



Dear _____

At Bienestar Sin Fronteras, we know it's important for mental health resources to be accessible to our community. We offer free mental health services for the uninsured Latino population in Northeast Indiana. We offer trainings, counseling, support groups, and more. We are reaching out because we are excited to offer our psychoeducation support groups to your students this year. We would like to have two groups, one for females (or individuals who identify as females) and one for males (or individuals who identify as males). Students will explore various topics and have the opportunity to learn techniques to manage stress, communicate effectively, make decisions, solve problems, explore their strengths and weaknesses, learn more about their Latinx identity, and much more. We will also offer a community service event if students wish to participate.

We are flexible and want to meet the needs of your students, and we would love to open up our space to your students and meet in our office located at 201 E. Rudisill Blvd., Suite B102, or we could come to the school and run the groups there. We would also be open to having the groups run at lunchtime, before school, or right after school.

I have also attached pamphlets that explain more about our mission and a letter that can go out to the parents of the potential participants, and I can update that to fit the final details of the groups. We hope that you will be open to us offering this service to your students at no cost. If you have questions or concerns, please call 260-745-6734 or email us at bienestar@dacac.org. I hope to hear from you soon.

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