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 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

