

On 3 and 4 February, the Office of Social Welfare of the Consell de Formentera will host 'Recipes for Good Relationships', a workshop to help individuals improve their relationships or give them tools to build healthy ones from the ground up.

The course will be structured around topics like love (love and falling in love, styles of love, monogamy and polyamory and the couple's contract), the couple (sexuality, romantic love, treating each other well, mutual care, expectations...) and challenges (conflict resolution, anger management, the phases of falling out of love) and affective relationships (intimate relationships, sexual fantasies, sex toys...).

The workshop will run 4.00pm to 8.00pm, Friday 3 February, and 10.00am to 2.00pm, Saturday 4 February, in the Consell de Formentera auditorium (sala de plens). To register, send an e-mail to [educaciosocial@conselldeformentera.cat](mailto:educaciosocial@conselldeformentera.cat) or call 971.32.12.71.

Attendees may come with a partner or individually, and childcare will be provided.

20 January 2023  
Communications Office  
Consell de Formentera

Formació en 

**RECETES PER A LES BONES RELACIONS DE PARELLA**

Taller per millorar i/o tenir relacions sanes de parella.  
Podeu venir en parella o de manera individual.

<b>L'AMOR:</b> <ul style="list-style-type: none"><li>- L'amor i l'enamorament.</li><li>- Els estils amorosos.</li><li>- La monogàmia i el poliamor.</li><li>- El contracte de parella.</li></ul>	<b>LA PARELLA:</b> <ul style="list-style-type: none"><li>- La sexualitat.</li><li>- L'amor romàntic de parella.</li><li>- El bon tracte: la cura mútua.</li><li>- Les expectatives i saber demanar.</li></ul>
<b>LES DIFICULTATS:</b> <ul style="list-style-type: none"><li>- Les dificultats al llit.</li><li>- Resolució de conflictes.</li><li>- Maneg de la ira: mirar de mirar al cor obert.</li><li>- Les fases del desamor.</li></ul>	<b>LES RELACIONS AFECTIVES:</b> <ul style="list-style-type: none"><li>- Les fantasies sexuals: fantasia vs realitat.</li><li>- Les relacions íntimes: erotisme i conductes.</li><li>- Els jugadors sexuals.</li></ul>

Divendres, 3 de febrer de 16 a 20 h  
Dissabte, 4 de febrer de 10 a 14 h  
Sala de Plens del Consell Insular de Formentera  
(al costat del Centre de Dia)  
Inscripció prèvia:  
[educaciosocial@conselldeformentera.cat](mailto:educaciosocial@conselldeformentera.cat) | 971321271

**SERVEI D'ACOLLIDA PER A INFANTS!**

