

The Formentera Department of Social Welfare reports that this Thursday 15 April the “Xerrades per a famílies” lecture series returns with a talk from psychologist Joana Frigolé. The event will be broadcast live on the Consell de Formentera Facebook page.

Frigolé, an emotional and couples’ coach, will give a lecture called “The power of emotions: living with the present to create the future”. “These raw, complicated times have shown us our resilience and capacity to face up to reality; the lecture will address things we can do to make life easier and use emotions to our benefit”, she says.

12 April 2021
Communications Department
Consell de Formentera