



For Immediate Release:
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Dia de la Mujer Latina Celebrates Hispanic/Latino Heritage Month with Focus on Mental Health

October 2, 2017 HOUSTON, TEXAS — Dia de la Mujer Latina® (DML), launches the celebration of 2 special events, the Hispanic/Latino Heritage Month with a Conference entitled, **After the Disaster: Restoring Mind, Body, Spirit** on October 14, 2017 at the Southwest Multiservice Center from 9:00am to 2:00pm. This special day includes an agenda with presentations in Spanish on the physical, emotional stressors after a disaster and the importance of spirituality in recovery. The event is open to all the key individuals from faith-based and community-based organizations who provided assistance to our Latino community during and after Hurricane Harvey. Furthermore, DML will also celebrate Breast Cancer Awareness Month on October 20, 2017 providing free clinical breast exams to our vulnerable population without health insurance.

Since 1997, Día de la Mujer Latina, Inc., in partnership with a multitude of community leaders, healthcare providers and dedicated volunteers continues to address the challenges and barriers experienced by many of our Latinos with our signature health fiestas and the dedication of Texas State Certified Promotores/Community Health Workers.

Since August 25th, Houston and surrounding counties have been in recovery mode after the catastrophic event that will continue to impact many lives for years to come. DML's Promotores & Community Health Workers have been working around the clock to help those in desperate need of assistance in various ways and their work has now expanded to the next level - i.e. of mental health.

On October 14, 2017, DML will launch the first of its series of behavioral health programs focusing on the healing of the mind, body and spirit of our distraught communities with subsequent community Recovery Fairs and DML's peer counseling signature program, "Compartiendo el Café y Chocolate."

According to Venus Ginés, President and Founder of Dia de la Mujer Latina® (DML), *"Not receiving any support from the American Red Cross for supplies did not deter us from our mission. We are grateful to the Houston Health Department, The Fountain of Praise Health Ministry, and friends of the mission of DML for their support which enabled us to serve the needs of 4,422 who needed food, clothing, supplies and computer assistance for the online FEMA applications."*

As we brace ourselves for the physical and emotional stressors that follow a disaster, DML's mission has become more intensely challenging and diversified, but we will prevail together. For more information, visit our website at www.diadelmujerlatina.org.

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Día de la Mujer Latina y Su Familia® Fiestas is DML's signature program, along with its Promotores/CHW Training Program, developed in 1997 as a community specific grassroots program, serving more than 154,000 folks in 40 major cities, Puerto Rico, Dominican Republic, and trained and certified over 1600 Promotores (Community Health Workers) in Texas alone.