



Familles du Monde, a.s.b.l.



**VII International Congress on Migration & Mental Health**  
***Youth & Families Wellbeing matters in the context of Migration***

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Familles du Monde, asbl & The Athena Network

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**Marta Figueras Costa et al.**  
**Migraespacio**

The Migraespacio group in its preparatory sessions has identified and analysed the different difficulties related to migration processes. Such difficulties are related to family reunification, schooling, language learning, young people, mixed couples and the process of getting "papers" among others.

From previous works and the analysis of the possible causes and consequences of these difficulties, different projects have been proposed to mitigate them. Our project focuses on the first part of the migration process that requires significant adaptation efforts by both immigrants and native population. That is to say, a mutual adaptation or reciprocal process since some arrive and others must make room.

The different projects are oriented towards a broad and general goal, that is the creation of a web site that allows users to obtain trustworthy and updated information that facilitates the process of adaptation. We believe this will help families, students, children, young people and elderly people in the elaboration of migratory duels. A website that will host services and volunteering from translators, administrative advice, psychological support, to workshops for different ages and themes. Our project intends to serve as a platform to promote the existing resources in the territory, refer to specialized services when necessary and establish communication bridges between the countries of origin and the host country.

**Keywords:**

mutual adaptation, immigrants, indigenous population, migratory process, migratory sorrows

**About the author**

MIGRAESPACIO is a youth group from Barcelona, led by PhD Marta Figueras Costa.