



MUJERES CONECTADAS
INSPIRANDO PARA CRECER



PROGRAM REPORT

2023-2024

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A WORD FROM THE FOUNDER



As the founder of Mujeres Conectadas, I am deeply inspired by the transformative journey we embark on with every participant of Las Mujeres Que Habito. Our mission is rooted in a profound belief: that every woman deserves the opportunity to discover her inner strength and embrace her full potential. We have seen firsthand the incredible impact of our program, from empowering women to improve their self-esteem and forge healthier relationships, to equipping them with the tools to manage stress and pursue their professional dreams. Our commitment to inclusivity knows no bounds; we welcome women from diverse backgrounds and ages, fostering a community where mutual support and growth flourish. Through holistic approaches and dedicated sessions, we strive not only to uplift individuals but also to catalyze positive change in our communities. Las Mujeres Que Habito is more than a program; it's a journey of empowerment, resilience, and collective achievement. Together, we are shaping a future where every woman can thrive, supported by a network of solidarity and shared purpose."

Dominic
Dominic Zepeda
FOUNDER

SUMMARY

Mujeres Conectadas is a community dedicated to empowering Hispanic women through its program, Las Mujeres Que Habito. The organization is guided by core values of Inspiration, Community, Connection, Communication, Sorority, Respect, and Equity, which shape its mission to foster holistic personal development and well-being.

Program Overview: What You Can Expect

Participants in Las Mujeres Que Habito can expect a comprehensive program designed to enhance their personal growth and well-being. The program offers enriching sessions facilitated by experts, covering topics such as self-discovery, emotional resilience, and professional development. It provides a supportive community where women can connect, share experiences, and support each other's journeys.

Program Outcomes

The outcomes of the program include improved self-esteem and confidence, healthier relationships, effective stress management, discovery of new skills and talents, and achieving balance in personal, professional, and financial life. These outcomes are supported by holistic approaches and specialized sessions led by professionals in mental, physical, and financial health.

Areas Addressed

Las Mujeres Que Habito addresses holistic therapy, mental health, financial literacy, and professional development. It offers a variety of activities and workshops aimed at nurturing physical, emotional, and social well-being while empowering women to achieve their personal and professional goals.

Program Details

Since its inception, Las Mujeres Que Habito has conducted 13 sessions, each contributing to the program's growth and impact. The program has seen a remarkable 60% increase in participant enrollment, reflecting its growing recognition and support within the community.

Demographic Insights

The program attracts women of diverse backgrounds, with cultural diversity highlighted by 66% of members being Mexican, followed by Guatemalan and Dominican members at 8%, and Colombian and Chilean members at 6%. The majority of participants fall within the age groups of 25-45 years (41.6%) and 45-60 years (31.25%), underscoring its appeal across different life stages.

Mujeres Conectadas through Las Mujeres Que Habito is committed to inclusivity, empowerment, and the holistic development of Hispanic women, fostering a supportive environment where all women can thrive and achieve their fullest potential.

WHO WE ARE

Mujeres Conectadas is a philanthropic community of Spanish-speaking women dedicated to empowering women by providing essential resources and tools. Our mission is to promote their holistic personal development through well-being and mental health.

THANK YOU TO
ALL OUR
DONORS AND
VOLUNTEERS.





At Mujeres Conectadas, our values are the cornerstone of our mission to empower the Hispanic women's community. We begin with **Inspiration**, driving each woman to achieve her fullest potential. Our deep sense of **Community** creates a nurturing and inclusive environment where every voice is heard and valued. We focus on **Connection**, establishing robust networks that support women in their personal and professional journeys. Through open and honest **Communication**, we maintain transparency and build trust within our community. Our dedication to **Sorority** cultivates a strong sisterhood, united in mutual support and solidarity. We uphold **Respect** for every individual, recognizing and honoring their unique contributions. Finally, we advocate for **Equity**, ensuring that fairness and equal opportunities are accessible to all women. Guided by these values, Mujeres Conectadas is committed to fostering holistic personal development and promoting the well-being of every woman in our community.

MUJERES CONECTADAS



Mujeres Conectadas (MC) is a community of Spanish-speaking women aimed at connecting women with resources and tools to achieve personal development through holistic well-being and mental health.

"Las Mujeres que Habito" is a community designed to encourage its members to embark on a journey of self-discovery and personal growth. This decision will enrich the experience of all women participating in this program, fostering an environment of mutual support and continuous development. By engaging in this transformative journey, participants will gain valuable insights and skills that will contribute to their overall well-being and personal fulfillment.

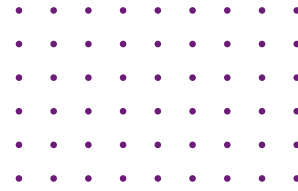


Uniting Talents, **EMPOWERING WOMEN**



Meet our dedicated team of professionals who have contributed their expertise, passion, and collaboration to drive our success.

Las Mujeres Que Habito



"Las Mujeres que Habito" began in 2023 with a focus on supporting the mental and holistic health of Latina women in Indiana. This program is specifically designed for women seeking to improve their quality of life, self-esteem, and overall well-being.

Program Overview: What You Can Expect

Comprehensive Approach:

Expect a holistic focus encompassing physical, emotional, and social health, ensuring a well-rounded approach to your well-being.

Enriching Sessions:

Participate in interactive and enriching sessions led by experts in various aspects of wellness. This includes new topics related to professional and economic development, designed to enhance your skills and knowledge.

Supportive Community:

Join a loving and supportive community of women who share similar concerns and goals, providing a nurturing environment for personal and collective growth.

Personal and Professional Development:

Gain the opportunity to explore your talents, skills, and strengths, and learn how to leverage them to achieve your personal and professional objectives.



PROGRAM OUTCOMES: WHAT WE TEACH



Enhancing Self-Esteem and Self-Confidence:

Participants learn techniques to improve self-esteem and self-confidence, fostering a positive self-image and empowering personal growth.



Building Healthier, Meaningful Relationships:

Our program guides individuals in cultivating healthier and more meaningful relationships, promoting emotional well-being and interpersonal skills.



Effective Stress and Anxiety Management:

Participants gain strategies to effectively manage stress and anxiety, enhancing resilience and promoting mental well-being.



Discovering New Skills and Talents:

Participants explore and uncover new skills and talents, encouraging personal development and expanding their potential.



Achieving Balance Across Personal, Professional, and Financial Life:

The program supports participants in creating a balanced approach to personal, professional, and economic aspects of life, fostering overall well-being and satisfaction.

Our program is facilitated by professionals in mental, physical, and financial health, founded on the belief that all women have the capacity to transform their lives and achieve the success and happiness they deserve.

AREAS ADDRESSED



01 Mental Health

We prioritize mental health through specialized sessions led by licensed professionals. Topics include stress management, emotional resilience, and coping strategies, ensuring participants gain tools to enhance their mental well-being and navigate challenges effectively.

02 Holistic Therapy

Our program includes holistic therapies that focus on treating the whole person—mind, body, and spirit. Participants benefit from a range of holistic practices such as mindfulness, yoga, and meditation, aimed at promoting overall well-being and inner balance.

03 Financial Literacy

Participants receive education and guidance on financial management, budgeting, saving strategies, and investment basics. Empowering women to make informed financial decisions contributes to their economic stability and independence.

04 Professional Development

Our program offers workshops and coaching sessions focused on career advancement, skill development, and networking opportunities. Participants are equipped with tools to enhance their professional capabilities, fostering growth and success in their chosen fields.

Each area is supported by experts dedicated to empowering women and fostering their holistic development, ensuring comprehensive support tailored to individual needs and goals.

PROGRAM SCHEDULE

This schedule highlights a range of engaging sessions designed to nurture personal growth, well-being, and empowerment among our participants.

01

SATURDAY, JANUARY 13

Ana Cecilia: "My Essential Self: Discovering My Purpose and Values"

Patty Sander: Holistic Activities: Meditation and Yoga

02

SATURDAY, FEBRUARY 10

Ivy Tarín: "My Assertive Self: Communicating My Needs and Desires"

Patty Sander: Holistic Activities: Art and Expression

03

TUESDAY, FEBRUARY 20

Ivy Tarín: "My Assertive Self: Advocating for My Rights and Boundaries"

Patty Sander: Holistic Activities: Nature and Connection

04

SATURDAY, MARCH 9

Ana Cecilia Rodríguez: "My Conscious Self: Living in the Present and Making Conscious Decisions"

Patty Sander: Holistic Activities: Nutrition and Health



05

TUESDAY, MARCH 19

Ana Cecilia Rodríguez: "My Conscious Self: Connecting with My Emotions and Body"

Patty Sander: Holistic Activities: Breathing and Relaxation



06

SATURDAY, APRIL 13

Ivy Tarín: "My Sexual Self: Exploring My Sexuality and Pleasure"

Patty Sander: Holistic Activities: Self-Exploration and Pleasure



07

TUESDAY, APRIL 23

Ivy Tarín: "My Sexual Self: Expressing My Sexuality in a Healthy and Safe Way"

Patty Sander: Holistic Activities: Relationships and Intimacy



08

SATURDAY, MAY 4

Linette Ortiz-More: "My Financial Self: Creating a Financial Plan to Achieve My Goals"

Patty Sander: Holistic Activities: Finances and Abundance



09

TUESDAY, MAY 14

Linette Ortiz-More: "My Financial Self: Managing My Finances Responsibly"

Patty Sander: Holistic Activities: Investment and Planning



10

SATURDAY, JUNE 1

Angélica Reveles: "My Professional Self: Developing My Skills and Career"

Patty Sander: Holistic Activities: Leadership and Empowerment



11

TUESDAY, JUNE 11

Angélica Reveles: "My Professional Self: Building a Professional Support Network"

Patty Sander: Holistic Activities: Collaboration and Teamwork



12

SATURDAY, JULY 13

Ivy Tarín: "My Reconciled Self: Healing My Wounds and Relationships"

Patty Sander: Holistic Activities: Forgiveness and Reconciliation



13

TUESDAY, JULY 23

Ivy Tarín: "My Reconciled Self: Living in Peace and Harmony"

Patty Sander: Holistic Activities: Compassion and Love

HIGHLIGHTS

70%
**PROGRAM
RETENTION**

60%
NEW MEMBERS



The organization has experienced a notable 60% increase in the number of participants enrolled in its program, reflecting a significant impact on the community. This growth indicates growing recognition and support for the organization's goals and activities among the public. With more participants come more voices, ideas, and energy dedicated to the cause, potentially leading to an even deeper impact in the communities served by the organization. This success not only enhances the reach of its initiatives but also strengthens its ability to effect positive and lasting changes in society.

CULTURAL DIVERSITY

The inclusion of women from diverse Latin American countries has enriched the program, bringing a range of perspectives and experiences that contribute to the overall goals of growth and visibility. This diversity enhances the program's ability to address multifaceted challenges and tailor its initiatives to resonate effectively across different cultural contexts. By embracing these varied perspectives, the program strengthens its capacity to foster meaningful connections, promote inclusivity, and achieve broader impact within and beyond its target communities.



15+

countries

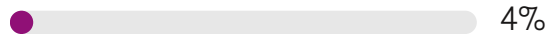
Mujeres Conectadas has successfully expanded its program, reaching an increasing number of individuals across the Hispanic community, spanning over 16 countries. These numbers represent women who have completed the entire program, demonstrating the organization's growing impact and outreach within diverse cultural contexts.

INSPIRING GROWTH

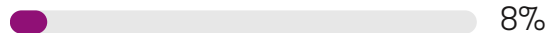
Mexico



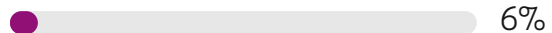
Salvador



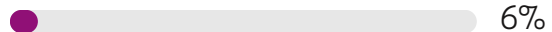
Guatemala



Chile



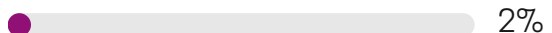
Colombia



Republica Dominicana

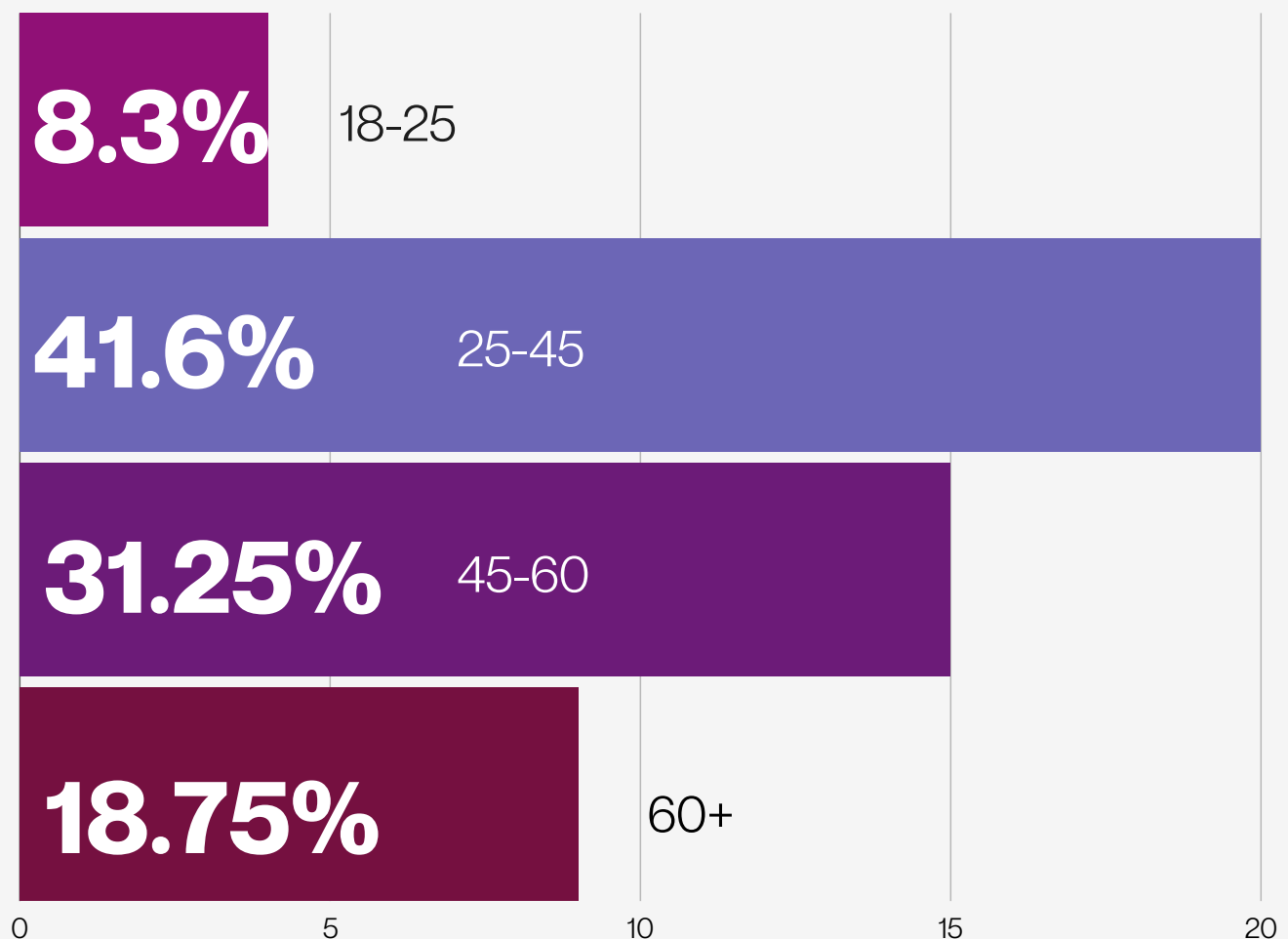


Venezuela



Participation of Women of All Ages

At "Las Mujeres que Habito," we firmly believe that age is not a barrier to participation. We take pride in welcoming women ranging from 18 to over 65 years old, each bringing their unique and valuable perspective. This diversity in age creates an intergenerational learning environment where everyone can share and learn from each other. It underscores our commitment to inclusivity and the belief that every woman has something important to contribute, regardless of age. This inclusive approach enriches our programs, fostering a rich tapestry of experiences and insights that benefit all participants.



TESTIMONIALS

“

The self-care and wellness workshops have been crucial for my mental health. I have learned stress management techniques and now understand the importance of self-care.

Mayra Guel (Mexico)

She has enhanced her personal well-being and has become an advocate for self-care among her friends and family, promoting healthy practices in her community.



”

Attending this program is and will be one of the best decisions in my life, thanks to that there was a lot of improvement in my life. I no longer feel alone, my self-esteem increased greatly, I value and validate all my emotions, I met wonderful people, I can respect myself and ask for respect, I started going to therapy.

Lendy Ruiz (Mexico)

She was able to undergo therapy and subsequently started her own business, which empowered her with autonomy.



“

I have felt a commitment from love to this organization. It came into my life when I needed it most, and I will be eternally grateful. In short, Mujeres Conectadas has not only improved my emotional and mental well-being, but has also helped me reconnect with my calling and my sense of belonging. Mujeres Conectadas has become a big family for me.

Victoria Santibanez (CHILE)

She began to feel a sense of belonging in Indiana. Since then, she has facilitated newcomers' integration, fostering a welcoming atmosphere, and has connected with other women.



LETTER TO OUR SPONSORS



We are filled with gratitude knowing that we have individuals like you who make it possible for Mujeres Conectadas to continue its mission, carrying with it a value that transcends the tangible. Each step we take together, each connection we forge, is infused with the love, effort, and commitment of those around us. It is thanks to you and all who collaborate with us that every woman who approaches us finds a sanctuary, a source of inspiration, and a path to personal growth.

For all this, and much more, we are infinitely grateful to you. Your contribution extends beyond what you may imagine, touching the hearts of everyone who crosses our path.

Let us continue together, building a future filled with hope, love, and empowerment for all. Thank you, from the bottom of our hearts.

Warm regards,

THE TEAM OF
MUJERES CONECTADAS

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