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# NEWS

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## COPAL in Action: Youth Power, Immigrant Rights & Community Wins

As we move through summer, COPAL continues to stand alongside our communities through action, education, and advocacy. From cultural celebrations and youth engagement to critical training programs and policy defense, our work across Minnesota grows stronger each day. In this edition, we share highlights from our teams, upcoming opportunities, and powerful stories that reflect our collective strength and vision for justice.

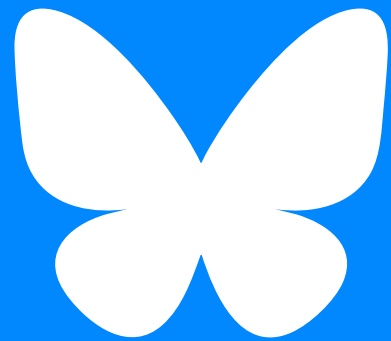
### We're Now on BlueSky!

*We've expanded our digital presence to BlueSky! Join us as we continue sharing powerful stories, inspiring collective action, and building community power.*

*Follow us:*

[@copalmn.bsky.social](https://bsky.app/profile/copalmn.bsky.social)

*Same mission. New space. More ways to stay connected.*



# Bluesky

## COPAL

### DONATE NOW

YOUR HELP MAKES OUR WORK POSSIBLE



## Primero de Mayo Workers' Center

This month marked an exciting milestone for the Worker Center's Youth Committee, as they hosted their first official event! Young leaders from across Minnesota came together to celebrate summer, build connections, and engage in dialogue around the issues that matter most to them. The event created space for relationship-building, sharing information, and coordinating future initiatives led by and for youth in our communities.



In addition to youth organizing, the Worker Center continues to expand essential training and support programs, helping our community members access the tools they need to thrive:

- **CNA Program (Certified Nursing Assistant):** We currently have 70 people enrolled, and 9 participants have already completed over 50% of the course—showing what's possible when our community members have access to the tools and opportunities they deserve. This isn't just progress; it's proof that when doors open, our community walks through them—building stronger futures in healthcare and beyond.
- **Driver's License Assistance, US Citizenship Classes, and Basic Computer Skills Classes:** Offering foundational training to support digital literacy and resources among immigrant and working-class communities. By opening doors to essential skills and knowledge, we're helping to level the playing field and ensure our communities can fully participate and thrive.

### We Need Volunteers!

To keep these classes going strong, we are currently seeking volunteers to support both our citizenship and basic computer skills classes. If you're passionate about education, justice, or simply want to give back to your community, we'd love to work with you! Call us at (612) 249-8736.



## Environmental Justice

June was full of rich, nature-based learning experiences. On June 14, families joined our Fossil Hunting Field Trip, exploring ancient rock formations and uncovering the geological story of our region.



On June 21, we held a powerful **Inti Raymi celebration**—an Andean solstice ceremony honoring the sun. Students from Lincoln International High School joined in, bringing offerings and dancing with pride in their cultural heritage. The day began with tree planting, symbolizing care for the earth, and ended with a communal sharing of food, gratitude, and spiritual reconnection with nature.

On June 22, we hosted a **workshop on the Emerald Ash Borer (EAB)** at our office, where participants learned to identify infested trees and received bilingual guidance from certified arborists. Keep yourself updated on [our events here](#).

Get Involved: Join our [Environmental Justice Committee](#), open to all and held monthly online. Your input helps shape real, community-rooted solutions.

## MANKATO South Central Initiative

In June, our team held over 150 conversations at community events across Mankato, St. Peter, and New Ulm, offering resources on health insurance, long COVID, the MN driver's license exam, labor rights, and more. We also shared information about the Regional Members and Latino Leadership Committee and the importance of knowing your rights.



We were proud to attend the New Ulm Immigration Forum alongside 17 community members from Brown County, and thank the 12 Regional Committee members who participated in the No Kings Rally in Mankato.



### Coming up:

We're excited to launch our new Train-the-Trainers program:

"Biology of Trauma and Stress",

designed to equip community leaders with tools for healing and resilience through popular education.

Saturday, August 9 | 12:00 – 2:00 PM CT  
Shared Spaces, 127 S 2nd St, Mankato, MN

[Register here](#)

Help us spread the word about this unique bilingual program rooted in accessible, community-led mental health support. **Your voice and story matter!**



## ROCHESTER Southeast Initiative

In June, we celebrated the first anniversary of COPAL's Rochester office! Since opening in 2024, our Southeast Minnesota team has supported over 2,000 community members with driver's license assistance, vaccines, and essential resources. We're proud of this milestone and grateful to the leaders, allies, and residents who have helped us build power in the region.

[Read more](#)



### Upcoming Training: Constitutional Observers & Rapid Response – Southeast

Thursday, August 7

6:00 – 7:30 PM CT

United Church of Christ, 1503 2nd Ave NE, Rochester, MN 55906

[Register here](#)

Are you an ally looking for ways to stand in solidarity with immigrant communities? You're invited to join this important training event as a Constitutional Observer. We'll also provide materials for immigrant defense and support, so our communities are better prepared and protected.

Let's continue building rapid response capacity and a network of care in Southeast Minnesota—**your participation makes a difference.**

## ORGANIZING

COPAL continues to defend immigrant rights and demand systemic change. This month: At a forum in New Ulm, we reminded community members of their rights when witnessing ICE actions:

**Yes, you can record ICE arrests** as long as you do not interfere. Observers may also ask ICE agents to identify themselves.

[Learn more](#)

### Municipal Resolutions Campaign: Cities Taking a Stand

On July 21, alongside over 90 organizations in the Immigrant Defense Network, COPAL helped launch the Municipal Resolutions Campaign at the Minnesota State Capitol. This initiative calls on local governments to publicly denounce mass deportations and the separation of families, and to pass resolutions in defense of immigrant communities. This campaign is just the beginning. We aim to reach cities across the state to build political will and show that Minnesotans reject cruelty and division.

Special thanks to, ACLU of Minnesota, The Advocates for Human Rights, Ayada Leads, Interfaith Coalition on Immigration (ICOM), MN8, Land Stewardship Project ...and many more!

Minneapolis voted on its resolution July 22 and will vote at Columbia Heights on July 28. **Let's keep the momentum going!**



### Listen to our podcast

Immigration attorneys from Wilson Law Group explain TPS updates for Honduras and Nicaragua, new court fees, and what to know if you plan to travel with a green card.

[Listen on Spotify](#)



## HEALTH AND WELLNESS

### **Start your healthcare career with COPAL!**

If you're 18 or older and are an immigrant or the child of immigrants, you may qualify for free CNA training and more—including job placement support!

Text (612) 916-4385 for more info.

### **Stay informed!**

Curious about why some communities face greater health issues? Check out our quick explainer on cumulative impacts—how pollution and industry affect our health every day:

[Watch on Facebook](#)

For more COPAL events, don't forget to follow us in social media and search on our events page. Gracias for being part of our movement. Together, we build power—one action at a time. Follow us, volunteer, or donate to keep this work going.



# 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.



**TUNE IN HERE**



**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.

**DOWNLOAD THE APP**

**COPAL**

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**ALWAYS IN SOLIDARITY**

**COPAL**



Established in 2018, COPAL is a member-based organization that leads social impact initiatives to improve the quality of life for Latine families. It does so by building collective power, transforming systems, and creating opportunities for a dignified life.

To create a more inclusive Minnesota, COPAL is advocating for a legislative agenda that advances the issues that impact the lives of Latines in Minnesota, such as health care for all, dignity for workers, environmental justice, popular democracy, immigration and public safety, which includes restoring licenses to all.