



December 2008

Dear Bienvenido Program friends,

The Bienvenido Program continues to move forward. Our efforts to create a supportive environment and provide mental health education sets the direction for what we strive to accomplish with the Bienvenido Program.

During this year we have heard from Bienvenido participants how the program is helping them become more aware of personal needs that speak of hope for tomorrow. I am reminded of two quotes made by Bienvenido participants: "I used to let people walk all over me, but no more. I am learning to value self. Thanks for taking us on this beautiful friendship caravan." Another participant shared, "I used to think something was wrong with me because I couldn't adapt to living in this country. I thought my antennas were all wrong, but with this class I learned about stress and how it affects my health."

Also, it is wonderful to observe Bienvenido Facilitators actively involved in implementing the Bienvenido curriculum and volunteering their time to share stories at the newly formed Bienvenido Radio Program. Our partnership with WLDC 105.9 FM has proven to be a success as community members have called the station to congratulate us on our program. We have had listeners as far Chile, Brazil, Venezuela, Haiti, Honduras, Mexico, and US via the internet at www.ministerioossinai.org. If you are on Facebook do a search under Groups for **Bienvenido Facilitator Network** and read news and view recent photos of Bienvenido facilitators. We have seen our Facebook Group grow from 10 members to 71 group members. Our friends come as far as Costa Rica, Panama, Paraguay, Puerto Rico, Swaziland, Northern Indiana, and the US.

As many of you know, the life of any program depends greatly on the support of the community. We are grateful for the financial support we have received by several churches, individual donors, and volunteer hours given by Bienvenido Facilitators. We encourage you to look through the Bienvenido Fund Giving Opportunities sheet. Here you will find different activities where you can give. If you would like to meet personally to talk about other ways you can give, contact me at gperez@nec.org.

Finally, in 2009 we will continue to create pathways of empowerment where individuals gain a stronger awareness of their mental health and become more civically engaged in their communities.

We invite you to walk with us!

Sincerely,

Gilberto Pérez Jr.
Bienvenido Program Director

The Bienvenido Fund

Giving Opportunity

1. Bienvenido Student Manual

Bienvenido student manuals are the principal working tool for the Bienvenido participant. Your donation will provide a student manual for a member of the community. The student manual has individual and group exercises aimed at assisting the participant in understanding depression, stress, risk factors, substance abuse, and strengths identification.

\$8.00 provides one student manual for a member of the community.

2. Bienvenido Radio Program

The Bienvenido Radio Program is held bi-weekly at WLDC 105.9. The radio program allows Northeastern the opportunity to reach a broader audience with a mental health message via the radio airwaves. Your contribution allows for many in our community to receive positive mental health messages via radio. Bienvenido Facilitators and Northeastern Center host the one hour radio program.

\$35.00 provides one hour of radio programming

3. Bienvenido Facilitator Training Program

Bienvenido Facilitators participate in a 16 hour training that prepares facilitators to implement the Bienvenido Program in their community. The training provides an opportunity for role plays, practice facilitation, and better understanding of group dynamics. The facilitators become part of the Bienvenido Facilitator Network. You will be paired with a Bienvenido Facilitator and will have opportunities to interact with the Facilitator.

\$309.00 provides a facilitator with a scholarship for 2 day training.

Send this portion with your gift to:

Northeastern Center Inc.
Bienvenido Fund
PO Box 817
Kendallville, IN 46755

All gifts are tax deductible!

___ \$8.00 provides a student manual for a member of the community.

___ 50 ___ 100 ___ 200 ___ 500 ___ other (check the number of manuals you would like to sponsor).

___ \$35.00 provides one hour of radio programming. _ 1 hour _ 2 hours _ 4 hours _ 6 hours ___ other

___ \$309.00 provides a facilitator with a scholarship for a 2 day training.

\$ _____ Please accept my one time gift for the Bienvenido Fund.

\$ _____ Total

Name: _____
Address: _____
City/State/Zip: _____
Telephone: (HM) _____ (BUS) _____
Mobile _____ Email: _____

___ Yes! Send me the Bienvenido Program newsletter.

___ Yes! I am interested in becoming a regular donor. Please contact me at the above address.