

www.COPALMN.org



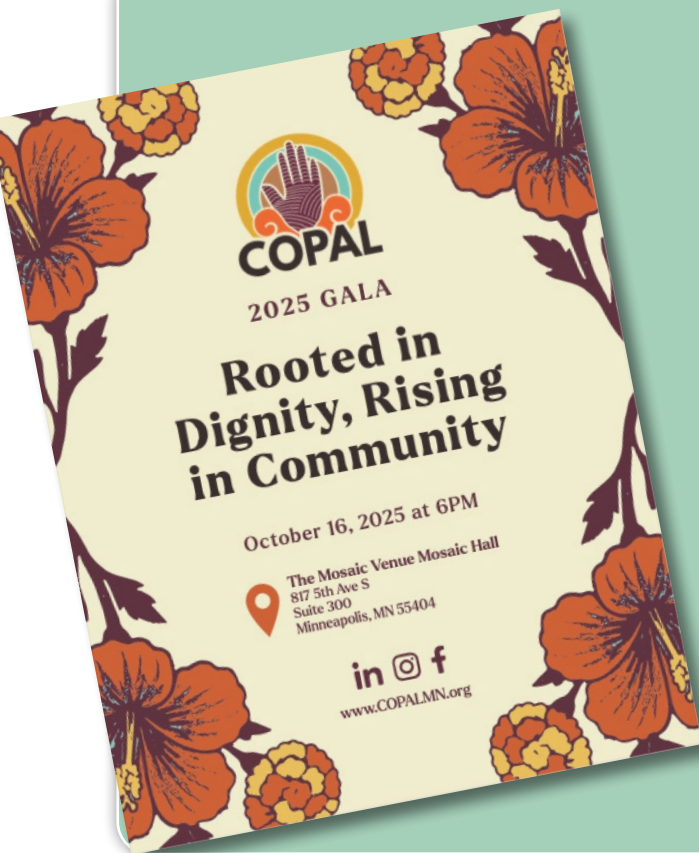
# NEWS

AUGUST 28 2025



## A Season of Growth and Community

As summer comes to a close, August invites us to reflect on the power of community, learning, and collective responsibility. As families prepare for the back-to-school season, we're reminded of how deeply we influence our children, not just through what we teach them, but through the values we model every day: dignity, care for the earth, and solidarity.



### Your Opportunity to Make an Impact!

We're now seeking sponsorships for COPAL's 2025 Gala: Rooted in Dignity, Rising in Community. This is your chance to stand with our community and help make this inspiring evening possible.

- 📅 **October 16, 2025  
6:00 PM**
- 📍 **The Mosaic Venue (Mosaic Hall)**

Don't miss the opportunity to support and be recognized at one of the most meaningful events of the year. [Register here for sponsorship details](#)—we can't wait to celebrate with you!



## COPAL

### DONATE NOW

YOUR HELP MAKES OUR WORK POSSIBLE



## Primero de Mayo Workers' Center

In July, the Workers' Center continued empowering community members through skill-building, advocacy, and essential resources. We launched a SERVSafe Manager training for individuals working in the food industry who are seeking promotions or higher wages. Fifteen participants began the program, and three have already earned their certification—A significant step toward career advancement.

Our Youth Committee met twice a month, developing strategies to protect Latine students with access to Minnesota's Dream Act. These meetings provide a space for young people to engage in leadership and advocate for equitable opportunities. They are a group of amazing young people who are learning to be strong advocates and champions for their communities.

During our driver's license information sessions, we also provide guidance on other community benefits, including health, labor rights, and additional resources to support families.

### Impact Stories

- We have assisted TPS holders who faced difficulties obtaining their driver's licenses by providing clear guidance on the necessary documentation.
- Over 60 people have enrolled in our Certified Nursing Assistant (CNA) program so far this year, opening pathways to stable careers.
- In August, we will conclude our tax preparation program, which has already helped more than 120 community members receive essential services.



### Upcoming Event – Family Forgiveness Support Group

Family forgiveness is a powerful tool that can transform relationships and strengthen home bonds. Join our support group to explore how respect, boundaries, and reconciliation help keep families united, facilitated by Erika Ortiz from Raíces Sagradas Community Mental Health.

- 📅 **August 28  
5:30 PM**
- 📍 **Centro de Trabajadores Primero de Mayo,  
3521 E. Lake St., Minneapolis, MN 55406**  
[Register](#)



## Environmental Justice

In July, our Environmental Justice team created meaningful spaces for community, wellness and environmental awareness. We opened the month with a gathering of our Environmental Justice Committee, where participants openly shared their concerns regarding climate change, pollution and the cumulative impacts affecting our families. It was an important first step toward building long-term collaboration rooted in local realities and equity.



Our Family Tennis Day brought parents, children and neighbors together for a morning of outdoor activity and laughter, offering a space to move, play and simply enjoy each other's company. Later in the month, our Healing in Nature event at Theodore Wirth Park offered a powerful moment of collective care. Participants walked in silence, journaled, painted outdoors and reflected on their emotional health while surrounded by trees. As Sagrario shared, *"I had never taken the time to simply be in nature without distractions. I felt a peace I hadn't felt in a very long time."* For others, like Sabrina, *"walking quietly helped release heavy feelings and reminded me of the healing power of community and nature."*





We closed the month by supporting the Clean Heat Minnesota workshop in Duluth, where homeowners and renters learned practical ways to reduce energy bills, improve indoor air quality, and be part of Minnesota's clean energy transition. Events like this reaffirm that environmental justice is not only about policy—it is also about people, well-being and access to the resources we need to live with dignity.

## Join Us: The next Environmental Justice Committee Meeting

- 📅 **September 9**  
**6:00–7:30 PM CT**
- 📍 **COPAL Office** (CAPI Building, 3702 E Lake St, Minneapolis, MN 55406)  
[Register](#)

## MANKATO South Central Initiative

Congratulations to the new Constitutional Observers in Mankato! As part of the Immigrant Defense Network's *Defender Action Days*, participants successfully completed their training and are now equipped to uphold due process and defend the rights of immigrant neighbors in the region.



In July, community members in South Central Minnesota also supported immigrant justice through the Mankato Area Foundation's Giving for Good 2025 campaign. We are deeply grateful for everyone who contributed to supporting immigrant and workers' rights in Southern Minnesota.

## ¡ENTRENANDO A LOS ENTRENADORES! BIOLOGÍA DEL TRAUMA Y EL ESTRÉS

¿Quiere aprender cómo el trauma y el estrés afectan el cuerpo y la mente?

¿Quiere llevar este conocimiento a su comunidad?

**04 SEP 2025**  
6:00-8:00 PM

**11 SEP 2025**  
6:00-8:00 PM

\*La participación en las dos sesiones es recomendada



**COPAL MANKATO**  
Emy Frenz Art Guild  
523 S 2nd St  
Mankato, MN 56001




www.COPALMN.org



(612) 249-8736

## Upcoming Events – South Central

### Community Workshop: Understanding the Biology of Trauma & Stress

-  **Thursdays, September 4 & 11**
-  **Emy Frenz Art Guild, 523 S 2nd St,**  
Mankato, MN 56001  
[Register](#)

### South Central Committee Meeting

-  **Saturday, September 13, 2025 | 12:00–2:00 PM CT**
-  **Shared Spaces,**  
127 S 2nd St, Mankato, MN 56001  
[Register](#)

## ROCHESTER Southeast Initiative

In July, our Southeast team took action to defend immigrant rights, create spaces of community dialogue, and provide resources across the region. Early in the month, COPAL joined organizations like ISAIAH, SEIU and 50/50 MN in front of Representative Finstad's office to protest the federal legislation he supported, a bill that would send over \$100 billion to ICE, border patrol, and detention centers while cutting \$800 billion from Medicaid and limiting access to SNAP and asylum. Our organizer, David Perdomo, spoke about how these policies harm Latine families across Minnesota.

We also hosted carne asada gatherings in Austin (July 11) and Rochester (July 19), creating informal spaces for people to share concerns about policy changes while enjoying food and building community. Community members expressed how grateful they were that COPAL creates spaces where families can organize, stay informed, and take action.







On July 17, we co-organized the "Good Trouble Lives On" rally and march in downtown Rochester alongside NAACP and 50/50 MN. Over 400 people attended, including local leaders and the Minnesota Attorney General. Attendees donated nonperishable food that COPAL will distribute to families impacted by deportations, and many community members visited our table to learn about our work and sign up as volunteers.

We also hosted resource tables at two other events: on July 25 in Elgin/Plainview, as part of a Tri-Valley Head Start event, and on July 26 during the Oaxaca Basketball Tournament in Austin, MN — A major event that brings together families from Minnesota, Wisconsin, and Iowa. At both events, families received information on COPAL programs in the Southeast region, including driver's license resources.

### **Driver's Test Update – Southeast Region**

The Minnesota DVS has removed the 40-minute time limit on the computer knowledge test for the driver's license. Soon, COPAL MN will be able to offer the test regardless of how many attempts a person has made.

**Need more info?** Call the COPAL MN Navigator line at (612) 249-8736 to learn how to access this service.

## ORGANIZING

### Constitutional Observers Trainings

Congratulations to the new Constitutional Observers! As part of the Immigrant Defense Network's Defender Action Days, over 225 Observers completed their training—equipped and ready to uphold due process and defend the rights of immigrant neighbors. Special thanks to MN8, the Land Stewardship Project, CURE MN, and the Stillwater Public Library for hosting these impactful training sessions. Observers across the state are now prepared to stand up for immigrant rights in their communities, from the Twin Cities to Western Minnesota.

### City Council Action

In Saint Paul, the City Council passed a resolution denouncing immigration policies that separate families, deny due process, and force people into the shadows. This is part of the Immigrant Defense Network's city resolutions campaign, which has also seen victories in Columbia Heights and Minneapolis. COPAL and our partners remain committed to fighting mass deportations, opposing family separations, and standing with immigrant families statewide. [Watch the Facebook video](#)

### Celebrating Our Community

We are thrilled to announce that COPAL has surpassed 1,000 members! This milestone reflects the growing strength of our network and our collective commitment to equity, justice, and immigrant defense across Minnesota.

**Get involved!** Learn more about COPAL and how to participate in upcoming campaigns and trainings at [www.copalmn.org](http://www.copalmn.org)

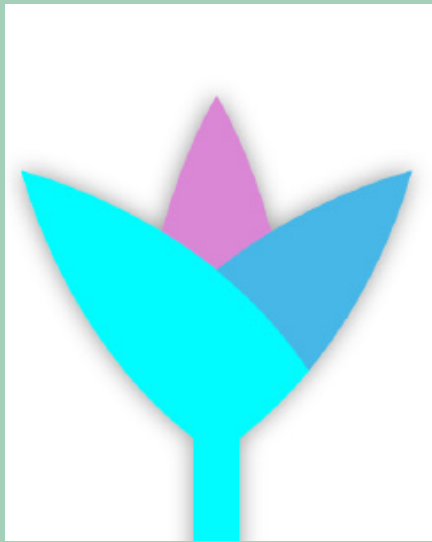
## HEALTH AND WELLNESS

In July, the Health & Wellness team reached 170 community members through workshops and conversations on critical health topics, including long COVID, navigating the Minnesota healthcare system, cardiovascular and diabetes prevention, and emotional well-being.



The team also held a retreat to learn, practice, and analyze community engagement strategies in today's context. As part of the retreat, members went door-to-door in a Rochester neighborhood, sharing information about long COVID and connecting residents with resources. They also engaged in self-care practices and participated in popular education training, strengthening both their skills and community connections.



On August 2, the Health in action event brought together Health Committee members and other interested community members at Sibley Park in Mankato. The committee, composed of representatives from the South Central, Southeast, and Twin Cities areas, regularly meets virtually once a month. During the gathering, participants connected with one another, practiced self-care activities, discussed the current context, and shared their personal health stories.



## Would you like to be an instructor in your community? Learn about trauma and stress

 **Friday, August 29, 2025 | 6:00–7:30 PM CT**  
 **Virtual/Remote**

You will learn about the content and objectives of the Training the Trainers program, a space designed to prepare community leaders on topics of mental health, trauma, resilience, and self-care, from an accessible and culturally conscious perspective using the popular education method. Open to the entire community!

[Register](#)

## Circulo de Sanación – Health & Wellness

 **Saturday, August 30, 2025 | 1:00–3:00 PM CT**

 **PrimerodeMayoCentrodeTrabajadores,  
3521 E Lake St., Minneapolis, MN 55406**

Bring your voice, your story, and your presence—your participation is part of the change!

[Register](#)



As we move forward into the fall season, we remain committed to building power, protecting our communities, and promoting justice across Minnesota. Thank you for walking this path with us to make a difference every day. Together, we continue to rise in dignity and strength.

**In solidarity,  
COPAL**





# 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**

**DONATE NOW**

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.