

JÓVENES SANOS

2024-2025

OUR MISSION

United Way of Santa Cruz County's Jóvenes Sanos (JS) is a Watsonville-based youth program that focuses on reducing mental health stigma by elevating youth voices to shift the stigma around mental wellness & increasing youth access to mental health resources. In the process, youth learn leadership skills including public speaking, collaboration, & teamwork.

JS seeks to promote peer-to-peer conversations regarding mental wellness & create a healthy & thriving culture in Watsonville.

OUR OUTCOMES



Elevate youth voice & perspective to shift cultures of stigma around mental health



Help youth explore their mental wellness & learn various mindfulness & self-care strategies as preventative tools that can significantly improve their quality of life



Support authentic youth engagement & increase youth informing community-level decision-making



Promote hope, healing and resiliency through peer-to-peer connections



Co-create meaningful community partnerships rooted in trust & power-sharing to rebuild connections with community and youth



UNITED WAY
of Santa Cruz
County



Watch JS's
Testimonials

CULTIVATING HOPE 2024

At the 2nd Annual Cultivating Hope event on May 4th, Jóvenes Sanos brought together 50 youth participants to foster connections & provide them with tools & resources for enhancing their health and mental well-being. Through engaging activities, participants delved into stress-busting self-care strategies. This collaborative effort, supported by partnering community organizations, & funded by the Santa Cruz Office of Education underscores the ongoing commitment to nurturing the well-being of our youth.



Helping ourselves recognize the importance of self-care & our journey towards well-being.

Opening up to ourselves & others and sharing our experiences to create peer-to-peer connections

Prioritizing self-care as an essential part of our daily life. Engaging in activities that will nurture our growth and development.

Empowering ourselves to take control of our health & happiness.

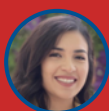


OUR FUNDERS



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CONTACT US!



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