

Compartiendo Esperanza

Celebrating our culture and supporting Latino families



We recognize the importance of feeling a special connection within our Latino community to receive support, heal, and stay motivated toward a new future. We are here for one another.

What is Compartiendo Esperanza?

Compartiendo Esperanza is a NAMI program designed to open safe spaces for conversations that often go unspoken in Latino communities. Because of our culture and upbringing, many topics, including mental health, can be hard to talk about openly. Led by trained facilitators from the same communities they serve, the program brings people together to explore these topics, learn how to express how they feel, and support one another. As families begin to open up emotionally, those conversations strengthen the bonds with the people they love most. Bilingual and built around connection, Compartiendo Esperanza is grounded in the belief that community is healing.

The Three Conversations

1. Mental Health in Our Community

Participants watch videos of real Latino families sharing their stories and reflect together through questions guided by the facilitator.

2. Dialogue with a Professional

The group connects with a mental health professional who identifies with the community to break myths, answer questions, and reduce the fear of seeking help.

3. Wellness Plan

Participants design a personal emotional wellness plan, from spirituality and nutrition to routines and self-care, building healthier habits and renewing hope.

Benefits of Being a Facilitator

♥ Break barriers and reduce stigma

Help Latino families talk about mental health safely, creating spaces of healing.

♥ Access to tools and resources

Receive bilingual videos and materials that make leading conversations simple and effective.

♥ Develop new skills

Gain confidence guiding groups, skills useful at home, at work, and in your community.

♥ Join a support network

Take part in monthly meetings to share experiences and feel connected with facilitators across the country.

♥ Bring hope through action

Lead conversations that inspire real steps, from building wellness plans to connecting families with local resources.

"Together we can spark the motivation that is sometimes needed to take the next step in supporting our families."

Who can be a facilitator?

Anyone from the latino community who wants to walk alongside others. No clinical background required. Our training will prepare you, in English or in Spanish, at your own pace.

Interested in becoming a facilitator?

Our trainings are offered online and at no cost, in English and in Spanish.

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Reach out so we can support you through the process.