



acción
familiar



ANUAL REPORT 2021



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LETTER FROM THE BOARD CHAIR

The role of the family in society is essential to generating stability, both emotional and economic, and in difficult times such as those we are experiencing it becomes more necessary than ever. Without having yet ended the suffering caused by Covid-19, the conflict between Russia and Ukraine is causing serious stress to the world order, with still uncertain consequences in the geopolitical, energy, and migratory fields. No doubt it will directly affect family stability, and at Acción Familiar we are committed and willing to help, to mitigate the adverse effects that may affect many families, because for more than 40 years we have been dedicated to the most vulnerable families.

In our family care unit, we offer on-going psychological and legal support to people who seek to resolve conflicts or disorders in an inclusive and professional way, trying to provide stability and strength with our assistance.

Our volunteers, selflessly and in a situation of still complicated in-person delivery, continue their care for minors and the elderly in the different centers with which we collaborate.

Through the workshops we organize, we provide training for families and educators to acquire the skills and tools necessary to face the challenge of conveying how to improve family harmony in a positive way.

We continue our scientific work, supported by Grupo de Investigación en Políticas de Familia [Family Policy Research Group] of the UCM (ICEI), analyzing the situation of families in Spain to try to find solutions to the socio-economic problems and challenges facing our society.

I thank our entire team of professionals and all the people and institutions that continue to support us in this work. Their contribution is essential if we are to achieve our objectives.

Patricia Tena Gutiérrez
Board Chair

OUR TEAM

EXECUTIVE BOARD

Honorary Chair	Rosario de Gortázar e Ybarra
Chair	Patricia Tena Gutiérrez
Treasurer	Isabel Oraá Gortázar
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	Iván Muñoz López de Carrizosa
	Lucas Oriol López-Montenegro
	José Luis Rodríguez Jiménez
	Teresa Sáenz- Díez Rojas

TECNICAL TEAM

Manager	Áurea García Muñoz
Family Care Unit	Carmen Bustillo Fernández Vanessa Moreno Siñalín
Training and Programs	Lidia Blasco Fernández
Institutional Relations and Volunteering	Isabel de la Rica Ojinaga
Research and Studies Unit	In collaboration with the Grupo de Investigación en Políticas de Familia [Family Policy Research Group] of the Complutense University of Madrid
Administration	Nuria Lanuza Esparcia
Communications	Aurora Mandelbli

WHAT MOTIVATES US?



Mission

To help, care for, and strengthen the family, as well as to promote the protection of all its members, especially the most vulnerable: the elderly, women, children, and minors.



Vision

To be a center of reference in the area of family and child care services, as well as in research and study of family-related issues for social agents and entities, the media, and for families themselves, based on the rigor, excellence, soundness, and quality of our work.



Values

- Dignity of the individual
- Commitment and solidarity
- Non-Discrimination (Inclusion)
- Transparency and ethics
- Confidentiality
- Cooperation
- Consistency
- Quality and Professionalism
- Rigor and efficiency



Acción Familiar is an NGO declared in the Public Interest in 1982 and with Special Consultative Status to the UN Economic and Social Council (ECOSOC) since 2004 (renewed until 2024).

HOW DO WE HELP FAMILIES?

" Our work is essential for all members of the family circle"

FAMILY CARE UNIT

We provide on-going psychological support to all members of the family and in a personalized way, helping them manage complex situations, and enhance personal skills, and we offer them support in other areas: legal, educational, social, and occupational.

TRAININGS AND PROGRAMS

We offer workshops to families and educators, to provide them with fundamental competencies in the theory of emotional intelligence, as well as the necessary tools to enable them to face difficulties, from a positive parenting approach.

VOLUNTEERING

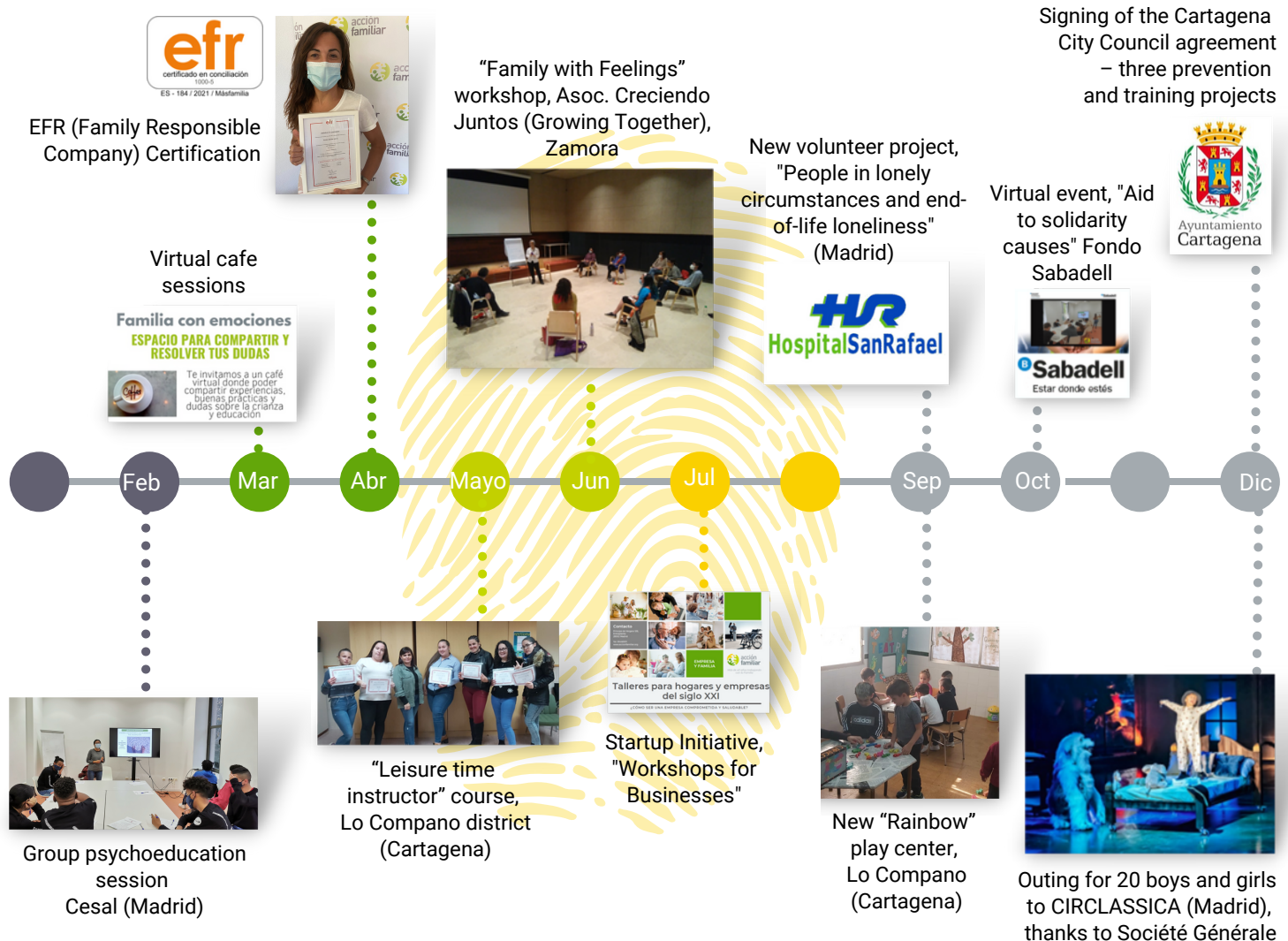
Through the on-going support and help of our volunteers, **we support vulnerable groups** (minors, the isolated elderly, and immigrants) to improve their daily lives, thus encouraging citizen participation to try to reduce inequalities.

RESEARCH AND FAMILY STUDIES

We prepare and disseminate studies and articles on family issues with the aim of providing knowledge and raising awareness of the problems of the family in society and facilitating the development of pro-family public policies.

FAMILY

2021 IN PICTURES



OUR SOCIAL FOOTPRINT IN 2021

Family Care Unit

725

people have received support
free of charge:

667

psychological

58

legal

Training and Programs

15.155

fathers, mothers, minors, and
adolescents trained in our workshops

511

workshops
held

167

users of the
virtual
classroom

15

instructors

16.335

individual beneficiaries
of our actions

Volunteering

181

minors, elderly, and immigrants
provided with on-going support

107

volunteers

9

centers

Research and Family Studies

5.533

website visits

15

publications

760

downloads of research
documents

FAMILY CARE UNIT

"We help resolve conflicts and improve personal and family skills."

We provide on-going psychological support and legal, educational, social, and occupational advice in close collaboration with the social resource network. We facilitate comprehensive growth, helping in personal crises that arise throughout the life cycle of families in situations of vulnerability.

How do we do this?

- **We work with qualified professionals of different specialties:** psychologists, educators, and lawyers that, in person or by telephone, email, or video call advise and provide on-going support to people in need, to strengthen their abilities and improve their personal, occupational, educational, and social skills.
- **We work in a network of nonprofits:** social service agencies, healthcare centers, and other specialized associations in different areas of prevention and promotion of health: job placement, immigration, risk of depopulation, isolated elderly, vulnerable women, unaccompanied minors, families in exclusion and poverty who cannot resort to existing opportunities due to lack of resources.

725

Individuals have received support
free of charge in our Family Care Unit

667

individuals received on-going
psychological support

390

In group treatment

- Management of anxiety due to Covid-19
- Social skills for job searches
- Emotional regulation

138

Received counseling
(by phone, email ...)

139

Received individual
on-going support

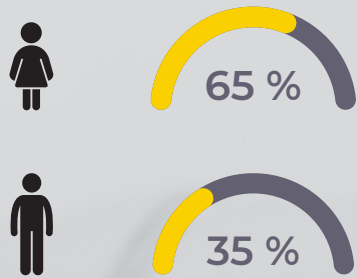
Individual treatment

58

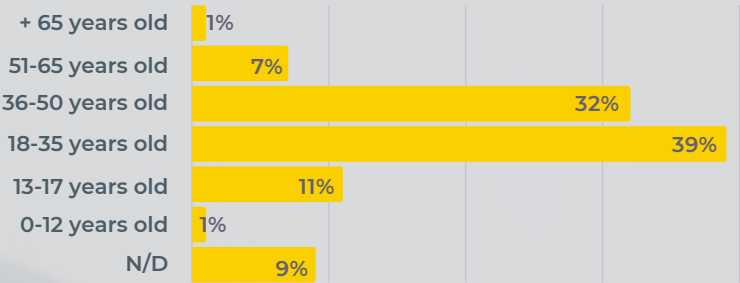
Individuals received
legal assistance

FAMILY CARE UNIT

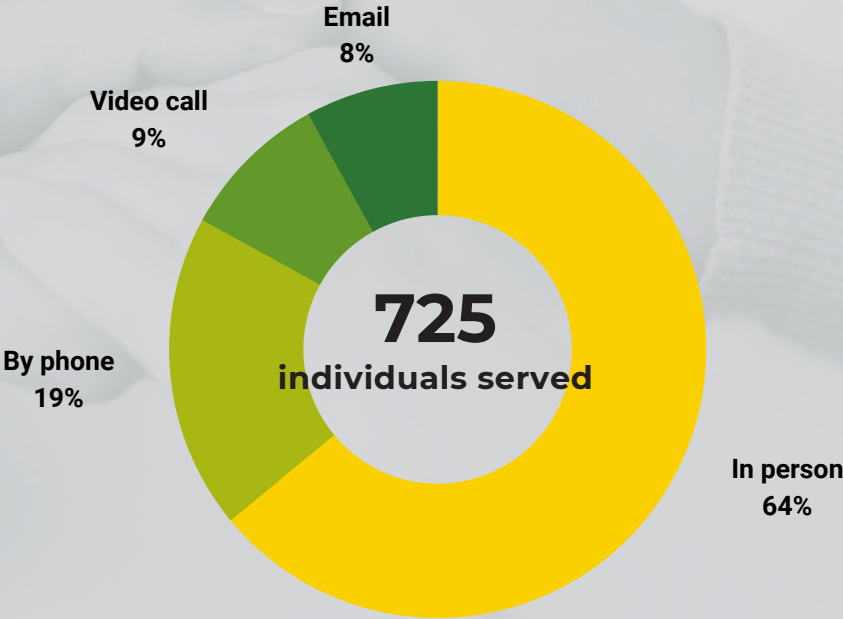
Individuals



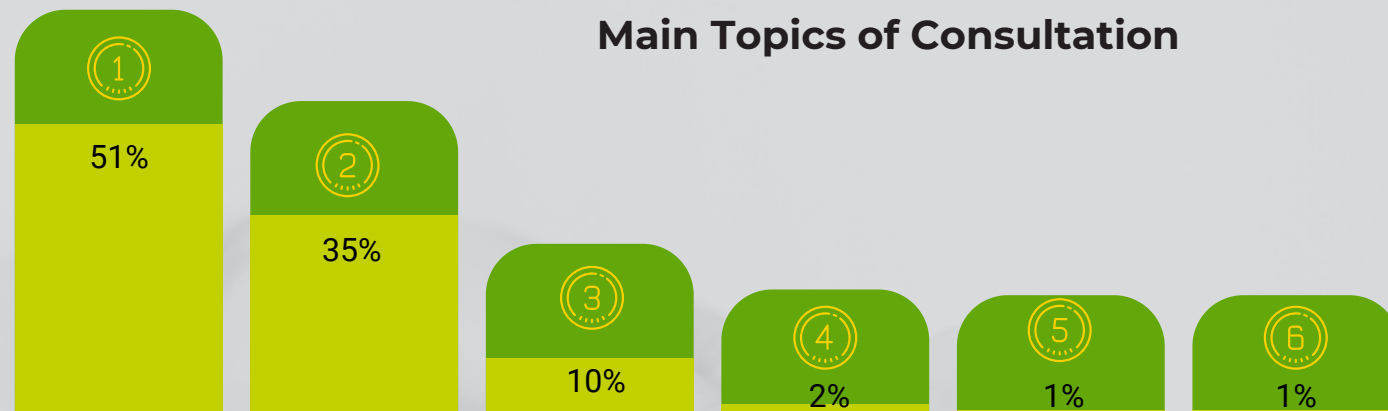
Age Range / years



Types of assistance:



Main Topics of Consultation



1

Emotional disorders and traumas

Depression, anxiety, stress, sleep problems, phobias, lifecycle crises, primary attachment disorders accompanied by personal history of psychological trauma...

2

Family problems

Difficult relationships between parents, children, and siblings; marital crises; family breakdown due to separation or divorce; high levels of emotion experienced in the family; problems related to unwanted pregnancy; lack of stability in the family support network...

3

Other psychosocial conditions

Grief in immigration procedures, assimilation difficulties, labor problems (unemployment, job insecurity), economic problems, educational problems (psychoeducational deficiencies, education away from parents), social exclusion, delinquency...

4

Addictions

Substance abuse (alcohol, cannabis...), non-substance abuse (video games, social networks, sexual...)

5

Abuse and mistreatment

Sexual abuse, child/adult abuse, gender violence, domestic violence, child-parenting violence, neglect issues...

6

Covid-19

Issues related to increased anxiety, depression, and other emotional disorders due to Covid-19

TRAINING AND PROGRAMS

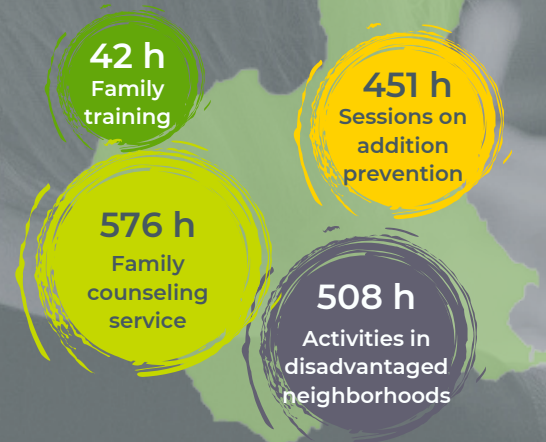
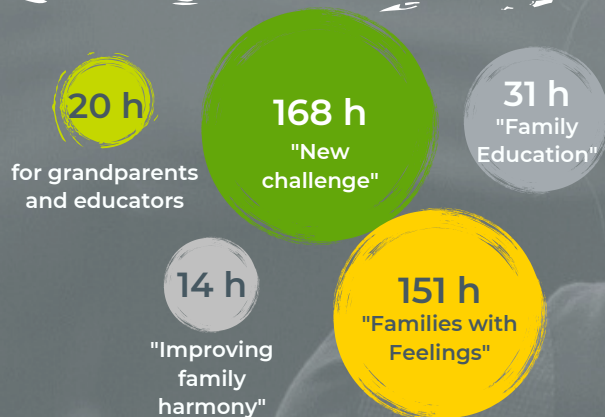
"Thanks to adapting our workshops to online delivery, we have managed to reach many more households than before"

Our goal is to provide fathers, mothers, grandfathers, grandmothers, and educators, as well as minors, with the tools needed to achieve a good "emotional education."

We hold personalized and participatory events that include moments of reflection, expression, and learning to promote emotional intelligence, providing families with educational skills to improve their family harmony.

In Aragon, Castilla y León, Castilla-La Mancha, Extremadura, Galicia, Comunidad de Madrid, Comunidad Valenciana, 384 hours have been taught

In the Murcia region, 1,577 hours have been taught:



15.155

Individual direct beneficiaries

3.243

In Aragón, Castilla y León, Castilla -La Mancha,
Extremadura, Galicia, Comunidad de Madrid,
Comunidad Valenciana

11.912

In the
Murcia Region

2.305

Adults

511

Workshops held

12.850

Minors

346

In person

165

Online

VOLUNTEERING

"There is nothing stronger than the heart of a volunteer." - James H. Doolittle

We are committed to raising awareness and to promoting, encouraging, and facilitating the participation of those who share with us a common project: the struggle to build a more just and egalitarian society.

How do we do this?

By providing on-going support, through our 107 volunteers, to three population groups on a daily basis and according to their specific needs:

- **Minors in residential care**, due to a situation of serious vulnerability within their families, promoting healthy leisure activities and remedial school support.
- **The isolated elderly** and those facing end-of-life issues in residences and as well as in their own homes, offering them a warm environment, a friendly ear, empathy, and emotional support that is so necessary at those times.
- **Immigrants**, offering them on-going psychological support, as well as helping them improve their literacy.



New project in 2021 aimed at "Isolated individuals facing end-of-life issues," as part of La Caixa Foundation Program, and the San Rafael Hospital.

181

Minors, seniors, and immigrants
provided with on-going support

107
Volunteers

8
Centers for minors

300 requests for information

received online, by email, by telephone, and from the “hacesfalta.org” platform

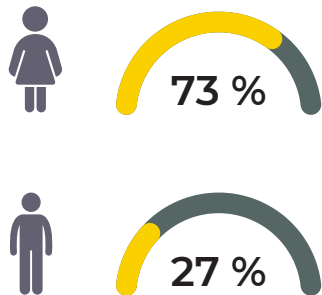
49 interviews conducted

in our Madrid headquarters

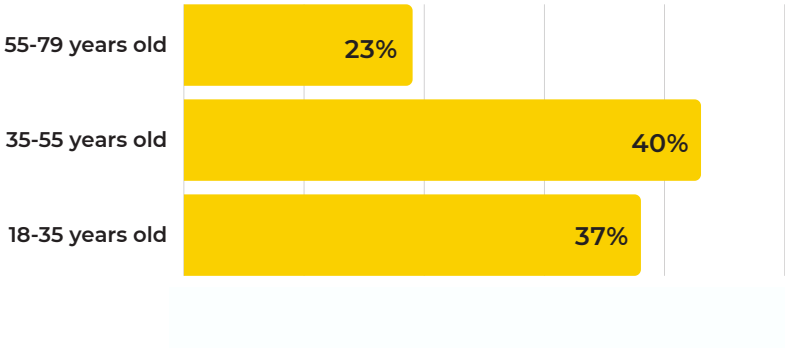
36 new volunteers

VOLUNTEERING

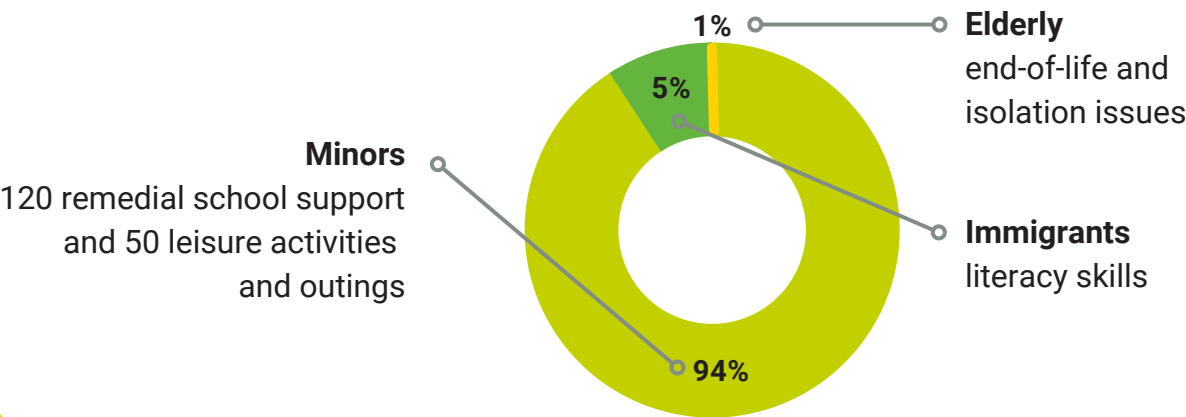
Volunteers



Age Range



We target three main population groups:





Thanks!



FAMILY RESEARCH AND STUDIES

"We produce and disseminate, in collaboration with the Complutense University of Madrid, content and research articles on the family"

We seek to improve the appreciation of the role of the family in society, from an interdisciplinary approach that aims to enrich social debate and facilitate the elaboration of pro-family public policies.

How do we do this?

We collaborate with the Grupo de Investigación en Políticas de Familia (ICEI) [Research Group on Family Policies] of the UCM, **disseminating, both in our blog "Secretos de Familia" [Family Secrets] and in our social networks**, content related to two main topics:

- **Family Observatory [Center]**, which includes reports on the situation of families in Spain and quarterly analyses of the Encuesta de Población Activa (EPA) [Labor Force Survey] from a family perspective.
- **Articles by different authors and various subjects** where information on the current situation of households in Spain is collected and disseminated.

5.533

visits to Research content

1.442

visits to the blog
"Secretos de Familia"
[Family Secrets]

15

blog
publications

760

document
downloads

3.112

visits to
the publications

Publications in the blog "Secretos de Familia" [Family Secrets]

- Family Observatory [Center] - - Articles by various authors on different subjects -



- *"Families in Spain: an analysis of their social and economic reality"*
- *Quarterly analysis of the Spanish labor market from a family perspective*



- *The role of families in sustainable waste management* - Andoni Montes Nebreda
- *The important role of families in a commitment shared by all, the 2030 Agenda* - Antonio Jesús Sánchez Fuentes
- *An approach to the well-being of parents from the perspective of the "Economy of Happiness"* - Javier Salinas Jiménez
- *The distribution of taxes and benefits among Spanish households* - Julio López Laborda / Carmen Marín González / Jorge Onrubia Fernández

COMMUNICATIONS

77.025

visits to
www.accionfamiliar.org

577

new followers on social media



**806
followers**

@accion_familiar



**599
followers**

@accionfamiliar



**414
followers**

@accionfamiliar



**38
followers**

@AccionFamiliar



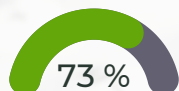
**657
suscribers
to the
newsletter**

WE ARE ACCOUNTABLE

"Our efficient, transparent, and cost-conscious management allows us to face 2022 with confidence"

SOURCE OF FUNDS:

Public use

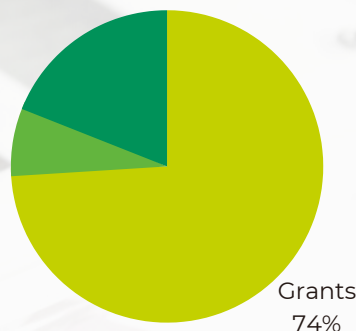


Private use



Donations and membership
19%

Financial revenue
7%



2021 REVENUE:
466.965,64 €

USE OF FUNDS:

Training and Programs



Family Care Unit



Volunteering



Research



2021 EXPENDITURES:
476.282,55 €

FUNDERS AND PARTNERS

PUBLIC FUNDERS



PRIVATE FUNDERS



PARTNERS



BECAUSE NETWORKING MAKES US STRONGER



Individual on-going psychological support for adults suffering from isolation



Created by the UCM in 1997, the Institute aims to be an advanced research center in the field of international affairs.



Participation in national platforms such as the Children's Platform, which brings together more than 65 entities working on behalf of children and families.



On-going individual psychological support and group support sessions for anxiety management and emotional regulation in immigrant populations.



Individual on-going psychological support for people in great vulnerability (long-term unemployed, single mothers, young people with disabilities) who are actively seeking employment.



Psychological, legal, and educational support to high-conflict families in the Prosperidad neighborhood.



Individual on-going psychological support, group support sessions on social skills, health care and resiliency for young people at high risk of poverty and social exclusion.



On-going psychological and legal support, both individual and group, in job search skills, women's empowerment, gender violence awareness, and communication skills for conflict management.



Acute surgical hospital, non-profit, belonging to the Orden Hospitalaria de San Juan de Dios.



On-going psychological support for families who have moved to depopulated villages in the Community of Madrid.

WE NEED YOU!



BECOME A MEMBER!

There are many people who need help; would you join our big family?

☎ 914461011 ✉ accionfamiliar@accionfamiliar.org 🌐 accionfamiliar.org



HELP OUT WITH A DONATION

By transfer, Bizum 00478
or Paypal with the amount you want:
➔ accionfamiliar.org/donar



VOLUNTEER!

We're waiting for you...

✉ voluntariado@accionfamiliar.org
☎ 914461011



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