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# NEWS

JUNE 26 2025



## A Message to Immigrants, Unidos Bajo el Sol, Our Committees, Events and More

As we move through June, we recognize the season as a time for gathering, action, and continued growth — both in our communities and in the work we're doing together.

This month also marks the **International Month of Immigrants**, a powerful reminder that our stories, struggles, and contributions shape the heart of Minnesota. At COPAL MN, we honor the resilience and leadership of immigrant communities who move this state forward every day.

In this issue, you'll find reflections on what we've accomplished in May and fresh opportunities to engage as we step into summer. Thank you for continuing to walk alongside us — **your presence and power make this journey possible.**

### A message from our Executive Director,

Dear Community,

*We are living through the very moments we foresaw before the November 2024 elections—what would come if our nation chose an anti-immigrant path? That moment is now, and even many who voted for that path are now regretting it.*

*In this time of uncertainty, COPAL—and many others—must have the courage to speak the truth and walk alongside our Community with courage.*

*We live in a land first inhabited by Indigenous nations, then shaped by generations of immigrants. Yet today, some seem to forget the journeys that brought their ancestors to this land.*



## COPAL

## DONATE NOW

YOUR HELP MAKES OUR WORK POSSIBLE



*Some promote fear. Some turn their backs on the very immigrant stories that built their communities. Some write policies that shut doors, dim lights, and try to silence voices like yours and mine.*

*To all of this, I say:  
Hold your ground.*

*Do not let their fear become your silence.  
This storm—like every storm—will pass.  
You are not the threat; you are the promise.  
You were never meant to shrink.*

*Remember:  
You carry the strength of many worlds. Your ancestors speak through your dreams.  
Your languages are poetry. Your presence is a revolution.*

*And when the road becomes difficult—and it will—look back on this day.  
Remember what you have already overcome:*

*The courage it took to arrive. The strength it took to stay. The beauty it took to believe.*

*With deep solidarity,*

**Francisco Segovia**

## Entre Panas dinner success!

Thank you for joining us at Cena Entre Panas! A special thank you to [Crasqui](#) Restaurant for hosting us, organizing and supporting COPAL. We're grateful to everyone who joined us for this special evening of culture, community, and support for immigrants. A portion of the proceeds will support COPAL's work to empower Latine immigrant communities in Minnesota.





## Primero de Mayo Workers' Center

Last month, we proudly celebrated the fourth anniversary of the Workers' Center. A moment to honor the achievements of our education program participants and reflect on how many community members have walked through our doors over the years.



In May, we enrolled 28 people in our Certified Nursing Assistant (CNA) training program and launched a new English class to support language learning and career growth. We also distribute nine computers in May to residents in Hennepin County, helping bridge the digital gap and expand access to technology. We also want to thank our Youth Committee for all the work they have been actively doing by organizing events throughout the community — you can check out upcoming events on our [website](#). We also wanted to say **thank you for joining us at Unidos Bajo el Sol**. We're so grateful to everyone who came to connect, celebrate, and build power with us. This youth-led gathering wasn't just a celebration — it was a declaration: *La juventud Latina está presente y poderosa*. Your presence made the day unforgettable. [Relive the moments here](#).



Are you looking to make an impact in our community? We are also looking for volunteers to support our basic computer skills and citizenship classes. If you're interested in getting involved, **join us by calling at (612) 249-8736**. We'd love to hear from you!



## Environmental Justice

In May, our team hosted a joyful *Mother's Day Fishing Event* at Boom Island Park, bringing families together to connect with nature and celebrate community wellness. We also collaborated with **Ayada Leads and Clean Heat Minnesota** for a powerful conversation on environmental justice and sustainable energy solutions, held at the Sabathani Community Center.



Later in the month, we joined the Clean Heat Coalition for a livestream and radio show on the program *¿Qué Onda Minnesota?* to explore the importance of clean air and community action. You can watch the recording [here](#).

### Upcoming event:

#### Healing in Natura with Loppet

- Saturday, July 19, 2025
- 2:00 PM – 4:00 PM CT
- Theodore Wirth Park Trailhead, 1221 Theodore Wirth Pkwy, Minneapolis, MN 55422

Join us for emotional reflection and community healing in nature. Access to nature is a right, not a privilege.

[Register now to secure your spot!](#)



**loppet**

**HEALING IN NATURE** **SANANDO EN LA NATURALEZA**

A space for emotional reflection and community healing in nature. Access to nature is a right, not a privilege.

Un espacio para la reflexión emocional y la sanación comunitaria en la naturaleza. El acceso a la naturaleza es un derecho, no un privilegio.

**SATURDAY**  
**SÁBADO**  
**JULY 19 JULIO**  
**2:00 - 4:00 PM**  
**1221 Theodore Wirth Pkwy, Minneapolis, MN 55422**

REGISTER HERE  
REGISTRESE AQUÍ



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www.COPALMN.org (612) 249-8736

## MANKATO South Central Initiative

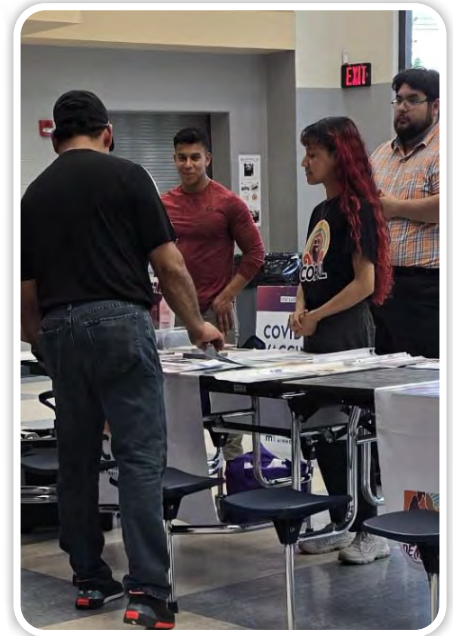
This past month, the COPAL Mankato team focused on building community connections and expanding access to vital health resources. We partnered with Open Door Health Center to host a community event in Madelia, where attendees received COVID-19 vaccinations, blood pressure checks, and support with MNSure health insurance enrollment. As a result, 13 individuals enrolled in health coverage, and more than 35 community members received educational materials on long COVID, workers' rights, and the Minnesota driver's knowledge exam.

We're grateful to Madelia Elementary School, Open Door Health, HACER, and Centro Tyrone Guzman for joining us in making this event possible.

In the area of community organizing, we held our monthly Regional Committee meeting in Mankato and continued working closely with leaders and residents in New Ulm to strengthen our collective voice. We encourage you to join us by signing up here and help us continue building grassroots power.

Our efforts are only possible through the support of our members and local partners. A special thank-you to La Plaza Fiesta in Madelia, La Mexicana Market in St. Peter, and Tamaulipeca Mexican Store in Le Center for their continued collaboration and commitment to the community.

Don't forget to tune in to **Tu Punto de Encuentro on KMSU Radio** every Saturday at 2:00 PM (89.7 FM in Mankato, 91.3 FM in Austin, and at [Radio Jornaleru](#). We're sharing important updates about community health, insurance enrollment, and local resources.



## ROCHESTER Southeast Initiative

In moments of crisis, our communities rise — not in silence, but in solidarity. At the recent **No Kings Rally** in Rochester, our team joined voices with local leaders and residents to stand against fear, injustice, and the threats facing immigrant families.

"My community is under attack and lives in fear and anxiety. Every morning, as we leave for work and drop our children off at school, we wonder, will I see my children again? And children wonder if they'll see their parents again when they leave the house and go outside. These are very dark days,"  
said **David Perdomo** of COPAL during the rally.

His words reflect the deep pain — and resilience — present in our community. In Rochester and across the state, we continue organizing to protect our families and demand dignity for all.

[Read more about the rally here](#)

**Comité Regional Sureste — Register!**

Connect with community members and help build power in our region.  
Your voice is essential to shaping our collective future.

Friday, June 27, 2025  
6:00 PM – 7:00 PM CT  
COPAL MN – Rochester,  
1210 7th St NW Ste 216,  
Rochester, MN 55901  
[Register and join us!](#)

## ORGANIZING

**What is the COPAL Summit?**

You can catch the special episode of Entre Mundos, where Claudia Láinez speaks with Sarah Atilano from COPAL about this important event. Learn how the summit is strengthening leadership, community organizing, and advocacy efforts across Minnesota watching the [full conversation here](#).

At COPAL, being a member isn't just about signing up — it's about stepping into your power and becoming part of something bigger. Across the state, community members like you are taking leadership, organizing for justice, and making real change happen. Whether it's speaking out at a meeting, guiding local campaigns, or helping a neighbor navigate resources, our members are at the heart of this movement.

When you become a member, you're not just supporting a cause, you're shaping the future of our communities. You have a voice in the decisions that matter, and a space to grow as a leader. [Join us — and be part of the change.](#)

## HEALTH AND WELLNESS

**Important Update on MinnesotaCare**

Starting June 15, undocumented adults are no longer eligible to apply for MinnesotaCare. However, if you're already enrolled, you can keep your coverage through December 31, 2025.

Undocumented children under 18 can still qualify for MinnesotaCare.

We understand this news may be confusing or worrying but you are not alone. There are still options available:

- Emergency care
- Medical care during pregnancy
- Community clinics that serve patients regardless of immigration status
- Low-cost insulin at [mninsulin.org](http://mninsulin.org)

At COPAL, we're here to support you. Reach out to us if you need help navigating your health care options. Together, we'll make sure you get the care you deserve.



## La Voz de la Comunidad Latina

Recently, we hosted a special segment with Dr. Francisco Ramírez from M Health Fairview, where we discussed men's health across all stages of life. The conversation highlighted how vital it is to openly talk about men's wellness, breaking stigmas, encouraging preventive care, and supporting healthier lives for everyone in our community. Open conversations like these are essential for building stronger, healthier communities. We encourage you to stay tuned to our radio programs for more health topics that impact our daily lives. Please make sure to check out our [radio programs](#).

### Upcoming Events — Join Us and Register!

#### Healing Circle

Saturday, June 28, 2025

1:00 PM – 3:00 PM CT

Centro de Trabajadores Primero de Mayo,  
3521 E Lake St, Minneapolis, MN 55406

A supportive space to share and heal together. Prioritize your well-being and community health.

[Register and be part of the healing circle!](#)



#### Community Health Clinic

Sunday, June 29

12:00 PM – 3:00 PM

Incarnation Church  
(3801 Pleasant Ave, Minneapolis)

Join us for:

- Vaccines
- Blood pressure and glucose screenings
- Mental health support
- Assistance with driver's licenses and employment
- ...and much more!

Dr. Francisco Ramírez will also give a talk on long COVID and heart health.

This event is brought to you in partnership with **M Health Fairview, Raíces Sagradas Community Mental Health, Legal Aid - Mid-Minnesota Legal Aid, Southside Community Health Services** y **St. Mary's Health Clinics.**



# 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**

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YOUR HELP MAKES OUR WORK POSSIBLE

**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.