



## Newsletter dcf – noviembre 2025

### Dear friends of DCF,

These past few months have been deeply communal in Pifo. Through workshops, traditional celebrations, and spaces for mutual learning, the parish reaffirmed that protection and well-being arise when people come together to care for one another. At DCF, we have accompanied this movement with activities focused on emotional health, cultural identity, and the active participation of children, adolescents, and educators.

As we shape our 2026 Plan, we renew our commitment to Pifo. These months of collective work reflect the path we want to continue: one where the community is the protagonist of its own well-being.

With Christmas approaching, we invite you to join us in a gesture of solidarity that transcends borders. Your support during this special season will allow us to continue our community project, strengthening the bonds we build every day. Together, we can make this time also a season of hope and transformation for Pifo.

In addition, we are delighted to introduce two new members of our team, Rocío and Cecilia, who join our mission with enthusiasm and commitment.

### Welcome! The DCF Team



## New Faces, Same Dreams: Meet Rocío and Cecilia

We are very happy to welcome two professionals who are joining DCF to strengthen our work in Pifo with their unique experiences and perspectives.



**Rocío Gómez S.**, originally from the Kitu Kara people, is a Social Communicator and Visual Anthropologist with experience in community communication and audiovisual production. She comes to DCF to support organizational, social, and community processes in Pifo from a communications perspective.

**Cecilia Lema**, a member of the Kichwa Otavalo people, is a professional in Ecological Tourism with experience in community-based tourism development and socioeconomic inclusion. She joins DCF with the goal of contributing to the tourism, organizational, economic, and social spheres, as well as accompanying and gathering the perceptions, needs, and proposals of the people of Pifo.



## Community First Aid Workshop: Learning to Care

Earlier this month, DCF offered a **Basic First Aid Workshop** open to the Pifo community. The session aimed to provide practical tools for handling everyday emergencies: choking, burns, cuts, and other accidents that can occur at home, school, or in neighborhood spaces.

The space combined demonstrations, guided practice, and open conversation about the importance of acting calmly, recognizing one's own limits, and promptly activating emergency services.

**Yadira**, a workshop participant, shared how this experience represented a form of community empowerment for her:

*"The workshop was really nice because I learned ways to help others when someone is choking, burned, or cut. I liked that we did several examples because these things can happen in real life, and now I would know what to do. And if I don't know, I know I should call 911. I think I can help by explaining to others how to act in those moments."*

This testimony captures the purpose of the workshop: sowing safety, solidarity, and shared responsibility among those who live together daily in the parish.



### Colada Morada and Wawas de Pan: Tradition, Memory, and Identity

In Ecuador, November 2nd is a date of deep cultural significance. The preparation of **colada morada and wawas de pan** — a blend of Indigenous heritage, agricultural ritual, and family symbolism — honors those who are no longer here, celebrates community life, and connects people to their territory.

**Colada morada and wawas de pan** have their origins in pre-Hispanic Indigenous rituals that honored ancestors and celebrated the agricultural cycle. The colada, made with purple corn, Andean fruits, and spices, symbolized the bond between life, death, and the fertile earth. The wawas de pan — bread figures shaped like babies or people — represented deceased loved ones and were part of community offerings during this time. Over time, both traditions blended with Christian elements and became a family and cultural celebration that brings generations together. Today, preparing and sharing these foods is an act of memory, coexistence, and Ecuadorian identity. Pifo was no exception: children, adolescents, and families gathered at the community library to knead, stir, and share.

**Jonathan “Pardo”** described the experience this way:

*“That Saturday was great because we got together, both the morning and afternoon groups. It had been a while since we had all been together. We kneaded dough, stirred the colada, and shared time together. The wawa de pan was delicious. The best part was just being there without any worries, just sharing with everyone.”*

This activity, beyond the food itself, strengthened bonds and created an intergenerational space where culture is lived, discussed, and passed on.



## Psychological First Aid Workshops in Schools

In addition to community activities, DCF developed Psychological First Aid workshops aimed at teachers and educational staff. These sessions sought to equip teams with tools to support students experiencing emotional crises or situations of risk.

The workshops addressed emotional containment strategies, assertive communication, activating support pathways, and teacher self-care. All from a flexible, practical approach adapted to the specific realities of each institution.

**Psychologist Pamela**, a DCF member, explained:

*"The workshops focus on providing strategies to support schools in the face of students' emotional crises. We work with theoretical and practical content tailored to the needs of each school."*

**Christian** highlighted the importance of professional development:

*"What we aim for is to expand teachers' tools for supporting crisis or emergency situations, both with their students and with parents when difficult situations arise."*

This work has helped more teachers in Pifo feel prepared to respond with empathy, containment, and clarity during sensitive moments in school life.



## Our 2026 Plan

We are immersed in planning for 2026. To this end, we have held conversations with the community and partner organizations, with the goal of continuing to work together to protect children and adolescents. Our focus is on strengthening the processes of the Community Project (PC), promoting community ownership and the sustainability of actions that allow us to continue building a protective Pifo. Although at the start of the project we envisioned 2026 as the year of closure, we have agreed to evaluate progress mid-year to collectively decide the path forward: extend its duration, replicate it in other communities, or conclude this stage.



## Thank You for Joining Us!

We are deeply grateful to every young person, family, community leader, and partner organization that has made this journey possible. With your energy and commitment, we continue to build a stronger, more supportive Pifo full of hope.

## How to Support the Pifo Community?

As we work on our 2026 Community Plan, we invite you to support our work.

With your support, we can continue promoting community leadership, protecting children, and strengthening communities in Pifo and beyond.

Every contribution, big or small, helps us take the next step on this journey.

### Support us here:

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