



Annual Report



acción
familiar

2025

Acción Familiar
Príncipe de Vergara, 128
Esc. dcha. - Entreplanta
28002 Madrid

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Family Action

Acción Familiar is a non-profit organization that works to strengthen families as the essential core of social cohesion, promoting well-being and intergenerational solidarity.

During 2025, the organization focused its activities on promoting volunteering, providing psychological and legal support, offering training, and conducting family studies. This report summarizes the main lines of work carried out throughout the year.



Values



Defense of human dignity



Promoting social inclusion



Solidarity and active listening



Cooperation and networking



Transparency and confidentiality



Rigor and efficiency

Equipment

Board of Directors

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Rosario de Gortázar and Ybarra

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Patricia Tena Gutiérrez

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Javier García de Fuentes de
Churruca

Ignacio Gil-Antuñano Vizcaíno

Iván Muñoz López de Carrizosa

Lucas Oriol López-Montenegro

José Luis Rodríguez Jiménez

Teresa Sáenz-Díez Rojas

Technical Team

Address:

Áurea García Muñoz

Family Care Unit:

Carmen Bustillo Fernández

Training and Programs:

Lidia Blasco Fernández

Institutional Relations and Volunteering:

Isabel de la Rica Ojinaga

Family Research and Studies:

In collaboration with the UCM

Coordination:

Nuria Lanuza Esparcia

Communication and Volunteering:

Aurora Mandelbli

Social impact 2025

The year 2025 has been marked by significant social challenges that directly affect families: demographic changes, work-life balance, aging, loneliness, and inequality.

In this context, Family Action has prioritized:

- **Volunteering, as a driving force for participation and community support,**
- **Psychological and legal support, as a much-needed direct intervention,**
- **Training and awareness-raising as tools for prevention and empowerment,**
- **Social research, as a basis for reflection and the proposal of public policies.**

**5770 BENEFICIARIES
WITH OUR DIRECT ACTION**



5264 in socio-educational workshops



437 in volunteer activities



69 in psychological and/or legal support

Training and Programs

Our programs aim to promote knowledge, reflection and prevention through training activities aimed at families, young people, minors and professionals in the educational field.

Through these activities, we aim to provide educational support that contributes to the personal and social development of the participants. To this end, we promote awareness and learning initiatives that foster personal autonomy and strengthen personal, family, and social skills.

Lines of action:

- **Delivery of face-to-face and online workshops.**
- **Publication of socio-educational guides. New 2025 guide "Who am I and who do I want to be? Identity, talent and vocation."**



Social Impact:

5.264

attendees at 87 workshops
(370 hours taught)

15.000

views on YouTube

11.000

Downloads of 11 guides



Volunteering

The Family Action Volunteering department seeks to promote social participation and commitment of people through solidarity actions focused mainly on individual and continuous support.

Volunteering is one of the organization's defining characteristics, serving as a clear driver of change in the lives of the most vulnerable people. Thanks to the involvement of volunteers, spaces for connection, support, and close relationships are created with the beneficiaries.

Volunteer programs:

- **Academic support for children and adolescents in residential care** in the Community of Madrid. This support aims to improve their educational process and also offer them leisure activities.
- **Companionship for elderly people experiencing loneliness.** In collaboration with the Airamana Foundation, weekly visits are made to elderly people in isolated situations, with the aim of creating a bond that contributes to improving their well-being and quality of life.
- **Literacy for migrants**, in collaboration with the Dolores Sopeña Foundation, workshops are given to groups of adults, mostly migrants, to promote their social and labor integration.

Social Impact:

437 beneficiaries

296 people accompanied

141 volunteers



Family care unit

Psychological support and legal advice have been offered to people and families in vulnerable situations, providing care in person, by phone and by video call, both individually and in groups.

The support is aimed at strengthening their personal skills and promoting the development of psychosocial, educational and work skills, fostering autonomy and informed decision-making.

Lines of action:

- **Personalized attention and support: Individual psychological and legal** guidance, in person, by phone and by video call, to strengthen personal, psychosocial, educational and work skills.
- **Networking and prevention of isolation:** collaboration with other Third Sector entities to generate community support networks, prevent unwanted loneliness and facilitate access to appropriate resources and aid.



Social Impact:

69

people accompanied

41

psychological care

28

legal assistance

Family Research and Studies

The Family Action Research Project aims to analyze social and family realities from a rigorous perspective, contributing to knowledge generation and public debate on the challenges families face in today's society. The research is conceived as a tool for diagnosis, reflection, and proposals.

Lines of action:

On one hand, the “**Family Observatory**”:

- INITIATIVE 1: Observatory of the socio-economic reality of Spanish households:
 - Labor Observatory (EPA: Active Population Surveys): 4 studies
 - Demographic Observatory: 4 studies
 - Socioeconomic Observatory: 5 studies
- INITIATIVE 2: Mental health, unwanted loneliness and suicide: 1 study
- On the other hand, **current articles** by different authors on topics within their area of expertise, relating to the situation of households in Spain.

Social Impact:

3.767 visits to research content

1.585 content downloads

18 publications



Communication and social presence:



390.000

WEB VISITS



47.000

DISCHARGES



3.000

FOLLOWERS

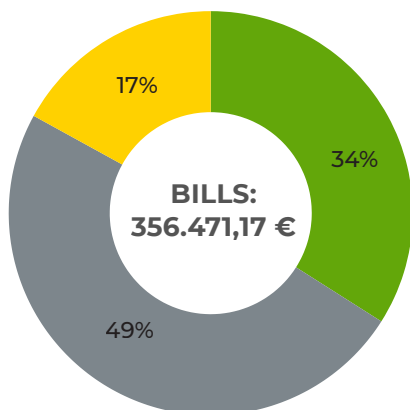


3.000

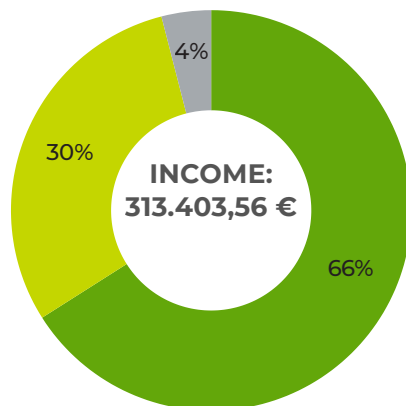
SUBSCRIBERS

Annual accounts:

- Training and Programs
- Volunteering
- Investigation



- Grants
- Donations and partners
- Financial Income



Funders and collaborators

• Public Funders:



• Private Funders:



• Contributors:





Príncipe de Vergara, 128
Esc. Dcha - Entreplanta
28002 Madrid



91 446 10 11



accionfamiliar@accionfamiliar.org



www.accionfamiliar.org