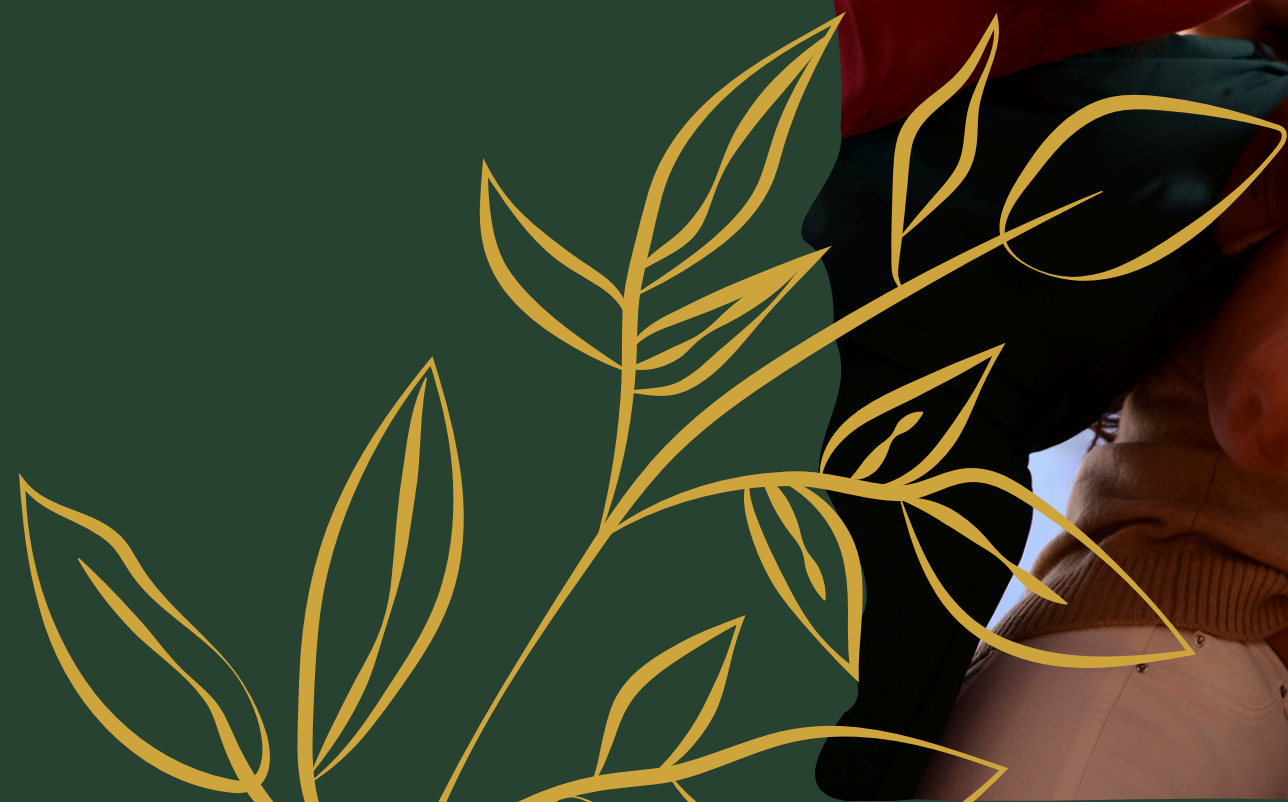




*Siembra Today*

Siembra  
Today







# ABOUT US



Welcome to Siembra Today. We are a volunteer-led non-profit organization devoted to transforming the lives of our community by providing accessible mental health and wellness support. In Spanish, “siembra” means to plant, and together we are cultivating a future where individuals feel seen, heard, and supported on their journey towards overall well-being.

We firmly believe that mental health care and support should be accessible to everyone, regardless of their socioeconomic background, age, gender, or ethnicity. We understand that vulnerable communities often face unique challenges when accessing mental health resources, which is why we have made it our mission to ensure support and access.

At Siembra Today, we plant the seeds of hope. Our goal is to destigmatize and promote mental health and wellness for the Latine\* community so that they can plant seeds of hope for themselves and for future generations.

**\*People of the Diaspora; People of the Global Majority; BIPOC, Latinx/e**



# MEET OUR TEAM



Erica P. Sandoval, LCSW  
Executive Director



Dr. Linda Lausell Bryant,  
PhD, MSW  
President



Dr. Meera Garcia,  
MD, FACOG  
Vice-President



Giselle Rodriguez, LCSW  
Secretary



Pilar O. Bonilla, MSW  
Treasurer



Budy J. Whitfield,  
LCSW  
Board Member



Rosita Marinez, MS-  
NPL, ADV-CSW, MSW  
Board Member



Elizabeth Conde,  
LMSW  
Board Member



Laudy Burgos,  
LCSW  
Board Member

## OUR VISION

Our vision is for the Latine\* community to have equitable, stigma-free access to mental well-being.

## OUR MISSION

Our mission at Siembra Today is to disrupt oppressive systemic barriers to mental health and equip Latine\* communities with tools to transform well-being.





# OUR "WHY"

In our many years of social work, we realized that something was missing in the needs of the Latine\* community. There wasn't an organization helping undo harmful stigmas related to mental wellness, providing resources and education to social workers and organizations directly serving this community, or providing spaces for social workers to be rejuvenated and support their own mental wellbeing.

Vulnerable communities often face unique barriers when accessing mental health resources, such as time, money, cultural stigma, and language.

We started Siembra Today to bridge these gaps by providing accessible, stigma-free health and wellness resources for the Latine\* community and our social workers.







# SOLUTIONS

We are committed to breaking down barriers that prevent individuals from seeking and accessing help. To this end, we work closely with community leaders, organizations, and a network of social service providers.

Siembra Today bridges the gaps we see in mental health care, by not only helping undo harmful stigmas in the Latine\* community, but also providing free resources and education to social workers so they are better equipped to serve these vulnerable communities.

We provide culturally humble, bilingual services to ensure language and cultural differences do not hinder someone's ability to access the care they deserve. Our initiatives include:

- Healing circles (Soul Immersion)
- Educational Workshops
- Webinars
- Conferences
- Narrative storytelling
- Resource guides
- Advocacy



# BADGE PROGRAM

## CONTINUING EDUCATION

### MISSION

Our mental health literacy education and awareness initiative will focus on promoting mental health and wellness in the Latinx/e and BIPOC communities. Resources will be bilingual (English and Spanish) and bicultural, to be as accessible as possible for vulnerable populations. Through our Continuing Education (CE) programs, we are fostering a more culturally humble responsive approach that will ultimately lead to improved outcomes and well-being for the Latine\* population.

### HOW

We are proud to partner with social justice warriors who will lead educational CE programs on a range of topics to advance inclusion, belonging, and accountability within various sectors. These trainings will help connect social workers to the missions and agendas of helping promote equitable access to mental wellness in the Latine\* community.

### WHAT

1. Our free CE programs and trainings equip social work practitioners with culturally humble, trauma-informed training to support the Latine\* community.
2. CEs include our existing webinar series, as well as new trainings we will develop from our call for proposals.
3. Participants who receive **12 CE credits** this year earn a badge that represents endorsement from Siembra Today. Badge earners are highlighted on our [Guided Directory](#) of practitioners.

Thank you to **The Hispanic Federation UPLift NY** grant and **The Fund for the City of New York (FCNY)** for helping support this initiative.





# BADGE PROGRAM

## CONTINUING EDUCATION

### HOW IT WORKS

At Siembra Today, we are committed to providing high-quality continuing education (CE) for social workers. Participants who complete our CE workshops will receive their hours through a traditional CE certificate. Additionally, we are excited to introduce our Badge Program, designed to recognize and showcase your expertise in key areas of social work.

### WHY EARN A BADGE

- Showcase your expertise and commitment to professional growth.
- Display your badge on LinkedIn, social media platforms, and resumes.
- Stand out in your field with verifiable credentials.

### BADGE CATEGORIES

- Healthcare
- Family and Children Services
- Holistic Care
- Trauma-Informed Practice

All of our **CE programs** integrate equity, intersectionality, and anti-racist frameworks as core components of professional development. By participating in our workshops, you are not only advancing your career, but contributing to a more inclusive and just practice of social work.

Join us in building a stronger, more informed, and culturally humble community of professionals!

For more information, visit our website or contact us at [siembratoday.org](https://siembratoday.org).



# OUR BOOKS

Latinx/e in Social Work ® is a revolutionary step in creating a movement that is committed to owning our own narratives. Each volume features personal narratives of Latinx/e social workers, amplifying their voices and nurturing the growth and development of our professional community. By naming common but unspoken challenges, these narratives help heal past wounds while highlighting successes and creating a space for hope in the future.

*Latinx/e in Social Work* books are must-reads for anyone in the field, as well as crucial resources for all social work classrooms.

Purchase Vol. I-III and the Journal here:  
[siembratoday.org/latinxe-in-socialwork](https://siembratoday.org/latinxe-in-socialwork)

All proceeds from *Latinx/e in Social Work* (Vol. I-III and the Journal) will go to Siembra Today, a nonprofit providing accessible mental health and wellness support to the Latine\* community.







# CONSCIOUS PARENTING: A GUIDE FOR PARENTS AND CAREGIVERS TO CREATE CALM AND JOYFUL HOMES CRIANZA CONSCIENTE: UN GUÍA PARA QUE PADRES CUIDADORES LOGREN UN HOGAR TRANQUILO Y ALEGRE



Parenting and caretaking are big jobs, and feeling calm and joyful inside is helpful during those challenging and overwhelming moments. In this book, a holistic health coach and licensed clinical social worker will provide advice, tips, and tools on how to stay grounded, handle big feelings, and have more joyful moments together as a family. We'll also help you learn ways to take care of yourself, so you can take better care of your kids, too.

La crianza de los hijos es un gran trabajo y es importante que te sientas tranquilo/a y alegre por dentro, especialmente durante esos momentos desafiantes y abrumadores. En este libro, una coach de salud holística y una trabajadora social clínica ofrecen consejos prácticos, sugerencias y herramientas para mantener los pies sobre la tierra, manejar los grandes sentimientos y tener más momentos alegres juntos como familia. También te ayudamos a aprender formas de autocuidado y así también puedas cuidar mejor a tus hijos/hijas o a los niños de tu vida.

\*All proceeds go toward Siembra Today, a nonprofit providing accessible mental health and wellness support to Latine\* communities.





# CONSCIOUS PARENTING PROGRAM

## WORKSHOP OVERVIEW

Conscious parenting is a transformative approach that fosters deep connections, emotional awareness, and a harmonious home environment. These workshops provide a supportive space for families to explore mindfulness, communication strategies, and resilience-building practices. Led by [Carolina Bolivar](#), [Erica Priscila Sandoval](#), and guest facilitators, each session integrates interactive learning with practical tools families can apply in daily life.

## WORKSHOP TOPICS

- Understanding Your Emotions
- Healthy Communication and Listening
- Connecting with Your Children
- Nourishing Your Mind, Body, and Soul
- Practicing Gratitude as a Family
- Building Resilience in Challenging Times
- Exploring Nature Together
- Creating a Peaceful Home Environment
- Creative Expression and Play
- Managing Stress and Finding Balance
- Cultivating Empathy and Compassion

Duration: 1.5 hours per session

Audience: Parents and caregivers

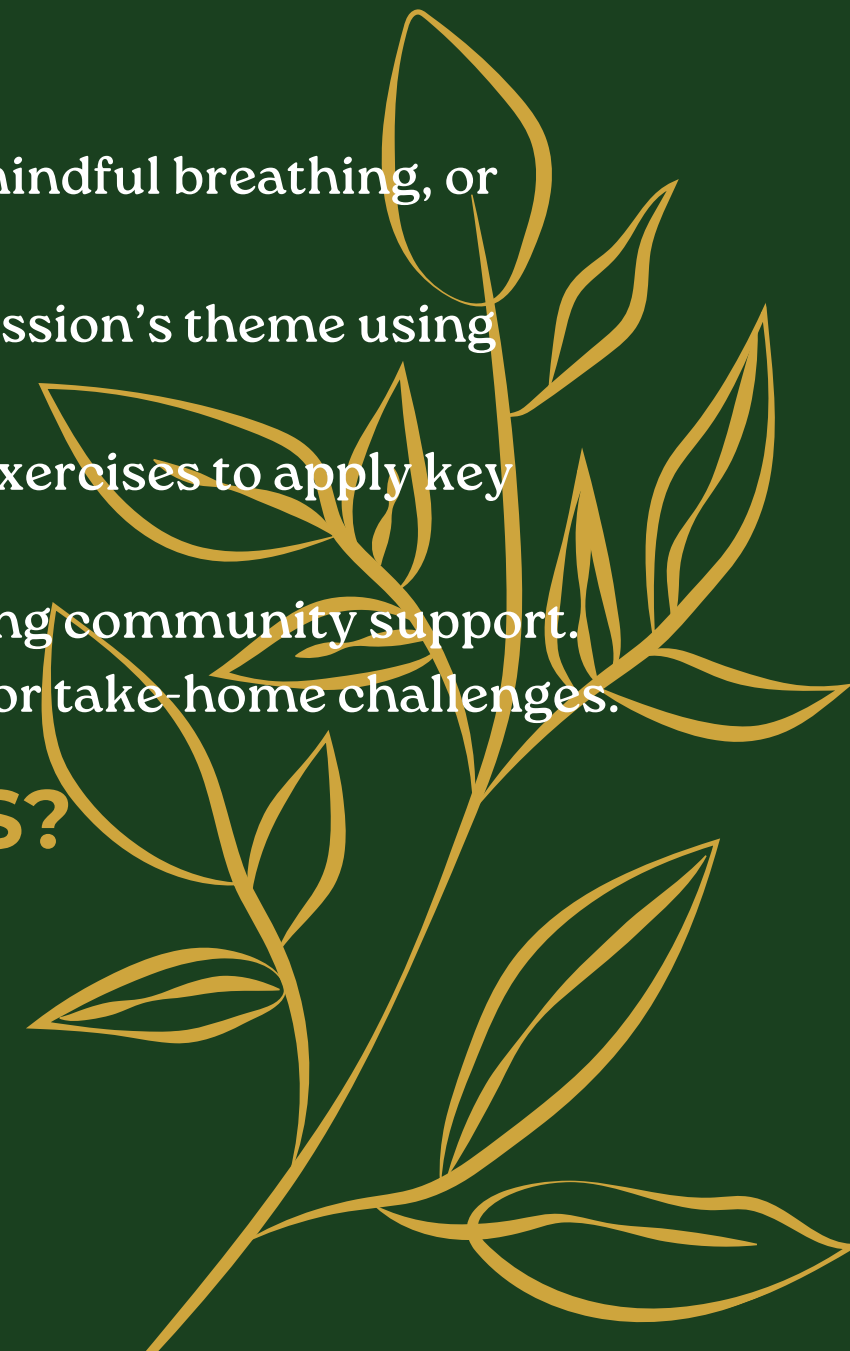
Language: Spanish and English

## WORKSHOP STRUCTURE

1. Welcome and Grounding (10 Minutes) – Brief introduction, mindful breathing, or grounding exercise.
2. Interactive Presentation (20 Minutes) – Discussion on the session's theme using real-life examples and research-based insights.
3. Guided Family Activity (30 Minutes) – Hands-on, engaging exercises to apply key concepts.
4. Group Reflection (15 Minutes) – Sharing insights and fostering community support.
5. Closing Circle (10 Minutes) – Gratitude practice, journaling, or take-home challenges.

## WHY ATTEND A WORKSHOP LIKE THIS?

- Strengthen Parent-Child Connection
- Build Emotional Awareness and Resilience
- Cultivate Gratitude, Play, and Creativity
- Reduce Parental Stress and Improve Well-Being
- Create a Nurturing Home Environment







# 2024 EVENTS HIGHLIGHTS

- **4/18/2024**, Workshop, In-Person, **123 Individuals Engaged**, Partners: Latinx/e in Social Work, NASW NYC, NASW NYS, New York University
- **8/3/2024**, Tabling Event, In-Person, **100 Individuals Engaged**, Partners: NYC Department of Transportation
- **9/7/2024**, Workshop, Virtual Outreach Event, **100 Individuals Engaged**, Partners: Latinx/e in Social Work, NASW NYC, NASW NYS
- **9/15/2024**, Tabling Event, In-Person, **105 Individuals Engaged**, Partners: La Colmena
- **10/5/2024**, Workshop, In-Person, **350 Individuals Engaged**, Partners: Qualities of Life Foundation, Queens Museum
- **10/12/2024**, Support Groups, In-Person, **125 Individuals Engaged**, Partners: Latinx/e in Social Work, NASW NYC, NASW NYS





# SOUL IMMERSION CIRCLES



## OVERVIEW

Soul Immersion was a transformative gathering that brought together individuals to celebrate life, healing, and the power of community. Rooted in ancestral wisdom and practices, the events honored the profound teachings of gifted healers who guided attendees on a journey of self-discovery and connection.

## WHAT WE ACHIEVED

- **Honoring Ancestral Practices:** Through powerful rituals and teachings, participants connected with age-old wisdom, fostering deep healing and growth.
- **Guided by Healers:** We were honored to have incredible healers lead the way, offering their expertise and helping each individual uncover their true calling.
- **Community Love:** Soul Immersion cultivated a sense of belonging, bringing together people who shared a passion for personal growth and collective upliftment.



## THE IMPACT

Soul Immersion created an unforgettable experience that empowered attendees to reconnect with their inner selves, form lasting bonds, and step confidently toward their purpose.



# LATINX IN SOCIAL WORK LEADERSHIP SUMMIT



## EVENT OVERVIEW

Our inaugural leadership summit at Seton Hall University, titled “Empowering Latinx/e: Leadership, Advocacy, and Excellence in Social Work,” provided workshops, networking, and discussions on culturally responsive mental health care for Latinx communities. Sponsored by the College of Arts and Sciences, the event was hosted by Seton Hall’s Department of Social Work and Public Administration, chaired by Dr. Juan A. Rios.

## KEY TAKEAWAYS

- Overcoming barriers to leadership
- Strategies for career advancement
- The importance of mentorship and community support
- How cultural identity shapes leadership styles

The event proved to be a pivotal experience for those dedicated to advancing culturally responsive mental health care and social equity. Participants gained invaluable practical tools, expanded their professional networks, and actively contributed to advocacy efforts that are driving positive change within Latine\* communities.



**Date:** Thursday, December 5, 2024







# GET INVOLVED

Help extend our impact by donating, volunteering, purchasing our books, or sharing our events. Your support helps us continue offering free events and resources that promote mental health and wellness for the Latine\* community. Here's how to get involved.

## VOLUNTEER

Are you a Latine\* social worker? Are you a fellow change-maker who wants to help create more accessible healthcare? Do you want to contribute service work to your community?

We welcome volunteer applications year-round. Get in touch with us by filling out [this form](#).



# Host a Webinar

Interested in extending our impact? We are excited to invite dynamic and knowledgeable presenters to join our mission of providing high-quality virtual CEs to our community. Our CEs will focus on providing social workers with the necessary knowledge and skills to effectively serve the Latine\* community. We're looking for passionate educators, industry experts, and thought leaders to propose webinars that will engage, inform, and inspire our audience. All educators are compensated.

Whether you have experience with delivering online webinars or you're eager to share your expertise for the first time, we encourage you to [apply here](#).

## Examples:





# SUPPORT US

Your donation, no matter the size, makes a difference. Every dollar goes directly towards providing essential mental health support, services, and resources to those who need it the most.

- A **\$5 donation** covers the subway fare for an individual in need to attend a workshop.
- A **\$50 donation** provides supplies like yoga mats and refreshments for events.
- A **\$100 donation** provides a free CE webinar for social workers.
- A **\$500 donation** provides health and wellness workshops in multiple neighborhoods.

Together, we can ensure that everyone has an equal opportunity to heal and thrive, transforming the landscape of mental health care and creating a brighter, healthier future for all.

To make a donation, please visit: [siembratoday.org/donate](https://siembratoday.org/donate).





# OUTCOMES

Our bilingual, bicultural work destigmatizes mental wellness and uplifts community members.

In one year, we...



Held **23** healing circles



Held **23** workshops  
+ **1** Inaugural Latinx/e in  
Social Work  
Leadership Summit



Reached **186,209**  
people on social media



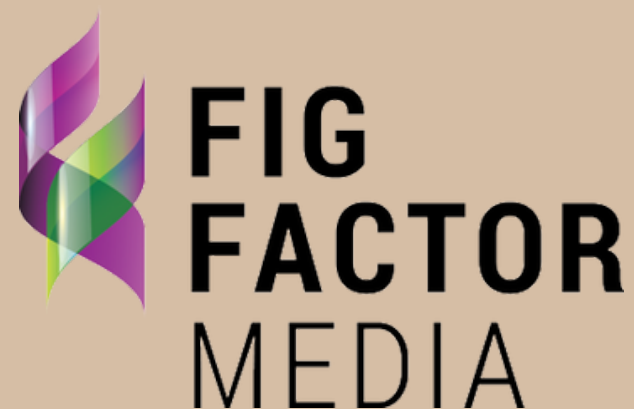
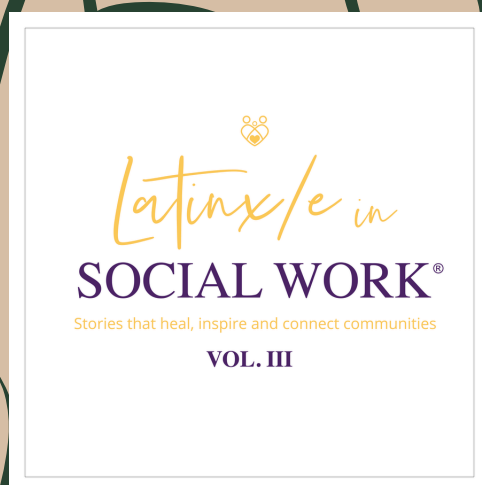
Sold **300** books

Provided services to **2306**  
people

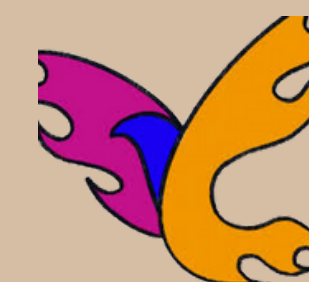


# Our Partners

Our incredible partners align with our values, provide vital resources, and help us achieve our mission. Thank you to:



QUEENS MUSEUM



SANDOVAL  
*CoLab*



AGENCIA CONSULAR  
DEL ECUADOR EN  
QUEENS





# CONNECT WITH US



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