

VOLUME

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COPAL NEWS



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As November moves forward, we're reminded of the power of unity and perseverance. Together, we have made great strides, but there is more work to be done. This month, we are excited to share more updates and events to highlight the strength and resilience of our community!

COPAL encourages Latines to defend our communities and our future

As we navigate this critical moment in our nation's history, COPAL stands firm in defending the rights and dignity of Latine communities. This election season, we've elevated Latine voters to speak out against harmful policies targeting immigrant families and undermining our core values of fairness and respect.

COPAL has been a driving force in securing key victories in Minnesota, such as the Driver's License for All and Paid Family Medical Leave legislation. We are committed to continuing this work with our allies, advocating for policies that protect and uplift Latine families.

Now, more than ever, we need your support—financially, strategically, and in solidarity. Together, we will keep fighting for a more inclusive future. . Your voice remains crucial to creating the change we wish to see! If you are not already a member, we invite you to [join us](#).

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SOUTH CENTRAL INITIATIVE MANKATO, MN

This month, COPAL's South Central Initiative has been active in St. Peter, organizing door-to-door outreach events promoting protection against flu and COVID-19. We've also hosted resource tables offering information on vaccination events and community health opportunities.

Community partners play a vital role in our outreach and engagement efforts. This month, we connected with 30 community members at the Mankato Adult Basic Education School, sharing resources on COVID-19 and flu vaccinations. Our community health leader, Ana Ruth Castaneda, led the door-to-door outreach event in St. Peter, collaborating with the Free Clinic to distribute vaccination and resource information.

For more information about our events, [click here](#).

SOUTHEAST INITIATIVE ROCHESTER, MN

COPAL's Southeast Initiative is committed to helping community members with immigration concerns, job support, medical bill management, and obtaining driver's licenses by connecting them with the right resources and experts. Every month, we organize a free vaccination event and actively engage with the community, addressing their concerns and providing valuable information.

We encourage community members to join our [regional members' committee](#), which meets monthly to improve systems and promote equality, justice, and prosperity for Latine families.





ORGANIZACIÓN



COPAL is proud to celebrate the success of our Minnesota Latino Vote campaign, the largest initiative of its kind, which mobilized over 10,000 Latine voters statewide. Thanks to the hard work of our dedicated volunteers and the active participation of the community, we not only met but surpassed our goals—making over 200,000 calls, sending more than 60,000 text messages, and knocking on the doors of over 5,000 voters. [Click here for photos](#) of our amazing team of staff and volunteers in this journey!

In addition, COPAL has launched **Somos the Future**, a new political action committee focused on advocating for the well-being and future of the Latino community in the Upper Midwest.

Stay connected, take action, and continue being part of this powerful movement. Thank you for standing with us!





HEALTH AND WELLNESS

Our Community Health Promoter program is preparing for upcoming events covering topics like healthy eating, physical activity, self-care, and diabetes prevention. We're also excited to introduce our new **Community Health Leaders Program**—a transformative opportunity to gain tools for taking control of your health and contributing to building a healthier community. Don't forget to register for the upcoming events!



UPCOMING EVENTS

[Vaccines and Community Resources](#)



Thursday, December 12, 2024
3:00 PM - 6:00 PM CT



Watsonwan County Library,
125 5th St S, Saint James,
MN 56081

[Information Session for the Community Health Leaders Program](#)



Wednesday, January 15, 2025
6:30 PM - 7:30 PM CT



Virtual/Remote





PRIMERO DE MAYO WORKERS' CENTER

We remain committed to working tirelessly for the betterment of our community, and we encourage everyone to get involved in our various programs and educational workshops. These initiatives are carefully designed not only to promote and advance labor rights, but also to offer valuable training in technology, equipping individuals with the skills needed to thrive in today's evolving workforce. For more information about these events or to find other community events in your area, please contact our navigators at **(612) 249-8736**.

ENVIRONMENTAL JUSTICE

COP29 in Bakú, Azerbaiyán

COPAL's Environmental Justice Coordinator, Melody Arteaga, will be joining Climate Generation's delegation at COP29 in Baku, Azerbaijan. COP29, or the 29th "Conference of the Parties," is a major global event where representatives from nearly every country gather to address the critical issue of climate change. Each year, these conferences focus on finding solutions to limit global warming, protect ecosystems, and help communities adapt to the impacts of climate change.



COPAL's participation in COP29 is crucial to ensure that the voices of frontline communities are heard and that our concerns are prioritized. As climate discussions continue on the global stage, the policies that emerge from these conversations will shape the future for everyone—especially those most affected by the climate crisis. It is essential that our communities are included in the decision-making process, as the outcomes will directly impact our lives and futures.

If you want to be informed about our next outdoor event, sign up to receive [COPAL's Monthly EJ Newsletter!](#)



We at COPAL can do this work thanks to your support.



Make a donation to increase opportunities and foster a dignified life for Latinos in Minnesota!



Mental Health Resources

If you or someone you know is experiencing a mental health crisis, please contact the MN Mental Health Crisis Line:

****CRISIS or **274747**

Dial from your cell phone and you will be connected to your county crisis team.

Please see the following summary of mental health, general health and dental services compiled by the Minnesota Department of Health for the lowest cost or at scale. Look at the column that specifies if they have interpreters or people who speak Spanish.

Low-cost healthcare resources



Radio Jornalera has grown and now has five weekly shows every day of the week and our daily morning show, **El Jornal de la Alegría** with Mike Castillo every weekday from 7 to 10am.



Tune in here



Download the app.



If you liked this newsletter, share it so others can read it!



SUBSCRIBE



COPAL

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Established in 2018, COPAL is a member-based organization leading social impact initiatives to improve the quality of life for Latine families and communities. COPAL advocates for a legislative agenda and mobilizes the Latine community to take action on issues that impact their lives such as health care for all, dignity for workers, environmental justice, popular democracy, immigration and public safety, and education for all by building collective power, transforming systems, and creating opportunities for a dignified life. COPAL envisions a future where the Latine community thrives and is fully empowered to lead significant change in their communities and beyond.