

CENTRO NEWSLETTER



MARCH 2024



New programming being offered at Centro!

We hope this message finds you well, healthy and happy with the promise of exciting new possibilities for 2024. We are excited to share with you a new program focused on racial justice. This will include workshops on a variety of topics such as creating healing justice, somatic practices, vision boards, mindfulness, self-care, folkloric art, healthy relationships and a new radio program created to reach a young audience. Adults and children will be able to share their stories of success and resilience and be an inspiration to others. We are proud to say that our radio audience is reaching many countries in the world. Given that we are striving to discuss issues on racial equity, this exposure is ideal to enrich our conversations with people from different backgrounds and experiences. If you want to be more involved in program offerings and would like to learn about workshops being offered, we encourage you to subscribe to our Facebook page and Instagram to get informed about our activities.

Your continued support is the driving force behind our success and diversity, and we're grateful to have you on this journey with us. Our goal this year is to create a more inclusive and welcoming environment where ALL will feel safe and encouraged to be creative.

¡Gracias!

Sonia Acosta, PhD
President/CEO





An Amazing 2023 at Centro Multicultural



Responding to our mission of providing culturally-responsive support services to families in a holistic approach in order to improve their quality of life, Centro Multicultural La Familia offered uninterrupted services to Oakland, Macomb and Wayne counties residents in the following languages: Spanish, Portuguese and English.

Victims of Crimes Services

Our team of culturally sensitive Client Advocates is dedicated to serving and empowering families through advocacy and empowerment sessions in the areas of Sexual Assault, Domestic Violence, Intimate Partner Violence and Stalking. As a result a total of **106** clients were served through this year. In addition **365** clients joined our Wellness Workshops. These workshops included topics such as selfcare, employment skills, how to de-clutter our lives, mindfulness wellness and more.

Éxito Educativo

The program's success in 2023 is truly commendable, as it has positively influenced over **100** family members by making postsecondary education seem attainable. Additionally, the admission of more than **50** high school students to higher educational institutions is a significant achievement. Moreover, the fact that **30** students were awarded scholarships and grants underscores the program's impact on facilitating access to education for deserving individuals. This success story is not only beneficial for Latinx students but also for the broader Pontiac community and its surrounding areas. By empowering students through education, the program is contributing to the enhancement of society and the promotion of opportunities for all.

Mental Health

Our bilingual staff offers specialized counseling services for children, adolescents, adults and families in the areas of mental health, depression, anxiety and other issues. In 2023, our organization had the privilege of serving approximately **360** clients through our solution-focused therapy approach, aimed at enhancing their quality of life and overall well-being. Among the individuals we assisted, around **139** clients were young individuals, highlighting the importance of early intervention and support for mental health issues among the youth.





Health Team

In partnership with Ventanilla de Salud, Centro offers various health programs and workshops throughout the community. All programs are bilingual and cover health concerns such as diabetes, hypertension, breast cancer, prostate cancer, depression, anxiety, HIV testing, etc. Events include health fairs, vaccination clinics and resource drives. In 2023 we served **1,011** people. In the area of health we served **8,641** individuals, **1,680** adults and children were vaccinated and we referred **1,199** people to health services. We assisted **658** clients with Health coverage with an enrollment size of **3,129** people.



Small Business

By 2023 the program was very successful in coaching and registering more than **50** businesses, helping improve Financial Literacy in the community and learning how to create and run a business through several workshops for owners (mostly women), young adults, and students. One-on-one assistance was also given to more than **200** clients in order to improve their individual financial needs and business operations. During 2023, SBP helped **5** business owners to the process and approval of SBA loans.



Radio Centro

Radio Centro Multicultural is a vibrant platform that caters to the Latinx community and offers a diverse range of topics related to services offered at our agency. In 2023, Radio Centro Multicultural attracted an impressive audience of **2,786,649** listeners from different corners of the globe.



"SUPERNOVA MULTICULTURAL"

Together with muralist Alberto Marin, a group of 12 multi-ethnic Pontiac youth and community partners designed and painted a mural in Downtown Pontiac. Thanks to funding from the Welcoming America program, we were able to create a mural that represents bringing the community together, seeing one another in our reflection and all being part of the same solar system - the same united front welcoming each other. Each member of our community is a bright light in the darkness that when combined with the light of others, illuminates the sky and promises hope. We really believe this to be true!



MEET OUR SURVIVORS AND VICTIMS SERVICES TEAM



We offer culturally sensitive, English, Spanish and Portuguese language services to help victims of abuse. Our team provides individual advocacy-based counseling and a support group for victims of crime in the areas of domestic violence, intimate partners violence, sexual and physical assault, hate crimes, bullying, teen dating violence, child abuse and other victimizations.

Some of the services provided include:

- Counseling and emotional support.
- Systems-based advocacy.
- Referrals and assistance navigating community services
- Resource referrals to legal services as needed.
- Las Rosas Peer Support Group: This group is for people who have been victims of abuse. It gives them an opportunity to share their experiences and learn new skills and independence.

Contact us, we are here to help!



1ST SOCIAL WORK BACHELOR'S INTERN WITH OAKLAND UNIVERSITY

In the fall of 2023, Centro Multicultural La Familia hosted its first Social Work Intern from Oakland University: Yalexia Medina. As part of the Survival Services Team, Yalexia have been participating in advocacy activities such as: shadowing intake and screening sessions, conduct self-assessment surveys, co-lead the Domestic Violence Support group, contribute to the agency wide resource list project and more!



Upcoming Events



COMPUTER CLASSES

Wednesdays
Starting March 13
10:00 am - 1:00 pm
6 Weeks



MURO DE CRÁNEOS, TZOMPANTLI

Saturday, March 16
5:00 pm - 8:00 pm



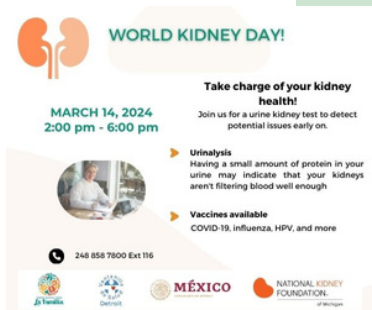
HEALTH FAIR

Thursday, March 14 &
28
2:00 pm - 5:00 pm



SMALL BUSINESS WORKSHOP

Tuesdays
Starting March 19
10:00 am - 1:00 pm
6 Weeks



WORLD KIDNEY DAY

Thursday, March 14
2:00 pm - 6:00 pm



MOBILE MAMMOGRAM UNIT

Tuesday, March 19
9:00 am - 2:00 pm

Learn more about our events and programs on our webpage and social media accounts



Listen to our radio program at



WWW.RADIOCMLF.ORG



WWW.CENTROMULTICULTURAL.ORG

