



Certified Nursing Assistant, Community Health, our voice at the Capitol & more

April is a time to bloom together. This season brings fresh opportunities to organize, celebrate, and heal as a community. At COPAL, we are centering connections: to our earth, to our roots, and to each other.

This month is also National Volunteer Week, and we want to give a heartfelt thank you to everyone who has supported COPAL's mission with their time, energy, and corazón. Your commitment inspires us and strengthens our collective work for justice.

We also proudly celebrated Earth Month with Festival del Sol, a joyful space where our community came together to honor Latin American culture, uplift local businesses, and share ancestral wisdom about protecting Madre Tierra. For many of our communities, caring for the earth is not just tradition—it's a sacred responsibility rooted in generations of respect and reciprocity. But as we celebrate, we also remain vigilant. From harmful proposals like the SAVE Act to renewed attacks on our rights, our communities continue to face challenges that demand unity and action. Keep reading to see how COPAL has been standing with our communities—and how you can be part of it. Whether you give your time, make a donation, or simply share our message, your support is essential. together, we keep building power for a better future.

PRIMERO DE MAYO WORKERS CENTER

During March, the Primero de Mayo Workers' Center supported over 1,000 Latine individuals in Minnesota. We walked alongside families through tax filing, basic computer classes, driver's license assistance and exam prep, citizenship workshops, and more. Some of the actions carried out in collaboration with our community included:



Tax season: We supported 80 families with their tax filings—many for the first time in the U.S.



Driver's license assistance: We guided community members through the licensing process and exam preparation. For more information, call our navigator line at (612) 249-8736.

CNA (Certified Nursing Assistant) Training

Registration is now open for our bilingual CNA course, which combines online learning, interactive activities, and in-person practice. The course is available from home or at our center and is designed for first-generation immigrants or children of immigrants who meet the following criteria:

- Be 18 years or older
- Have valid work authorization
- Basic computer skills and access to a computer
- Intermediate English level (as assessed by CASAS)

If you meet these requirements, **call or text (612) 916-4385** to learn more.

We continue to collaborate with the Departments of Revenue, Labor & Industry, and DVS. We especially thank COPAL Rochester, Mankato, María Landa, and the community leaders from the Health & Wellness team and Organizing department, as well as our regular volunteers in the basic computer classes. Interested in being a volunteer for our upcoming citizenship and resume preparation workshops? **Please call us at our navigators line (612) 249-8736.**

[More events here](#)

SOUTH CENTRAL INITIATIVE

This March, in Mankato, St. Peter, and New Ulm, our community didn't just show up — they showed up with the will to learn, protect themselves, and take action. Through vaccination events for COVID-19, influenza, and other immunizations, our Health & Wellness team connected with 29 community members. Thanks to the support of our community partners, we also held three resource tables in Mankato and St. Peter, where we shared information about Long COVID through popular education, as well as resources on MNSure and tax guidance.



You can take citizenship classes online with COPAL and Greater MN, for more information call (612) 249-8736

Getting a driver's license can change everything. For many immigrant families, it means being able to drive to work without fear, take your kids to school, or go to a doctor's appointment. That's why we're now offering the driver's license knowledge test every Thursday at our Mankato office—to help more people take that step toward safety, stability, and freedom. **Call us at (612) 249-8736 to schedule your appointment.**

If you'd like to get more involved, we invite you to join the [South Central Regional Committee](#). You can also volunteer, support us on license Thursdays, or help spread the word with the Latine community near you. We'd love to see you.

ROCHESTER SOUTHEAST INITIATIVE

This March, at the COPAL MN - Rochester office, 16 people passed their written driver's license test. Sixteen stories of perseverance, determination, and one more step toward safety and stability! Every Wednesday at 3 p.m. and Saturday at 5pm, we continue supporting this journey with Spanish-language study sessions and test appointments. **Call us at (612) 249-8736 or stop by to make your appointment.** We also visited the cities of Red Wing and Austin this month to share information about getting your driver's license in Minnesota.

On March 10, our voices reached the Capitol. COPAL MN - Rochester members joined the Capitol Day to make the Southeast community's voice heard. They had the chance to speak directly with local senators and representatives about laws that impact their daily lives. They returned inspired and more committed than ever to keep fighting.

At St. Francis of Assisi Church on March 23 and 30, we supported families in signing power of attorney documents and provided legal advice. We also shared resources and program information so more people can access COPAL's support.

On March 29, our Southeast Regional Committee gathered to talk about the issues affecting our people and how we can take collective action to bring change. If you want to be part of this transformation in the Southeast, **call us at (612) 965-9022.**

Upcoming event:

- **"Let's Not Leave Anyone Behind"**, We'll be collaborating with ISAIAH and HEH for this community event. Join your neighbors in calling on our Rochester-area legislators to lead.
- **April 27, 2:00 PM – 4:00 PM CT**

[Register here](#)

HEALTH AND WELLNESS

We celebrated the third annual training of the Community Health Leaders Program, where 13 leaders deepened their understanding of key topics such as the social determinants of health, community wellness networks, grassroots leadership, popular education, self-care, COVID-19, and Long COVID. We are deeply grateful for their commitment and passion. Congratulations to each of them for taking this important step toward community health leadership!

As we continue building community power through health education, this month our Health & Wellness Department is turning its focus to child health and World Immunization Week. We want to remind our community: **Vaccinating our children means protecting their future and the future of us all.**



Another meaningful moment was the health and resource fair held on March 9 at Sagrado Corazón Church in South Minneapolis (Incarnation Church). In partnership with ten organizations, we welcomed over 250 attendees who were able to connect with legal resources, help applying for MN health insurance, driver's license information, employment and mental health services, health checkups, community clinics, free colonoscopy programs, domestic violence prevention resources, know-your-rights information, and Long COVID support. In addition, 21 people received hands-only CPR training. The success of this event shows how crucial it is to offer health services in safe and trusted spaces. We will continue working to eliminate the barriers that prevent equitable access to care in our communities.

ENVIRONMENTAL JUSTICE

We are pleased to share that, from now on, updates from our Environmental Justice Program will be integrated into this general COPAL newsletter. This change reflects a more connected step in sharing our stories, achievements, and initiatives.



Thank you for a beautiful Festival del Sol!

We want to extend our heartfelt thanks to everyone who participated in and supported the Festival del Sol. It was a wonderful celebration of Latin American culture, community, and environmental awareness. Thanks to your presence, we were able to create a joyful space for learning, connecting, and uplifting our local businesses and traditions.

Addventure at Fort Snelling

A family-friendly event! On April 27th, from 1:00 PM to 3:00 PM, at Fort Snelling State Park, we are organizing a hike to the Minnesota River and a hands-on activity with seine net fishing. This is a unique opportunity to learn about river ecosystems and how to protect the natural resources we all share. Don't miss it!

ORGANIZING

Interested in becoming a member and taking leadership for social change?

Being part of COPAL is more than just joining an organization! By becoming a member, you become an active voice in the movement for our community's rights, participate in decision-making, and help create a more just future for all. Your involvement can make a difference.



Join us and be part of the change!

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

WWW.COPALMN.ORG

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.