

# FIFTH ANNUAL CONFERENCE FOR PROMOTORES IN YOLO

## *“for an active community”*



HOLY ROSARY'S TUMULTY HALL  
315 Walnut Street, Woodland, CA

MAR

3

8am–4pm

**Vision y Compromiso joins promotores and agencies  
in Yolo and surrounding areas**  
(Sacramento, Solano, Colusa and Yuba counties)



**THIS FREE EVENT IS IN SPANISH**

# FIFTH ANNUAL CONFERENCE FOR PROMOTORES

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315 WALNUT STREET, WOODLAND, CA**

**MAR**

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During this conference in addition to the workshops, during the general sessions we will have a presentation on the Community Transformation Model, a panel of immigration experts with topics that impact our community and you will also be able to enjoy a demonstration of Bailoterapia, a tool for physical and mental well-being.

Please register before **February 23** using one of the following options: online, by visiting: <https://tinyurl.com/yolo5taconf> or sending this form to: [lquirarte@wintershealth.org](mailto:lquirarte@wintershealth.org) or by fax to: **530-795-9541**

*You are automatically registered when you send this form. A confirmation will NOT be sent to you. Please keep a copy of the workshops you chose. Sorry, we will not provide child care. For more information contact Leticia Quirarte at 530-212-1041 or by email at [lquirarte@wintershealth.org](mailto:lquirarte@wintershealth.org). Breakfast and lunch will be provided*

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NAME

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TITLE

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ORGANIZATION/AGENCY/GROUP (IF APPLICABLE)

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ADDRESS

CITY

ZIP CODE

COUNTY

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TELEPHONE: CELL

OTHER TELEPHONE

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EMAIL

**We will have 9 workshops. Please choose one for each session. (A-B-C).**

**SESSION A**

- Human Trafficking
- Self-Esteem and Stress Management
- Identifying Personal Goals

**SESSION B**

- Exercise is for Everyone
- Pesticide Safety at Home
- How to Talk with your Children About Sexuality

**SESSION C**

- Loss, Grief, and Mourning
- The Rights of All Workers
- Sexually Transmitted Diseases

# Workshops

## SESSION A

### Human Trafficking

Through this workshop, participants will obtain information about human trafficking, how to identify victims and refer them to available resources, different types of human trafficking, and statistics in California

### Self-Esteem and Stress Management

In this workshop will discuss the importance of valuing what we are, recognizing our strengths and developing plans to improve the areas we wish to change as well as identifying the signs of stress and the practice of skill to help us relax.

### Identifying Personal Goals

We often do not take the time to reach our dreams/goals because we think it is too late, however, if we develop a plan, we will have greater possibilities of achieving what we desire.

## SESSION B

### Exercise is for Everyone

Regular physical activity, when combined with a healthy life style (and medical treatment when necessary) can help relieve pain and stiffness in the body, improve mobility in the joints and prevent injuries. CalAgrAbility will address the importance of exercising for agricultural workers.

### Pesticide Safety at Home

Did you know that chloride is a type of pesticide? Many people are unknowingly exposed to pesticides at home. We will learn about pesticides and about effective manners of protecting or family.

### How to Talk with your Children About Sexuality

For some parents, it is difficult to talk with their children about topics related to sex, however, it is important to do so to know how to stay healthy. In this workshop, you will learn how to talk to you children about sexuality and how to do it in an age appropriate manner.

## SESSION C

### Loss, Grief, and Mourning

We will discuss ways to face the loss of a partner, a job, a house, or a loved one. We will examine the different emotions we experience in that process and our mechanisms of defense.

### The Rights of All Workers

We will learn about the rights that all workers have in California, regardless of their migratory status and about the state government agencies that defend those rights: Cal/OSHA (safety and health rights), Workman's Compensation (payments for medical expenses regarding workplace injuries), and Workforce Commission (fair salaries).

### Sexually Transmitted Diseases

Sexually transmitted diseases can be prevented. In this workshop, we will learn about the most common sexually transmitted diseases, their symptoms and how they can be prevented.

**A big THANK YOU to the organizing committee for their dedication and leadership in making the 5th conference possible.**

**Hermenegildo Varela**  
*Woodland Healthcare Hospital*

**Teresa Andrews**  
*Western Center for Agricultural Health and Safety*

**Irene Goya-Tweedt**  
*Winters Healthcare*

**Leticia Quirarte**  
*Winters Healthcare*

**Esmeralda Mandujano**  
*UC Davis Cal AgrAbility*

**Laura Martínez Chávez**  
*Community Medical Centers, Inc. Esparto*

**Nancy González**  
*Empower Yolo*

**Rosario Rocha**  
*Planned Parenthood*

*Please register before February 23*