00 CET

Title

“Building an online platform to engage with teenage parents: challenges and successes”

Speaker

By Silvija Stanić, psychologist, psychotherapist, child rights specialist. Parents Association Step by Step, Croatia.

Description

Teenage pregnancies are mostly unplanned and associated with a number of risk factors such as early sexual initiation, accidental sexual contact, changing sexual partners, and inconsistent use of protection. According to data for 2019, Croatia records a rate of 8.7 / 1000 girls aged 15 to 19, which corresponds to the European Union average (8.9 / 1000) (World Bank, 2019). Teenage pregnancies and parenting are also associated with numerous health and social risks, both for teenage parents and for their children. Pregnancy and childbirth abruptly change the normal lives of teenagers, confronting them with a range of problems, from rejection in the family, dropping out of school, leaving a partner, to difficulty adjusting and accepting their new life role - the role of parents.

Through different activities, Parents Association Step by Step is preventing risky sexual behavior among young people, providing psychosocial assistance, and supporting teenage pregnant girls, parents and their families. Information, education and counseling seek to reduce the vulnerability of teenage pregnant women and parents, and empower them to take an active and responsible parental role.

The online platform MALOLJETNI-RODITELJI.NET is the first and only platform in the Republic of Croatia intended for teenage parents and young people at risk, which brings informative and educational interactive content and provides free online counseling by psychologists, social workers, lawyers and a gynecologist. This platform is highly visited by young people at risk who face doubts and fears of unwanted pregnancy, and teenage parents who face the challenges of growing up and early parenthood.

Tuesday 16th February 2021, 9.30-11.00 CET

Title

“The Flemish SafeOnline Initiative: how to deal with digital media in your family”

Speakers

By Michael Op de Beeck (educational scientist) and Astrid Van Roy (education scientist), Gezinsbond, Belgium

Description

The Flemish SafeOnline Initiative (a joint initiative of Gezinsbond + Child Focus) organises trainings for parents, focusing on media-education. The training offer consists of five different modules regarding five topics: ‘Social media’, ‘Gaming’, ‘Internet and privacy’, ‘Cyberbullying’ and ‘Online relationships and sexuality’. In each programme, testimonials from youths, parents and experts are the central point. Via a quiz and a game of propositions, the participants are invited to think along and share experiences. Through all of that, they receive a lot of concrete, educational tips. With 200 trainings per year, the programme is very successful. Since 2020, an Erasmus Plus project is aimed at developing similar training sessions in several European counties.

Flemish website with complete training modules: www.veiligonline.be

Project website about the Erasmus Plus project: <https://europeansafeonline.eu>
(available in different languages)

Tuesday 16th March 2021, 9.30-11.00 CET

Title

“Loving long-distance”

Speakers

By Heli Vaaranen, Ph.D.in social sciences, psychotherapist, divorce mediator.
Väestöliitto, Finland

Description

Long-distance relationships have been growing in numbers for the past decades. Your loved one may not live in the same district, city or even country as you. What to do then? Research tells us that long-distance couples are great communicators, because they have to be. At the same time, they suffer from seeing each other too seldom, always waiting for and missing the other. They lack closeness and ordinary life as a couple, whilst living a more romantic life than the average couple – every time they meet it may be like a romantic dream. Couples suffer also from arguing. There are difficult things to solve, for example where to live once we move in together? Long distance couples suffer also from the major difficulty of fitting together two very different lives, and from the disappointment that after all, the romantic partner is not what you expected.

Väestöliitto, the Family Federation of Finland has gathered together useful research, free of charge on-line therapy sessions and information services, such as podcasts, about the challenges of long distance relationships. Unfortunately, this material exists so far only in Finnish. This webinar includes a description of these services and our experiences with long distance couples’ reality in the times of the pandemic, as well as an overlook into the long distance couple relationships today.

Tuesday 13th April 2021, 9.30-11.00 CET

Title

“How to build parents’ communication skills with children, so as to prevent and combat bullying behaviours”

Speakers

By Dr Antonia Torrens – Educational psychologist – Creator of the Live Without Project in Greece and responsible for its management and running

Description

There is extensive literature showing the great influence of parental involvement not only on children’s educational attainment, but also in the modes of behaviour that children develop with peers and other persons. In this first webinar which is addressed to professionals working with parents, we are going to discuss how parents can recognise the signs of bullying and ways through which parents respond to bullying so as to help their child face it, or even better prevent it when possible.

The webinar is divided in 5 sections. The first section is about helping professionals understand what exactly is bullying and the importance of not confusing it with teasing and mockery, as well as about the characteristics of a bullying behavior. The second section aims to help parents understand how to react when they realize that their child is involved in incidents of bullying. The third section refers to the significance of parental behaviors so as to raise the self-esteem of their children so as to react against bullying in an appropriate/suggested way. The fourth section is about how parents can better communicate and collaborate better with the school so as to help their child overcome the difficulties they face. The fifth and last section aims to encourage parents of children who exercise bullying on others, not to be afraid to talk to a specialist and receive help, so as to become able in turn to help their child understand the reasons for not doing so.

Tuesday 18th May 2021, 9.30-11.00 CET

Title

“Housing and other connected support for single mothers”

Speakers

By Michaela Marksova, Expert in social and family policy, equal opportunities, child rights. Consultant, Women for Women

Description

In the Czech Republic, there is no system of public housing for single parents and their children (and no system of public housing in general, only system of social benefits some of which are used for rents). One of the challenges is that for renting an accommodation on the market you have to pay a caution for 3 months' rent, which many single-parent families cannot afford.

Women for Women is a private organisation focused on single-parent families. One of its projects is to help single parents with accommodation. In many cases it is sufficient to pay the caution and then single families can already live without further support. Some of the families, however, can also be offered free one-year-accommodation. For single parents, who struggle with other issues (e.g. domestic violence or finding a job), W4W also offers support in a complex programme including psychotherapy and training for job skills. To take part in the therapy and training is a condition to get the yearly free accommodation.

So far the website <https://women-for-women.cz/> is only in Czech language.

Tuesday 15th June 2021, 9.30-11.00 CET

Title

“How babies influence the boardroom: supporting both parents and their employers with maternal & paternal wellbeing at work”

Speakers

By Joyce Knappe, CEO Managing Director Pro Parents, Parent & Family Therapist & Organizational Anthropologist, The Netherlands

Description

“No one has ever asked me if I was comfortable being a full-time breadwinner and the fact that I was missing important milestones in my children’s lives. The fact that the new generation of men is no longer willing to sacrifice... committed themselves to being present in their children’s emotional space, next to their wives - is basically fantastic”.

Organisations & society need to press the ‘refresh’ button on Gender Equality. Women don’t need fixing. Men don’t need blaming. Empowering women is not about excluding men. It is about a life well lived. Both genders suffer from ‘the pressure to be it all’, especially the ambivalent relationship dads may feel between childcare duties and societal views of masculinity. Fathers increasingly want to be part of their children’s ‘emotional space’ and this actually brings them a healthy partner- relationship and a life well lived.

This webinar will talk about supports to both parents and their employers with maternal & paternal wellbeing at work.

More here: www.proparents.nl

Tuesday 14th September 2021, 9.30-11.00 CET

Title

“Family Group conferencing – a right and opportunity for every person and every family”

Speakers

By Maria Petkova, executive director of Tulip Foundation since its establishment in 2004, and trainer on the Rights of the child and Family Group Conferencing.

Description

Each family is unique with its own culture, personalities, history. Each family has its happy moments and difficult times. Families are usually able to cope with various problems with children, young people, and parents by themselves. The family is a natural protective system. Humans need to be part of group / community, in which they receive support and contribute while having control on their lives. There are also cases when professional help from institutions or services is necessary.

Family group conferencing makes the bridge. It is a way to find solutions to various problems as children, parents, members of the extended family, friends come together to make a plan. It allows people to restore and strengthen relationships and build practical support schemes for their children, parents, communities. The problems could be related to health, poverty, unemployment, child care, social exclusion, relations, racism, domestic violence, education, crime, mental health, care for older people etc. Tulip Foundation introduced the approach in Bulgaria a few years ago.

The webinar will present the principles and the practice of Family group conferencing, the fields of life in which it is used as a powerful tool in prevention, early / crisis intervention and the effects on children and families. It is a rights based model in compliance with the European Convention on Human Rights, the UN Convention of the Rights of the Child, the UN Convention on the Rights of Persons with Disabilities. More Information: www.tulipfoundation.net

Tuesday 12th October 2021, 9.30-11.00 CET

Title

“Building peer support to family carers of persons with disabilities”

Speakers

By Chantal Bruno, co-president of COFACE Disability and member of the RePairs Aidants Steering group
Marielle Rolinat, mother and caregiver of a child with multiple disabilities, and peer-trainer for RePairs Aidants

Working languages

French and English

Description

Several million family carers regularly help, by default or by choice, one or more people around them for health or disability reasons. This help/support may be provided on a permanent or temporary basis and may take various forms, including care, educational and social support, administrative formalities, travel, coordination, psychological support or domestic activities.

Since 2017, APF France Handicap has been offering an awareness-raising/training action called "RePairs Aidants" so that these caregivers are supported in their need for information and sharing, but also so that they know how to take care of themselves.

"RePairs Aidants" has the particularity of relying on carers from its conception and in its management. In the same way, it is carried out by caregivers, called "peer trainers" and professionals, called "pro trainers". Once trained, they work in pairs with groups of family caregivers on one or more of the 10 proposed themes.

1,321 family carers have already benefited from these awareness/training sessions free of charge throughout France.

Tuesday 16th November 2021, 9.30-11.00 CET

Title

“Taste of love: using food to build healthy and sustainable communities”

Speakers

By Emese Dömösi, president of Mother Nature association, vice-president of NOE-Makó, mother of 3 and committed to run ecological sustainability programs in the community

Description

Sustainability, upcycling, circular economy are all buzz words used by many but practiced in an authentic way by few. NOE, as the largest community of families in Hungary, has a project by the name „Taste of Love” running for more than a decade, reviving the ancient tradition of preserving food with a little extra. Besides providing healthy, nutritious meals for families from locally grown fruits and vegetables, the act of sharing the preserving machines and the end-products has a strong community building element. NOE donated 50 of such cooking machines just last year for its member associations in the framework of a corporate social responsibility project. How does the project look like in practice? This information will be shared during the webinar by our expert, Emese, who will guide you through the process while giving you tips and tricks on community sustainability activities. Her motto is: there is always an option to go for a circular solution instead of a linear one. Unfortunately, we cannot invite you for a tasting but for sure you will gain motivation to try one of the introduced methods in your home community.

Tuesday 14th December 2021, 9.30-11.00 CET

Title

“Family mediation: addressing conflicts between parents and children in adolescence”

Speakers

By Gregorio Gullón, Mediator and Family and Couple Therapist. Expert in Psychological Disorders in Children and Adolescents.

Description

Adolescence in children can be a time of crisis in the family. They get stuck in their life cycle, and it is important that we professionals can help them grow. At UNAF we know that there is a relationship between the behaviours presented by adolescents and the particular modes of communication and family relations. The mediation professional will try to help family members to modify these communication models in order to unblock their difficulties and achieve a relationship that allows them to grow as individuals and as a system. At present we are faced with new realities that generate situations of great vulnerability in the family, such as the reunification of minors with their migrant families after years of separation, adopted minors who, on reaching adolescence, present difficulties in their process of individuation and construction of identity, adolescents coming from difficult divorces, or trapped and triangulated in marital difficulties with their parents...which all require specific interventions. Moreover, we understand that new forms of intervention are necessary, where the training of the family members is the main resource on which we, the professionals of family intervention, can count on.

In this same line, mediation will allow parents to move away from inherited, rigid educational patterns that will not allow them to adapt to the needs and uniqueness of their children, providing a regulatory and validating environment. The SMFHA (Mediation Service for Families with Adolescent Children) will try to help parents to be containers of their children's emotions, to generate validating environments, encouraging appropriate responses. In our presentation we will talk about the model of intervention carried out by SMFHA, which is a model of systemic mediation with the whole family group, understanding the behaviour of the adolescent as a symptom of difficulty in the family. Our work follows an epigenetic model, focusing on reconstructing a belonging, a healthy dependence of the adolescent on his significant figures in the family, which generates safe attachment models so necessary at this time in the life cycle of the adolescent and the family. We are backed by a history of 15 years and more than 700 families served.

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COFACE Families Europe is supported by the EU programme for Employment and Social Innovation "EaSI" (2014-2020). This document is produced with the support of the European Commission but does not necessarily express its views.