

## **Group therapy for slave grandmothers who are victims of the stress generated by taking care of their grandchildren**

LOCATION: Las Cabezas de San Juan (Seville)

DURATION: 2'07"

**SUMMARY:** Taking care of their grandchildren may cause grandmothers physical and emotional imbalances, it is what the World Health Organization has called Slave Grandmother Syndrome. To fight it, workshops developed in Seville help these women taking the control of their lives. Here they share their experiences and learn to claim for their free time. One out of four grandmothers dedicates an average of more than forty hours per week to taking care of their grandchildren.

### **VTR:**

Every day Cecilia picks David up at school, she takes him home, prepares lunch, picks up his toys, takes care of his clothes...She is one of the many grandmothers that have to take care of their grandchildren while their parents are at work.

**CECILIA DÁVILA**  
**Grandmother**

*"Sometimes his mother brought him one day in the morning and he stayed for the night the next two days."*

Sometimes this work is too hard, causing physical and emotional imbalances to these women.

**ISABEL BERNAL**  
**Grandmother**

*"One wants this, the other wants another thing... grandchildren cause a lot of stress."*

**NATIVIDAD MARTÍN**  
**Grandmother**

*"Exhausted, very exhausted, but at the same time happy, very happy. I think that my grandchildren have given me happiness."*

Lights and shadows of a life that maybe they didn't expect and that share in this workshop, where these women tell their experiences to...

**ANTONIO MANUEL MATEOS**  
**Responsible for the workshop**

*"Being able to claim their free time. We offer them tools to manage that crisis situations many times caused by overcharge."*

The World Health Organization has even named to this situation, the slave grandmother syndrome.

**ANTONIO MANUEL MATEOS**  
**Responsible for the workshop**

*"We find a very high percentage, almost a 25% of grandmothers who are caregivers, employ more than forty hours per week."*

Here they manage to leave stress behind, making friends...

**ISABEL BERNAL**  
**Grandmother**

*"Going out and having other activities, relaxing a little because just dedicated to grandchildren you get stressed."*

**CECILIA DÁVILA**  
**Grandmother**

*"Relaxing, establishing priorities and listening to others who are in a similar situation."*

A workshop organized by the Provincial Council of Seville and that in its seven editions has helped more than 1.800 grandmothers like Cecilia, aware of the importance of her work...



**CECILIA DÁVILA**  
**Grandmother**

*"Mainly in crisis situations we are the ones who maintain the family, the nation, the province and whatever we want."*

For more information or support please call +34 647 310 157 or email [info@andalusianstories.com](mailto:info@andalusianstories.com)