

**DOBELES MĀCIBU CENTRS
DOBELE
LATVIA**



WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO...

1. To make a support group whose leader would be a woman who once had been a housewife/slave granny herself , so she would be familiar with this situation. Women need attention and help.
2. Organize regular meetings where housewives could share their experience, their hobbies and would get closer to each other (handicraft, cooking, gardening, etc.).
3. It is important to have someone who just call you and ask about your day and the way you feel.
4. Support from local municipality that would help both financially and by providing a meeting place (club, association). They could also remember these women on some special occasions (like birthdays, mothers` day, etc.).
5. During the meetings psychologists could be invited to give some lectures on how to raise their self-esteem, encourage them to get out of homes and meet each other (socialization).
6. Try to find a solution and involve volunteers so that the women could leave the house for a few hours.
7. Organize a variety of interesting classes (should be short) to help the Valencia housewives relax and urge them to participate in local events, e.g., to organize some charity events, tell and show each other about their hobbies/interests.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

1. Local municipality premises
2. Place where elderly people and women love to come together.
3. Any time convenient for the women.

POSSIBLE OBSTACLES

Possible obstacles are

1. Irresponsiveness (housewives , local municipality)
2. Should be aware that the results will not be immediate, it takes time while a support group is formed.
3. It is difficult to find a leader who would like to work with housewives
4. Municipality doesn` t have any financial means to organize the training.

ILLUSTRATION

