

# Family centre FeRRARA



COMUNE DI FERRARA  
Città Patrimonio dell'Umanità

CENTRO PER LE  
FAMIGLIE





# FAMILY CENTRE

Family Centres, established and promoted by the Emilia-Romagna Region through Regional Law 27/1989, are information and support points for and among families. The Ferrara Family Centre opened its first location in 1993 and is part of the Family and School Educational Services of the City of Ferrara. The service, which is intended for families with children and young people aged 0 -18, aims to take care of the relationships established within the family unit and between the family and its living context, to promote the development of networks, to enhance the dimension of parenthood and the pivotal role of families. It offers information and guidance services to families with boys and girls and is based on **3 aree di intervento:**

- INFORMATION •
- PARENTING SKILLS SUPPORT •
- FAMILY AND COMMUNITY RESOURCE DEVELOPMENT •



## Family Centre locations

Via Darsena 57 - Ferrara

☎ 0532/768393 - 903012

✉ [segreteria.cpf@comune.fe.it](mailto:segreteria.cpf@comune.fe.it)

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# INFORMATION AREA

*The informational work is a fundamental part of the Family Centre's activities and its main goal is to ensure that parents have quick and friendly access to all the main information useful for daily life, but also to raise awareness of all the opportunities that the Ferrara area offers to families with children.*

## **InformaFamiglieBambini Desk**

It is an agile information point constantly updated on all the main services, activities and projects for children and their families in the educational, school, health, social, leisure and cultural fields that is designed for families with children and young people from 0 to 18 years old.

The Desk offers the opportunity to:

- have information and access to all the Centre's services.
- obtain a contribution for maternity allowances
- have information on parental leave
- be oriented on services and activities for families with minors in the Ferrara area



## **InformaFamiglieBambini locations**

InformafamiglieBambini Desk provides information to families also through the regional website [www.informafamiglie.it](http://www.informafamiglie.it)

and local website [www.informafamiglie.it/ferrara](http://www.informafamiglie.it/ferrara)

Regional and local information is organized into different subject areas:

- Adoption, custody and other forms of family care
- Environment, solidarity and sustainable consumption
- Cultural and recreational activities for children
- Documents and paperwork
- Family and associations
- Families
- Before and after birth
- Children's health
- School and childhood education services
- Family services
- Financial support for families, Toward Adolescence

Subscribing to **the Infogenitori Newsletter** is an excellent opportunity to learn about the activities of the Family Centre and to discover events and news dedicated to families with children aged 0/18 in the Ferrara area and beyond. Registration: [www.informafamiglie.it/ferrara](http://www.informafamiglie.it/ferrara)

You can also follow the Facebook page **Bambini e Genitori a Ferrara**

# PARENTING SKILLS SUPPORT AREA

*Among the many changes involved in becoming parents and accompanying children on their growth path, mums and dads may find themselves facing moments of temporary difficulty or crisis. In these transitional phases, the Family Centre offers a space for discussion and sharing to ease the sense of fatigue and discomfort, both through group activities and individual and couple activities, above all to strengthen and enhance the resources that each family has within it to overcome difficulties and foster change*

## Becoming a mother

A series of weekly meetings reserved for **pregnant women** on being pregnant and birth, the physiology of childbirth pain, breastfeeding and the new postpartum rhythms. The path aims to inform and accompany mothers-to-be to acquire greater awareness with respect to resources that are activated in the face of new parenthood, through relational experiences within the group.



## We, expecting parents

Meetings **dedicated to couples** to discuss with other parents-to-be on the experience of expecting and the processes of transformation that a birth entails. Mutual needs during pregnancy, the moment of birth, life with the newborn, and changes in the couple are among the topics offered.

## Let's become fathers

A course dedicated exclusively to **fathers-to-be and new fathers** to discuss their present and future roles. A series of meetings discussing with respect to what it means to become a father and how the balance in the couple and in communication between mom and dad change after the arrival of children.



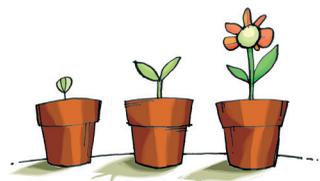
## Talks with parents

**Free themed meetings** for parents on the many aspects of the parenting experience. An opportunity to exchange information, discuss and share doubts, feelings and experiences that often accompany the growth of sons and daughters. During the talks, parents, facilitated by the Family Centre workers, have the opportunity to explore certain topics and experience how others' ways of feeling and living can help them understand more about themselves.



### Counseling on breastfeeding and the first year of life

A **space dedicated to new mothers and the couple** to discuss, dissolve doubts and overcome uncertainties that may be encountered during the first year of children's lives. Topics addressed during counseling may include breastfeeding, mixed breastfeeding, and while growing up, weaning and changes in sleep patterns.



Individual or couple counseling can be by phone, online or in person at the Family Centre.

### Listening and Support Point "Welcome ... my baby!"

It can happen that new mothers in the first months after giving birth feel lonely, inadequate and emotionally fragile. The Listening Point is a place designed to **support new parents** in overcoming difficulties, struggles and doubts that may be encountered following the birth of their children.

A **multi-professional team** composed of psychologists, midwives, and educators offers new parents home visits in the first days after birth, counseling interviews, telephone consultations, and small group meetings for mothers, fathers, and children to discover and recognize the needs of the early stages of the psychomotor development of the little ones.

The project is operating thanks to the collaboration of the Family Centre with the Women's Health Center of the Ferrara Local Health Authority, the Maternity ward of the Arcispedale S. Anna and the Coordination of Children and Family Centres of the City of Ferrara.

### Parenting Counseling

An interview and counseling space reserved for **parents with children under 10 years**. An opportunity for discussion and reflection on one's own and the other parent's educational style, communication in the family and daily dialogue with children, help for parents to recognize the changes typical of each age of their sons and daughters, learning to express more of their own resources and educational skills.



The Service offers one to five meetings led by experienced family-relations counselors through which parents will be listened to, supported, and helped to address concerns and uncertainties that are experienced daily in family and school relationships.

### Family Mediation

A service dedicated to **parents of minor children who are going through the experience of separation or divorce** so that they can continue to be protagonists together in the growth and development of their children.

It is a supportive professional intervention aimed at reorganizing family relationships and daily life with a focus on the best interests of the children, overcoming conflicts, and reaching separation agreements.

The mediation process consists of 1-12 meetings and does not include the presence of children as a rule. In situations where it is not possible to involve both parents, individual support paths are still offered.



The meetings are conducted by an experienced and specially trained professional family mediator.

### **I do not separate myself from you**

**Self-help group** aimed at parents who are separated or in the process of separation. A space for exchange and sharing of experiences to support the relationship between parents and children and between separated parents at a time of major family changes.

Group meetings are facilitated by a family mediator from the Family Centre.

### **Legal advice in Family Law**

A time-limited course (one to three interviews) held by experienced Attorneys, through which parents can **receive information** on issues related to family law (adoption, family custody, separation and divorce, child support, etc.).

Advisors and consultants cannot not, by agreement, take on professional service assignments.

# FAMILY AND COMMUNITY RESOURCE DEVELOPMENT AREA

*Promoting the leading role of families with sons and daughters in the community context, fostering the activation of personal and family resources in a logic of solidarity, welcome and participation in social life and support for the changes, difficulties, and potential expressed by children and families in their territory.*

*In collaboration with the network of services and associations in the area, processes of exchange, paths of integration, co-design and co-realization of initiatives and actions are launched*

### **A Family for a Family**

It can happen to all families to experience moments of difficulty that, if faced alone, risk amplifying problems and a sense of inadequacy. Family Support Projects were created for this reason with the aim of supporting families experiencing temporary difficulties in managing their daily lives and

educational relationships with their children. The focus is not only the child, but the whole family unit: **one supportive family supports and helps another family** in need, and all members of both households are involved in a relationship based on trust, consent, and reciprocity.

The basic requirements for the success of the project are the voluntary participation of both families and the sharing of goals in a common project.

### Schools as Common Goods

The project aims to encourage the implementation of participatory micro-projects involving parents directly in Educational Services and schools with the intention of making changes, proposals and moments of meeting with the purpose of improving facilities, creating greater participation and collaboration between schools and parents.



... AND OTHER PROJECTS

### Dad in any case

The project “**Supporting Parenthood in Prison**”, was created through a collaboration between the Municipality of Ferrara, the Ferrara Prison and local associations with the aim of improving the condition of imprisoned parents by strengthening their parental responsibility and supporting their relationships with their children.

### Portineria del Molo

A space for information, listening, exchange and to take care of the communities living in the neighborhoods where the Family Centre offices are located through a **proximity welfare experience**. The project was created in collaboration with the Wunderkammer Consortium, the University of Ferrara, Basso Profilo APS, CSV Ferrara and CSV Venice.

### The words of birth

Italian language workshop addressed to **foreign mothers-to-be and new mothers** that aims to promote women's psychological and physical well-being as well as to support them in the experience of motherhood in a situation of potential fragility and isolation and to facilitate access to services in the area.

### InformaSitter

In order to facilitate the meeting between the demand and supply of babysitting services, the InformafamiglieBambini desk offers **a list of babysitters** who have given their availability. The Family Centre does not make any selection but organizes **periodic training sessions** for candidate babysitters.

## All services are free of charge.

For information on services and to make an appointment,  
please contact the InformafamiliesChildren Desk

Illustrations: Giulia Boari

Design: Riccardo Mazzoli - **be open** OPEN group



### CONTACTS

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*The desk receives the public by appointment on:*

*Mondays, Wednesdays and Fridays: from 8:30 a.m. to 1 p.m;*

*Tuesdays: 2 p.m. to 5 p.m.*

*Summer hours from July 1 to August 31:*

*Mondays, Tuesdays, Wednesdays and Fridays from 8:30 a.m. to 1 p.m.*

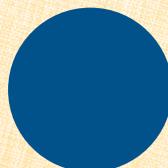
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