



EL PAJARITO

"THE LITTLE BIRDIE"

A LATINA SAFEHOUSE MONTHLY NEWSLETTER

"UN PAJARITO ME DIJO.." "A LITTLE BIRDIE TOLD ME.."

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**YOU'RE
DOING
GREAT
MIJA**

**COLFAX
MARATHON:
RUN OR WALK
WITH LATINA
SAFEHOUSE!**

Have you ever wanted to run a 5k, 10 miler, half-marathon, full marathon, or a relay? Have you had trouble keeping up with your New Year's Resolutions?

If you answered yes to either of these questions, now is your chance to register for one of seven distances offered by the Colfax Marathon this year. On May 18th, the Colfax Marathon will host its 5k (3.1 miles), and on Monday the 19th, you will have the option to run longer distances.

Please visit: <https://www.runcolfax.org/races/register/> to register to run before the prices go up and please don't forget to select Latina SafeHouse as the nonprofit organization you would like to run with.

If you are signed up to run for Latina SafeHouse and are faster than all of our Board Members, you may be eligible to win a special prize!

For more information, or questions about the Colfax Marathon, please contact us at: info@latinasafehouse.org

SAVE THE DATE! LA FUERZA LATINA: GOLF TO MAKE A DIFFERENCE



La Fuerza Latina GOLF TO MAKE A DIFFERENCE

10TH ANNUAL LATINA SAFEHOUSE GOLF TOURNAMENT
FRIDAY, JUNE 28, 2019



10th Anniversary

Latina SafeHouse
Contributions can be made payable to:
Latina SafeHouse
PO BOX 11174
Denver, CO 80211
events@latinasafehouse.org

Are you waiting for the weather to clear up to dust off your golf clubs this year? Great news, we cordially invite you to start preparing your best game and
Save the Date!:

**LA FUERZA LATINA:
10th Annual Golf to Make a Difference
Friday, June 28, 2019**

**The Tournament of the Year will be held at the
Greg Mastriona Golf Course at Hyland Hills
9650 Sheridan Boulevard
Westminster, Colorado 80031**

**Registration will begin at 6:30AM - Shotgun at 7:30AM
Four Person Scramble- Sponsorships Available
To register or for more information email:
events@latinasafehouse.org or call 303-433-4470**

ANA LA GUERRERA A SURVIVOR'S STORY

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**"PRIMERO LE DOY
GRACIAS A DIOS, Y
LUEGO A USTEDES POR
HABERME AYUDADO. MI
ESPERANZA NUNCA SE
PERDIO. YO SE QUE
TENGO LA FUERZA QUE
NECESITO PARA
SOBREVIVIR Y
SOBRESALIR" -ANA**

Ana* was referred to Latina SafeHouse by Erica*, a fellow survivor staying at the same domestic violence shelter. Erica was receiving services from Latina SafeHouse and was confident that these services could also benefit Ana.

Ana came to the United States with her toddler seeking asylum for domestic violence. While in Colorado, she was re-traumatized and was the survivor of domestic violence and human trafficking. The violence escalated and Ana was taken to the emergency room by ambulance, only to find out she was pregnant. There, she was referred to a domestic violence shelter. Given her inability to communicate with staff and fellow-survivors because of a language barrier, she faced micro-aggressions and discrimination from both staff and peers.

Once she was connected to Latina SafeHouse, our bilingual and culturally sensitive Case Manager was able to help her navigate housing, legal services, prenatal care, and counseling. Ana is now in a safe, culturally sensitive shelter, is enrolled in English classes, and recently signed for a work permit! She successfully graduated from the Comadres Unidas program at Latina SafeHouse, assisted a support group, and for the first time in her life received the behavioral health services she was seeking to help her heal and excel.

After signing for her work permit, Ana said "I first want to thank God and then you (Latina SafeHouse) for all of your help. My hope was never lost. I know that I have the strength I need to survive and thrive."

*Real name(s) changed to protect client confidentiality.

START OF A DOMESTIC VIOLENCE TASK FORCE



On Wednesday, February 13th, representatives from local organizations and our Executive Director, Angela Cesena, met with Ambassador Berenice Rendón-Talavera in the Mexican Consulate in Denver for the formation of a **Domestic Violence Task Force**. During the meeting, the Ambassador, the Director of the Department of Protections, and the community leaders discussed factors affecting our Latinx communities and addressed ways to work together to combat domestic violence as a unified body.

We at Latina SafeHouse not only continue our commitment to serve our women and children, we also work to continue to advocate for change and for ways to end domestic violence through developing collaborative community partnerships.

Thank you, **Consulado General de Mexico en Denver**, for creating this Domestic Violence Task Force!

AMAZON SMILE: YOU SHOP. AMAZON GIVES.

We are now on Amazon Smile!

Every time you shop at Amazon, you can help Latina SafeHouse continue to serve our women and children. How?

Go to: smile.amazon.com and select **Latina SafeHouse Initiative** as your nonprofit.

Now every time you want to shop on Amazon, make sure to shop through smile.amazon.com and a portion of your purchase will be donated to Latina SafeHouse.



**THANK YOU FOR
SUPPORTING OUR
EFFORTS TO ELIMINATE
DOMESTIC VIOLENCE IN
OUR COMMUNITY!**



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