



SOMOS emerged as a singular concept with the overarching goal to break the pattern of generational silence around topics essential to the happiness, health, power, and autonomy of young Latinas.

What's SOMOS?

SOMOS seeks to authentically facilitate human connection that support and ease Latina youth and their caregivers into challenging conversations while building practical skills to support youth as they navigate adolescence

Share our vision for Latinx young people to have the human connections and support they need to navigate love, life, and relationships, to make healthy decisions, and to fully step into their power.

SOMOS is currently offered as 10 weekly interactive, communityresponsive sessions for Latinx middle and high school students, and their caregivers, to address core issues of happiness, health, power, and bodily autonomy.



**Call us for more information
720-400-6828 or to register**

Sessions in Spanish for parents and English for youths
Limited space

<i>Week</i>	<i>Session</i>
1	Introduction to SOMOS / I am
2	Emotional Health "Inside Out"
3	Communication "Hit Me Up (HMU)"
4	Boundaries
5	Consent
6	Flowers and the Bees
7	Love is love
8	Let's talk about sex (My health and Sexuality)
9	Respect yourself, Protect yourself
10	My 15 and Closing Ceremony