



# LA MARIPOSA

## The Latina A.R.M.Y., Inc. Introduces **A PERSONAL EMPOWERMENT PROGRAM FOR ADOLESCENT LATINAS**

### THE HISTORY OF LA MARIPOSA

The Latina A.R.M.Y., Inc., (TLA - Accomplished Role models Motivating Young Latinas), a nonprofit 501c(3), was established in 2009 to support the positive life development of young Latina girls.

Our mission is to celebrate and empower young Latinas by providing inspirational role models and introducing powerful life skills for personal excellence. Our goal at TLA is to improve outcomes for struggling, low-income, first and second generation Latina girls ages 12 to 18.

“Many of the staff don’t know Spanish or don’t understand the culture, so we have a hard time helping (the Latina students). They need to see that there are professional women out there who have come from different countries who have made it. Then they’ll believe that they can do it, too.”

*Lisa O’Leary ESL Teacher West Haven High School, CT*

### A PERSONAL EMPOWERMENT PROGRAM FOR ADOLESCENT LATINAS

Grant funding received from the Annie E. Casey Foundation and Hispanics in Philanthropy Funders’ Collaborative for Strong Latino Communities made it possible for us to partner with experts in the field of gender responsive programming to evaluate our workshops and training methods and make program enhancements that result in positive outcomes for our participants.

#### La Mariposa will teach girls valuable skills that will:

- Help girls develop healthy relationships with themselves, others and their community
- Provide girls with compassionate and culturally sensitive facilitators to share success stories and to listen to them
- Provide girls with an understanding of the value and importance of education in the development of their aspirations
- Develop personal empowerment abilities
- Reinforce a sense of pride and connection with Latina culture

By engaging girls in twelve interactive workshop sessions, where facilitators teach personal empowerment skills (JARS – Journaling, Affirmations, Personal Rules and Setting Goals), girls will learn about the power within and the ways in which they can lead the direction of their lives. All workshops are facilitated in a relational, strengths-based, trauma informed and culturally competent manner.

### 12 WEEK CURRICULUM OUTLINE

- SESSION 1:** **Nuestro Mundo / Our World - Group Introduction**  
Introduction To The Program Purpose, Leaders’ Story, Establishing Group Culture
- SESSION 2:** **Mi Mundo / My World - Journaling** (J)  
Introduction To Journaling and Gratitude Practice
- SESSION 3:** **Mi Vida / My Life**  
Story of La Mariposa, Guided Visualization: Mi Vida en 5 Años / Me in 5 Years
- SESSION 4:** **Mi Futuro / My Future**  
Development of A Vision Board and Sharing Presentation
- SESSION 5:** **Mi Verdad / My Truth - Affirmations** (A)  
Power of Positive Self-Talk and Affirmations
- SESSION 6:** **El Que Dirán/ What They Would Say – Personal Rules** (R)  
Messages in Girls’ Lives, Rewriting Messages, and Establishing Personal Rules
- SESSION 7:** **¿Que Quiero Yo? / What do I Want? - Gender Roles & Wellness**  
Practicing Personal Rules and Guided Meditation
- SESSION 8:** **Mi Realidad / My Reality**  
Gender Role Expectations – Stomp it Out and Mi Verdad/ My Truth Poem
- SESSION 9:** **En La Lucha / In The Struggle**  
Arbol de Mi Vida /The Tree of Me
- SESSION 10:** **Soluciones! / Finding Solutions!**  
PODER Problem Solving Worksheet, Lavar Mis Manos/ Wash My Hands
- SESSION 11:** **¿Porque No Yo? / Why Not Me? –Setting Goals** (S)  
Career/Interest Survey and Mis Metas - Goal Setting Activity
- SESSION 12:** **¡Si Se Puede! / I Can Do Anything!**  
Practicing JARS, Mi Regalo – My Gift Sharing Activity, and Certificates & Celebration!

La Mariposa is a Culturally Relevant, Gender Responsive and Trauma Informed Program Model with a Framework Grounded on Evidence Based Principles.

For more information contact us at [info@TheLatinaArmy.org](mailto:info@TheLatinaArmy.org)