

Summer 2018

La Oportunidad Inc.



Serving the Twin Cities since 1987



LATINO POWER Summer Youth Program

This year 12 youth participated throughout the summer program. The second year of the Latino Power Youth Program has been even more exciting and active. Last year, the group of young Latinos organized a successful community event at Powderhorn Park to discuss the issues that affect Latinos in Minnesota. Understanding the issues and challenges that affect the community is essential to the growth of our young leaders and their success. In its second year, the Latino Power Youth Program has focused on educating young about these challenges: environmental contamination, food insecurity and health issues, transportation and mobility, lack of access to outdoor recreation, housing inequity, negative stereotypes, and inactive community members. Additionally, the group learned about local resources and organizations they can access to overcome their barriers.

The youth also participated in numerous activities to learn more about these topics. Participants collected water samples from Lake Bde Maka Ska and Lake Nokomis and conducted water tests using kits they can access again in the future. They discussed the importance of public transit in their communities and went on a bike ride using MN Nice Ride bicycles, to Minnehaha Falls and Mercado Central to explore the existing infrastructure for biking. To celebrate Latino Conservation Week, the group went hiking at the National Wildlife Refuge and canoeing at Fort Snelling State Park, and learned about the different outdoor recreation opportunities these locations offer year-round. The main focus of the Latino Power Program is to expose Latino youth to the power they have in their communities and overall society. Active and aware Latinos work to overcome the issues covered during the summer program--they share and provide access to knowledge, bring more transportation options and improve the health of the natural environment in our Latino communities, as well as increase access to healthy-fresh food and an appreciation for outdoor recreation. At the Latino Power Program, participating youth have a motto, "We are not only the leaders of tomorrow, we are also the leaders of today." This mentality fuels our youth and pushes them to continue to learn and act on ways to empower their community.

We thank our community partners who helped organize activities including: the Latino Access Foundation, MN Governor's Office of Inclusion, Urban Outreach, MN Department of Natural Resources, and National Wildlife Refuge.



Latino Youth Leadership Conference

On May 11, 2018, 263 youth and 64 adults gathered at Augsburg University for La Oportunidad's 18th annual Latinx Youth Leadership Conference.

Health was the theme selected by the Youth Planning Committee. The Committee titled the 2018 Conference, "Cuidame, Cuídate" (Take Care of Me, Take Care of You). The Committee's President Maria Rios emphasized the theme helped youth "explore and grow knowledgeable of different aspects of health so they can become more resilient, as well as take action and leadership to breakdown stereotypes and stigmas that have to do with health in the Latinx community. We are the power in our community and together we will continue striving for a brighter and healthier tomorrow!"

The event's highlights were a powerful message from local keynote speaker Maria Isa, an award-winning songwriter, poet, composer, and activist; as well as 12 energetic and interactive workshop breakout sessions led by local Latino leaders. Workshops covered all aspects of health: psychological, social, and physical. Topics ranged from understanding stereotypes that exist within Latinx culture and the ways they affect us, exploring healthy relationships, and learning about traditional-natural remedies that have been lost in our society. Performances by the Aztec dance and drum group, Kalpulli Yaocenoxtli and bboy crew Phaze II reinforced the beauty in Latinx art and history.

85% of youth participants expressed an increase in cultural pride, 84% expressed an increase sense of and capacity for leadership, and 85% expressed an increase in skills, knowledge and/or positive attitudes in at least one of the following areas: self, relationships, education, and/or community. 100% of school chaperones mentioned they were happy with the event.

The success of this day-long event was a result of a labor of love from the 13 members of the Youth Planning Committee. The planning committee, made up of high school Latinx youth leaders and mentors, met for two hours every Thursday over an 8-month period to plan all aspects of the conference: theme, presenters, keynote speaker, conference design logo, performance groups, and even the food served. Additional to the mentors, huge support came from our sponsors: Augsburg University, Youthprise, East Minneapolis Exchange Club, McDonalds, Blick Art Studio, and Mall of America. The Conference would not be possible without the support and passion of the many groups who contributed.



Padres Parenting Program

The Padres Parenting Program provides positive parenting education and support services for Latino adults. Parents attend weekly groups to receive positive parenting education and support in addressing family issues. Groups are offered in Spanish at La Oportunidad's office and various local schools. The Padres Parenting Program also offers special curriculum and services for Latino parents referred by Child Protection Units.

Our Padres Program collaborates with several schools and other organizations to better serve our Latino parents. One of these schools is Andersen United Community Schools. This year, the Padres Program and Andersen School continued their long-term collaboration with the nutrition program of the University of Minnesota. Through this collaboration, Mrs. Alma Galvez community nutrition Educator educated our parents about the importance of healthy nutrition for the whole family. Our parents also learned tips for good health and healthy physical activity.

In addition, Mr. John P. Reed, Latino Community Crime Prevention of the Police Department of Minneapolis, gave us a presentation at Andersen School on prevention, security and how to avoid being a victim of crime and how to communicate effectively with the police.

Our Padres Program at Andersen offers a wide range of information and tools for parents to help them with positive parenting. Some of the topics that we have covered include: Communication, discipline, safety, decision-making, and child abuse prevention.

The Padres program also offers presentations and workshops on specific subjects to community organizations and groups of Latino parents including at Urban Ventures in Minneapolis.



Benefiting the Entire Family and Community!

La Oportunidad's diverse programming helps Latinos of all ages achieve success. Latino children and youth are provided culturally enriched education that promotes positive attitudes and fundamental life skills. Teens and young adults develop leadership skills, explore cultural identity and plan for education and future careers. Programs for Latino parents deliver positive techniques to enhance parenting skills, maintain a stable home life and support their children's education. Other programs for Latino adults offer assistance in domestic abuse intervention and prevention. Specific programs include:

El Camino Children Program

Youth Leadership Program

Padres — Parents

Jóvenes Profesionales/Young Professionals

Early Literacy

Latinos Ending Abuse Program

Latino Power Youth Summer Program

To learn more about La Oportunidad and our programs,
visit our website, Facebook page or give us a call at 612-872-6165



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Our Website

Check out our website, www.oportunidad.com, to find information about our staff, programs, accomplishments and more. You can also access our annual reports online. Take a look and learn more about La Oportunidad.

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