

FEBRUARY NEWSLETTER

Centro Multicultural la Familia

SONIA ACOSTA, PHD **PRESIDENT/CEO**

Saying good bye to 2022....and looking forward to a **great 2023!**

As another year comes to an end, we reflect on some major wins as Centro continues to grow as well as lingering challenges in our goal to advocate for our BIPOC communities so they gain access to needed services and resources.

We are presenting some of our highlights throughout this newsletter. We hope you'll join us on the journey in 2023 as we continue our mission to advocate for survivors of sexual and domestic violence, victims of crime and provide mental health services for those recovering from the stressors of this overwhelming pandemic.

Centro Multicultural la Familia NAMED
"2022 TOP-RATED NONPROFIT" by GreatNonprofits

Award based on Community Recommendations, Centro Multicultural la Familia has been named a "2022 Top-Rated Nonprofit" by Great Nonprofits, the leading website for community recommendations of charities and nonprofits.

Centro Multicultural la Familia provides culturally and linguistically competent services in the areas of mental health, substance abuse, domestic violence, victims of crime advocacy, parenting education, health education and promotion, wellness workshops, Exito Educativo and support and interpretation in Oakland County with the goal to improve the quality of life of our community with a holistic approach. We are so grateful to be receiving this award and we look forward to continuing supporting our community.



DOMESTIC VIOLENCE AWARENESS WALK

For every minute that passes, 24 people are victims of physical violence or harassment by their couple. Due to the many forms of oppression that exist, it is becoming increasingly difficult to escape from domestic violence situations. This is why on October 15, the Domestic Violence Awareness month; Centro Multicultural la Familia held its 2nd annual march against Domestic Violence, Downtown Pontiac being the headquarters of this great event.

The walk began with a small warm-up session, to leave in a group towards Paddock Garden, each participant carried a flag, which represented the domestic violence survivors. At the end of the walk was the fair of services where participants were able to obtain; COVID-19 vaccination, information on health, community programs, snacks and pleasant musical moments. Centro Multicultural la Familia helps survivors improve their mental health, obtain legal support, helps them with language access, and connects them with resources in the community.



NEW PROGRAM FOR LGBTQ SURVIVORS

We are thrilled to announce that we now have a program dedicated to LGBTQ survivors of family and intimate partner violence. This will allow us to see community members throughout the Oakland, Wayne and Macomb county area who need and deserve more culturally specific support services. Supporting survivors means supporting and uplifting the voices of Queer and Trans survivors too! We are excited to see the opportunities that open up for our clients to receive care that is more aware of the unique needs and challenges the LGBTQ community faces in the world we live in.



SYEP (SUMMER YOUTH EMPLOYMENT PROGRAM)

We celebrated a great 2nd year with our Summer Youth Employment Program (SYEP). We were able to go on a camping trip and ate smores by the fire, went on a hike and flipped perfect pancakes together. We made memories to last a lifetime and we look forward to being able to go camping at the end of each successful SYEP year again and again!





RADIO CENTRO MULTICULTURAL

Centro Multicultural Radio is always giving something back to the local community, whether that's through Restaurants, championing local artists and cultural events, producing zines and even being part of youth and community work in the direct vicinity.

In today's market, there are many advertising options for restaurants. While methods like social media may be our first thoughts when brainstorming advertising for restaurant, it's important not to underestimate the effectiveness of online broadcasting media. Radio advertising provides unique opportunities and advantages for local restaurants, unlike any other medium. Radio advertising can help business reach an audience that may be missing.

One of the reasons why we go out to the community is to create a partnership and engage with the community in different levels.

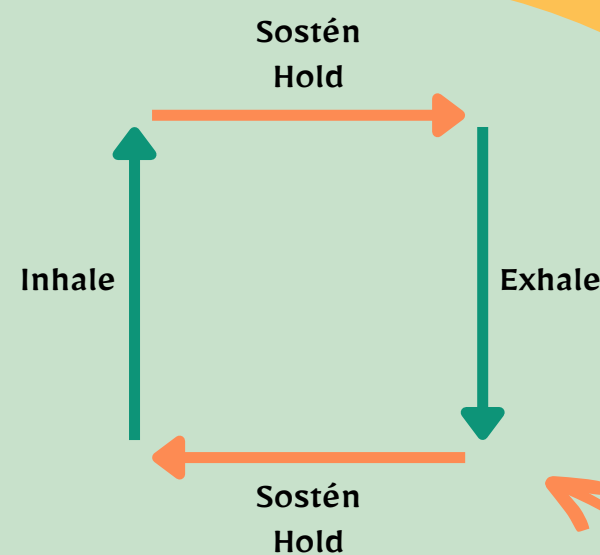
All the participant are aware of the importance of Centro Multicultural Radio connecting with the community through this Platform. All this has been an experience of the life time to many of us.

If you are interested in advertising your business through our radio station, please contact us 248 886 8840



MENTAL HEALTH

Find Peace with a Moment of Pause



Our mental health clinician at CMLF would like to share this breathing exercise with you! Please enjoy this moment to take a pause/break during your day and practice this mindful activity. Starting at the bottom left of the square, trace up the side slowly and inhale for four seconds. Then, trace across the top and hold your breath for 4 seconds. Continue to trace down the square as you exhale for 4 seconds and lastly, hold your exhale as you complete the bottom of the square.

During most of our day, we are often distracted and unaware of our thoughts and feelings. This activity can help us to be present in the exact moment we are in and reconnect with our bodies/minds to help gain a sense of calm.

ÉXITO EDUCATIVO



The Exito Educativo Program has run a successful series of workshops and our program finished on November 16th.

If you feel like you could use a hand with the process of getting your High Schooler into College, we are here for you! Don't know how to apply for scholarships? Need help understanding FAFSA? Do you worry about your kid's educational future? Worry no more! We will go over the most important aspects on how to get a post secondary education.

Exito Educativo provides all program materials, dinner weekly for families and students and additional help with college applications after the program is completed.

We look forward to serving more families when our College Success workshop program runs its second session in the Spring



ESL CLASSES

Centro provides ESL classes at the beginning and intermediate levels.

The cost of the course is \$25 to be paid on the first day of class.

Contact us to know the schedules and the registration process

Childcare will be available (call our team if you need this support)



ESL and Éxito Educativo contact



(313) 597-8839



elopez@centromulticultural.org



HEALTH TEAM

During 2022, our health team assisted in the vaccination of 951 people against Covid-19 in collaboration with the Oakland County Health Department, Gary Burnstein Clinic and Judson Center. Our bilingual/bicultural staff also assisted 50 clients to access health insurance and collaborated with Honor Community Health, Ascension and the National Kidney Foundation for dental services, mammograms and kidney health respectively.

We are ready to serve our community in 2023, follow our social media to know the dates of our services.



CONTACT US

@centro.multicultural



35 W Huron St. Suite 100
Pontiac, MI 48342



centro@centromulticultural.org



248 858 7800



Thank
you!

2022



CENTRO MULTICULTURAL
La Familia