



La Plaza is a place where we come together to identify our own culturally centered ways of healing. Through arts, food, community, dance, poetry, and storytelling – we draw on cultural healing practices both traditional and non-traditional.

The History of La Plaza



Vision: Nuestra Cultura Cura Initiative is committed to promote and enhance the health and well-being of the Latinx community. We raise awareness and reduce mental health stigma by building on our cultural strengths to empower our community to heal. We do this by working collaboratively with resources and agencies to implement innovative culturally defined practices to address mental health needs in the Latino community.

Our Purpose



Accomplishments to Date

- Facilitated a Town Hall meeting for La Plaza for 200+ community members at Cook Middle School (2018).
- Developed leadership skills for 24 Cook Leadership Students weekly.
- Coached 15 emerging leaders to help develop La Plaza Programing.
- Implemented programing for 120 Unduplicated people have participated in programs at La Plaza.
- Developed a safe, inviting, and inclusive environment for all.





Programs Lead by Community Partners

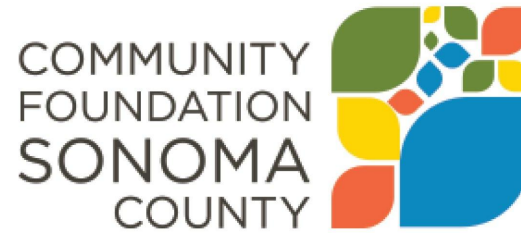


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Our Funding Partners

Why are we moving to Lincoln?



Goals for 2019-2020

- Will engage **300 Latino community members** in cultural activities that support mental health.
- **10 community members** will become interns leading La Plaza activities/events.
- Through surveys and focus groups La Plaza participants will report **increased connection, coping skills, resilience, cultural identity and a sense of community**, all key aspects of mental health.
- We will offer at least **20 hours of programming per week** targeted to families in the Lincoln District/neighborhood whose children attend Lincoln Elementary School.



Questions and Comments



Gracias!