



The Latina A.R.M.Y., Inc. Introduces A PERSONAL EMPOWERMENT PROGRAM FOR ADOLESCENT LATINAS

THE HISTORY OF LA MARIPOSA

The Latina A.R.M.Y., Inc. (TLA) - An accomplished Latin female Mentoring Young Latinos, a nonprofit 501(c)(3), was established in 2009 to support the personal life development of young Latinas girls.

Our mission is to educate and empower young Latinas by providing empowerment skills, provide social networking personal life skills for personal excellence. Our goal is to help increase awareness for strengthening their income, live and second generation Latinas girls ages 12 to 18.

"Many of the staff don't have Spanish or don't understand the culture, so we have a hand time helping other Latinas students. They need to see that there are professional women out there who have come from different countries who have made it. Then they'll believe that they can do it too."

Jose O'Donnell, Teacher, Westchester High School, CT

A PERSONAL EMPOWERMENT PROGRAM FOR ADOLESCENT LATINAS

Great funding received from the Anne B. Case Foundation and Hispanics in Philadelphia Foundation Collaborative for Young Latino Communities made it possible for us to provide with experts in the field of gender-responsive programming to evaluate our workshops and existing materials and make program enhancements that would be positive outcomes for our participants.

La Mariposa will teach girls valuable skills that will:

- Help girls develop healthy relationships with themselves, others and the community.
- Provide girls with compassionate and culturally sensitive facilitators to share success stories and to listen to them.
- Provide girls with an understanding of the value and importance of education in the development of their aspirations.
- Develop personal empowerment abilities.
- Reinforce a sense of pride and connection with Latinas culture.

By engaging girls in culture, interactive, role-playing activities, where facilitators teach personal empowerment skills (SMART) - Empowering, Affirmations, Personal Values and Setting Goals, girls will learn about the power women and the ways in which they can lead the direction of their lives. All workshops are facilitated in a relational, strengths-based, trauma informed and culturally competent manner.

12 WEEK CURRICULUM OUTLINE

SESSION 1:	Who's Who? (Our World) - Group Introduction Introduction to the Program (Project), Welcome, Team Building, Group Culture	
SESSION 2:	Me (Me) (My World) - Empowering - Introduction to Empowering and Empowerment	(J)
SESSION 3:	Me (You) (My Life) History of La Mariposa, Gender Foundation, Me (You) and I (You) - My Life & Mine	
SESSION 4:	Me (Future) (My Future) Development of A Future Based and Strong Foundation	
SESSION 5:	Me (Values) (My Goals) - Affirmations Personal Values, Self Talk and Affirmations	(A)
SESSION 6:	Me (Our Future) (What They Would Say) - Personal Values Management Skills, Team, Stronger Messages and Establishing Personal Values	(R)
SESSION 7:	Our (Goals) (What I Want) (What I Want) Gender Roles in Women Personal Values and Gender Foundation	
SESSION 8:	Me (Respected) (My Rights) Gender Role Expectations, History of Our and Me (You) and I (You) - My Rights, Power	
SESSION 9:	Me (La Familia) (In The Struggle) What do I do? - The Role of Me	
SESSION 10:	Relationship (Finding Relationship) POWER, Problem Solving, Workshop, Love, My Mother, What My Family	
SESSION 11:	Program Me (Self) (Why They Me) - Strong Goals Career Success, Success and Life, Me (You) - Stronger Messages	(S)
SESSION 12:	Me (Me) (I Can Do Anything) Empowering SMART, Me (You) and I (You) - Stronger Messages and Establishing A Foundation	

Latinas 7 Principles

**Stanton E.F. Wortham, Enrique G.
Murillo Jr., Edmund T. Hamann**



Latinas 7 Principles:

Latinas Seven Principles Yasmin Davidds-Garrido,2005-02-28 A kit with a book with exercised and 7 CDs **The Majority in the Minority** Lee Jones,Jeanett Castellanos,2023-07-03 As a volume destined to be employed by researchers practitioners and policy makers The Majority in the Minority appears at the right time in our nation s demographic history It connects us to the triumphs an tragedies of our Latino collective pasts and leads us to a more hopeful scenario for the future from the Foreword by Laura Rend nLatinas os are the largest ethnic minority group in the U S They are propelling minority communities to majority status in states as disparate as California Florida New Jersey New York and Texas Their growth in the population at large is not reflected in higher education In fact Latinos are the least represented population in our colleges and universities whether as administrators faculty or students and as students have one of the highest levels of attrition Opening access to Latinas os assuring their persistence as students in higher education and their increased presence in college faculty and governance is of paramount importance if they are to make essential economic gains and fully to participate in and contribute to American society In this ground breaking book twenty four Latina o scholars provide an historical background review issues of student access and achievement and lessons learned and present the problems of status and barriers faced by administrators and faculty The book also includes narratives by graduate students administrators and faculty that complement the essays and vividly bring these issues to life This is a book that should be read by policy makers college administrators student affairs personnel and faculty concerned about shaping the future of higher education and constitutes an invaluable resource for all leaders of the Latino community **Latino Writers and Journalists** Jamie Martinez Wood,2014-05-14 Provides short biographies of Latino American writers and journalists and information on their works *Take Back Your Power* Yasmin Davidds,2006-07-04 I dedicate this book to every woman who has ever felt sad frustrated alone scared unsatisfied compromised or depleted I know how it feels I ve been there too Yasmin Davidds Empowerment specialist and relationship expert Yasmin Davidds reaches into your mind and soul to take you down the path of self empowerment Davidds s message is clear Your power is your life force and you must learn about it and honor it if you want to be a whole woman Drawing from her own life experiences Davidds provides an easy and inspiring plan to overcome adversity and fulfill your dreams Let Davidds bring you on a journey of self discovery self love and unstoppable success Let her empower you *Liberatory Practices for Learning* Julio Cammarota,2020-12-18 This book promotes collaborative ways of knowing and group accountability in learning processes to counteract the damaging effects of neoliberal individualism prevalent in educational systems today These neoliberalist hierarchies imposed through traditional autocratic knowledge systems have driven much of the United States educational policies and reforms including STEM high stakes testing individual based accountability hierarchical grading systems and ability grouping tracks The net effect of such policies and reforms is an education system that perpetuates social inequalities linked with race class gender and sexuality

Instead the author suggests that accountability pushes past individualism in education by highlighting democratic methods to produce a collective good as opposed to a narrow personal success In this democratic model participants contribute to the common goal of elevating the entire group Drawing from a well of creative praxes reflexivity and spiritual engagement contributors incorporate collective dreaming to envision alternate realities of learning and schooling and summon the spirit into action for change

Managing Hispanic and Latino Employees Louis Nevaer, 2010-01-11 The first book on supporting and developing Hispanic employees in any organization Identifies three overarching concepts that shape Hispanic culture and explores how they influence workplace behavior and expectations Written by a distinguished Hispanic author and authority on Hispanic economic behavior Hispanics are the largest minority group and the fastest growing demographic in the United States they are already 15% of the population and 22% of the workforce and it s estimated that by 2050 those numbers will go up to 36% and 55% In this much needed new book Louis Naevar helps non Hispanic employers and colleagues understand how Hispanics see the business world and the world in general so they can better support and develop this dynamic group of workers Drawing on his own ethnic background and years of experience as director of the organization Hispanic Economics Nevaer identifies three concepts that shape Hispanic culture and often result in behaviors and beliefs very different than and sometimes seemingly at odds with those of non Hispanics He explores subtle nuances within the Hispanic community which is no more monolithic than the European community that will help employers appreciate differences and tensions between Hispanic workers With this as an overarching framework and using a wealth of specific examples Nevaer shows how to develop Hispanic friendly approaches in every aspect of the modern workplace from recruitment retention and evaluation to training mentoring and labor relations As Hispanics become an ever larger segment of the workforce organizations who fail to make them feel welcome and valued risk losing access to a significant source of talent and innovation not to mention a connection to a major evolving market *Managing Hispanic and Latino Employees* is an invaluable resource for creating an environment where Hispanic workers feel comfortable recognized and rewarded

Latina Magazine ,2006 *Principles of the Liturgy* Irénée Henri Dalmis, Aimé Georges Martimort, P. M. Gy, 1987 Traces the development of Catholic worship from the apostolic Church to the present

Latinas/os in the United States Havidan Rodriguez, Rogelio Saenz, Cecilia Menjivar, 2007-11-21 Clara E Rodr guez As is befitting a book on Latinas os at the start of the 21st century the chapters in this volume reflect the contemporary panorama of Latinas os in the United States Today Latinas os are the largest minority group They accounted for 12 5% of the total U S population in the last decennial census recent estimates showed the Hispanic population to be 41 3 million as of July 1 1 2004 or 14% of the nation s total population However this estimate does not include the 3 9 million residents of Puerto Rico who are also U S citizens and would raise the total to 2 45 2 million This would make the U S population of Latinos the second largest Spanish origin population in the hemisphere after Mexico The growth of this population since 1980 has been dramatic Hispanics Latinos

grew more than seven times faster than the population of the nation as a whole increasing by half whereas the white non Hispanic population increased by only 6% between 1980 and 1990 U S Bureau of the Census 1991 Table 1 U S Bureau of the Census 1993 p 2 In the 1990s the Hispanic population increased 58% Moreover between 2003 and 2004 one of every two people added to the nation's population was Hispanic Latino Consequently not only are Latinos a substantial part of the U S population but they account for half its population growth

Culturally Responsive Counseling With Latinas/os Patricia Arredondo, Maritza Gallardo-Cooper, Edward A. Delgado-Romero, Angela L. Zapata, 2014-12-08 This book provides culture centered assessment and intervention strategies for effective clinical practice with Latino individuals and families Mental health professionals will gain new and expanded cultural competence as they learn to sensitively and ethically integrate Latino values into their work Throughout the text case scenarios illustrate ways to work successfully with clients of all ages A sample culture centered clinical interview is included along with a listing of Latino specific mental health resources Topics discussed include roles relationships and expectations in Latino families cultural and bicultural values gender role socialization generational differences identity and acculturation issues educational values and achievement Latinas/os in the workforce and religious beliefs and practices Requests for digital versions from ACA can be found on www.wiley.com To purchase print copies please visit the ACA website Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

Group Activities for Latino/a Youth Krista M. Malott, Tina R. Paone, 2016-01-29 Directly applicable to practice *Group Activities for Latino/a Youth* allows helping professionals such as human service workers social workers and school and community mental health counselors to select and apply a series of group sessions with topics relevant to today's Latino/a youth Each session contains detailed directions suggested discussion questions and additional readings on specific topics with topic examples including grief identity development and conflict resolution Sessions draw on Latino/a cultural norms and strengths to build culturally informed communication and coping skills in an effort to improve educational social and career outcomes A developmental perspective is used and sessions are designed to be creative and interactive in order to appeal to the high energy and playfulness of youth at any age *Group Activities for Latino/a Youth* helps professionals to better engage and retain Latino/a clients a group that traditionally experiences one of the largest drop out rates in therapy often due to interventions largely informed by dominant Anglo norms and traditions

Voices of the U.S. Latino Experience Rodolfo F. Acuña, Guadalupe Compeán, 2008-08-30 The history and experiences of the diverse groups labeled Latinos in this country are abundantly documented in this major new collection From the Treaty of San Ildefonso in 1803 to remembrances of life on the frontier to the Young Lords platform of 1969 to a discussion of Latinos and the war on Iraq today this 3 volume collection showcases more than 400 crucial primary documents from and concerning the major Latino groups in the United States Sources include letters memoirs speeches articles essays interviews treaties government reports testimony and more The voices include whites as well as Latinos prominent and obscure and Americans

as well as foreigners The bulk of the primary documents concern Mexico and the United States and Mexican Americans who paved the way for immigrants from Cuba Puerto Rico the Dominican Republic and Central and South America to come The scope also includes primary documents pertaining to events in Latin American and Caribbean history that have had an impact on these groups Each primary document has a short introduction placing it in historical and cultural context An introduction that gives an historical overview a chronology a selected bibliography chock full of useful websites and a set index provide added value Sample documents memoirs of early Texas commentary by a Mexican diplomat on the Treaty of Guadalupe Hidalgo of 1848 essay on the social condition of New Mexico in 1852 Cuban independence leader Jose Marti in New York on race 1894 El Corrido de Gregorio Cortez a ballad about a Mexican who stood up to the Texas Rangers in 1901 excerpts from an autobiography by Ella Winter on school segregation in the 1930s a Latino soldier s reminiscences of World War II testimony from a Bracero worker in the 1950s article on Cuban Miami in the 1960s socioeconomic profile of Dominicans in the United States in 2000 interview with Subcomandante Marcos from the Zapatista Army of National Liberation

Social Work with Latinos Melvin Delgado, 2013-07-11 Beginning with a comprehensive definition and demographic map of Latinos Latino culture and a cultural asset paradigm this book identifies strategies for designing culturally relevant programs and services

Latino Elders and the Twenty-First Century Melvin Delgado, 2021-04-14 Latino Elders and the Twenty First Century Issues and Challenges for Culturally Competent Research and Practice will help social workers researchers and organizations identify and analyze ways of meeting the demands of the increasing number of elderly Latinos Working from conceptual frameworks case studies and examples this book provides you with a demographic picture of Latino elders and investigates the needs of ethnic specific groups Latino Elders and the Twenty First Century will help you develop and create culturally competent intervention methods that take the culture beliefs and situations of Latino elders into consideration Addressing the future challenges to individuals involved in the field of gerontology this book offers you current studies on the assessment of present services for Latino elders how they can be improved and why these individuals may be reluctant to seek financial or medical help Latino Elders and the Twenty First Century will assist you in devising policies and programs aimed at improving services for Latino elders including providing Latino and non Latino staff with an understanding of culturally competent principles such as values knowledge and skills that will help them give attention to individual and cultural needs improving staff development by assessing issues and underlying causes of client problems using the self and other cultural awareness models to help professionals realize their own values attitudes and behaviors examining community resources such as gift shops clothing shops and beauty parlors in Puerto Rican communities that offer interpreter services integration of the lonely and community leadership to the elderly considering family structure and personal identification to facilitate access to health care services minimizing stress of caregivers by fully understanding how they identify their roles within their families evaluating their needs and capacity as caregivers and offering counseling

approaches that recognize the dynamics of caregiving examining contributing factors to substance abuse among elders and researching incidence prevalence patterns of use etiology and consequences of this behavior Latino Elders and the Twenty First Century explores the possibilities of further research in the areas of substance abuse among the elderly and the importance of businesses in ethnic communities to meet the growing needs of clients In order to assist specific groups of Latinos this book examines social and medical needs and services for Dominicans Puerto Ricans and Yaqui elders of Old Pascua Latino Elders and the Twenty First Century will help you develop culturally sensitive programs for individual clients and diminish barriers to service Latino Social Policy Juana Mora, David Diaz, 2015-12-22 Examine alternative strategies to resolving important Latino social issues Latino Social Policy A Participatory Research Model examines the failure of traditional research methods to address major social needs in Latino communities promoting instead a participatory action approach to research that is socially and scientifically meaningful Experts from a variety of disciplines focus on nontraditional strategies that engage community residents in community research projects shortening the distance between the researcher and the subject This unique book recounts lessons learned on conducting Participatory Action Research PAR in Latino communities using techniques based on anthropology education community health and evaluation and urban planning Latino Social Policy A Participatory Research Model addresses non traditional methods of reducing the tension between the reality of interaction with the subject community and the academic training structures used by researchers The book promotes a new vision and practice of research design in which the subject is central to the process advocating a participatory approach to produce qualitatively different research based on community identified problems and needs Contributors examine the value of integrating local knowledge language and culture into the methodological design the ethics of conducting research in Latino communities and the internal conflicts Chicana o researchers face within their profession and in the field Topics addressed in Latino Social Policy A Participatory Research Model include community health and Central Americans in Los Angeles ethnography and substance abuse among transnational Mexican farmworkers identity and field research in Mexico the Latino Coalition for a New Los Angeles LCNLA researcher community partnerships and much more Latino Social Policy A Participatory Research Model includes case studies ethnographies and vignettes that illustrate participatory approaches and outcomes in Latino research The book is equally valuable as a textbook for academics and students working in the social sciences public policy and urban planning and as a professional guide for community leaders and organizations interested in developing research partnerships *Hispanic-American Relations with the United States* William Spence Robertson, 1923

Latino Education Pedro Pedraza, Melissa Rivera, 2006-04-21 This volume represents the work of the National Latino a Education Research Agenda Project NLERAP It conceptualizes and illustrates the theoretical framework for the NLERAP agenda and its projects Education in the New Latino Diaspora Stanton E.F. Wortham, Enrique G. Murillo Jr., Edmund T. Hamann, 2001-11-30 The authors describe a new demographic phenomenon the settlement of Latino families in areas of the

United States where previously there has been little Latino presence This New Latino Diaspora places pressures on host communities both to develop conceptualizations of Latino newcomers and to provide needed services These pressures are particularly felt in schools in some New Latino Diaspora locations the percentage of Latino students in local public schools has risen from zero to 30 or even 50 percent in less than a decade Latino newcomers of course bring their own language and their own cultural conceptions of parenting education inter ethnic relations and the like Through case studies of Latino Diaspora communities in Georgia North Carolina Maine Colorado Illinois and Indiana the eleven chapters in this volume describe what happens when host community conceptions of and policies toward newcomer Latinos meet Latinos own conceptions The chapters focus particularly on the processes of educational policy formation and implementation processes through which host communities and newcomer Latinos struggle to define themselves and to meet the educational needs and opportunities brought by new Latino students Most schools in the New Latino Diaspora are unsure about what to do with Latino children and their emergent responses are alternately cruel uninformed contradictory and inspirational By describing how the challenges of accommodating the New Latino Diaspora are shared across many sites the authors hope to inspire others to develop more sensitive ways of serving Latino Diaspora children and families

The Praeger Handbook of Latino Education in the U.S. Lourdes Diaz Soto,2006-11-30 Latinos in the United States have fought hard to attain equality especially in the field of education The Praeger Handbook of Latino Education in the U S focuses on this fight for equal educational access and represents a significant addition to American educational literature The contributors to this volume reveal that many Latino children still face challenges that were present many decades ago In addition to such obstacles as cultural conflicts and racism they also face teachers curricula and assessments that are not always respectful to their backgrounds Educators parents policy makers and communities across the country will find this work a goldmine of detailed historical and current information

Latino City Erualdo R. Gonzalez,2017-02-03 American cities are increasingly turning to revitalization strategies that embrace the ideas of new urbanism and the so called creative class in an attempt to boost economic growth and prosperity to downtown areas These efforts stir controversy over residential and commercial gentrification of working class ethnic areas Spanning forty years Latino City provides an in depth case study of the new urbanism creative class and transit oriented models of planning and their implementation in Santa Ana California one of the United States most Mexican communities It provides an intimate analysis of how revitalization plans re imagine and alienate a place and how community based participation approaches address the needs and aspirations of lower income Latino urban areas undergoing revitalization The book provides a critical introduction to the main theoretical debates and key thinkers related to the new urbanism transit oriented and creative class models of urban revitalization It is the first book to examine contemporary models of choice for revitalization of US cities from the point of view of a Latina o majority central city and thus initiates new lines of analysis and critique of models for Latino inner city neighborhood and downtown revitalization in

the current period of socio economic and cultural change Latino City will appeal to students and scholars in urban planning urban studies urban history urban policy neighborhood and community development central city development urban politics urban sociology geography and ethnic Latino Studies as well as practitioners community organizations and grassroots leaders immersed in these fields

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