SURVIVAL GUIDE
FOR WISE LATINAS IN TRAINING

COMUNILIFE/LIFE IS PRECIOUS™
A Latina Girls Club & Suicide Prevention Program
LIFE IS PRECIOUS™
Latina Girls Club & Suicide Prevention Program

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www.comunilife.org

We welcome girls/families from across NYC. Please call or check website for updates on new times and locations.

LIP Bronx
4419 Third Ave,
Bronx, NY 10457
646.367.6678
Monday to Friday:
3:30 – 7:30 pm
Saturday:
10 am – 2 pm

LIP Brooklyn
113 Throop Ave,
2nd Floor
Brooklyn, NY 11206
646.367.6382
Monday to Friday:
3:30 – 7:30 pm
Saturday:
10 am – 2 pm

LIP Queens
32-45
Hunters Point Ave,
3rd Floor
Long Island City,
NY 11101
646.367.6677
Tuesday - Thursday:
3:30 – 7:30 pm
Saturday:
10 am – 2 pm

Parent Drop-In Hours: 11:30 am - 3:30 pm on days of program operation

www.comunilife.org
WE ARE
Bilingual, Bicultural, and created By Latinas, for Latinas

WE WORK
To reduce the risk of suicide, improve daily quality of life, and expand future opportunities for at-risk Latina teens growing up in NYC

WE SERVE
Girls ages 12 to 17 (and their families)

WE OFFER
A path to becoming a Wise Latina woman

Survive + Thrive + Strive = Wise Latina
We offer you a safe space, trustworthy source of information, and reliable support system:

- A home away from home, staffed by Wise Latina women; with a ready-made community of girls like you

- Workshops in health, wellness, and healing; topics include:
  - Healthy Eating & Exercise
  - Self-Care Spa Days
  - Reproductive Health
  - Bullying
  - Self-Harm
  - Abuse & Trauma

- Counselors to help mediate and resolve family conflicts; and introduce effective communication and anger-management techniques

- Advocates to help you and your family navigate the school, housing, and court systems
Soledad wore her hair like a badge of courage, changing its color to mark having survived a major life lesson and signify the start of a brave new chapter.
THRIVE
DEVELOP YOUR UNIQUE VOICE, TALENTS, AND CONFIDENCE

We offer you new experiences, new ways to express yourself, and an opportunity to gain a new outlook on life:

- Workshops to help you express your thoughts and feelings, and tell your story:
  - Art
  - Music
  - Creative Writing
  - Photography

- Special talks and workshops led by visiting artists

- Field trips

- Special opportunities to showcase your talents and stories, activities have included public showings at El Museo del Barrio
one day she picked up the guitar
and her playing sounded more like
real chords than angry cats.

“yes! I can do this.
and it’s
awesome!”

Rosa cried.
We offer tools and training to help you graduate, consider college, and realize your vision of a successful future:

- Computers and internet
- Homework help and tutoring
- Workshops to help you manage daily challenges and stay on the path:
  - Goal Setting
  - Time Management
  - Art of Negotiation
  - Public Speaking
- College counseling and career mentoring, including guest speakers from different schools and fields
Destiny grew comfortable enough in her own skin to give public talks about her five-year journey from suicidal depression to community college student.

“When I get nervous, I remind myself that if my story gives hope to just one person, I will have succeeded!”
WHAT WOULD A WISE LATINA DO?

Join the club!

- You must be a full-time student
- Receiving mental health treatment
- Have your family’s permission and participation

Established in 2008, the Life Is Precious™ (LIP) Latina Girls Club & Suicide Prevention Program is a project of Comunilife, the leading nonprofit health and human services agency serving NYC’s Hispanic community since 1989.


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Mil gracias to the Taproot Foundation for making this guide possible.
“I am an ordinary person who has been blessed with extraordinary opportunities and experiences.”

Sonia Sotomayor, U.S. Supreme Court Justice