MANA DE SAN DIEGO
A National Latina Organization

LUMI Quarterly Impact Highlight
November 2025 - January 2026

Quarter at a Glance

Impact Area	This Quarter	Cohort 2 Total
Hours of Direct Support Delivered (Coaching, check-ins, and one-on-one guidance)	50+	100+
Hours of Partnership Engagement	25+	45+
Participants Enrolled in Education or Training (50% continuing from last Q + 35% new)	85%	85%
Workshops & Events	3	7

Workshop Highlight: Mental Health

This quarter, LUMI hosted a Mental Health Workshop on stress management, emotional well-being, and coping strategies. Participants shared experiences, explored practical tools, and connected in a supportive space, reflecting LUMI's commitment to holistic participant well-being.

Spotlight Story: Teresa's Journey

Teresa's journey is one of courage and hope. She recently immigrated to the United States to be closer to her daughters, both former Hermanitas, and has shown incredible resilience as she builds a new life from the ground up. With LUMI's support, Teresa enrolled in ESL classes to strengthen her language skills and recently secured a full-time position with SDSU's custodial services department. Proud to be a U.S. resident, Teresa is focused on becoming a productive and independent member of her community. Passing her driver's license test was a meaningful milestone, especially given the anxiety she experienced throughout the process. With encouragement from the LUMI community, Teresa persevered and achieved this goal. Through LUMI, she has found a circle of like-minded women who inspire her and remind her that she is not alone on her journey.

Teresa M.

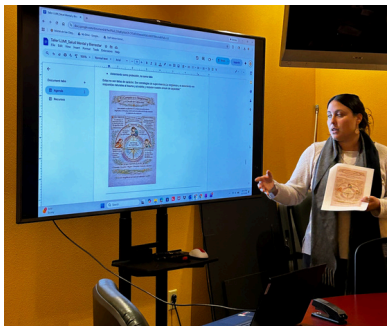
Looking Ahead to Q3 2026

- Five in-person workshops are planned for Quarter 3, including our first ever estate planning workshop, open to both Cohort 1 and Cohort 2 participants.
- Distribute guaranteed income to current participants and track spending to measure the impact on families' well-being.

What We Learned this Quarter

- There is a strong demand for computer and digital literacy training in participants' native language, allowing them to fully understand and confidently apply what they are learning.
- Interest in mental health resources continues to grow, reflecting progress in reducing stigma within the Latino community and a shared understanding that well-being positively impacts individuals, families, and entire households.

Moments that Mattered



Mental Health Workshop

Crafting effective resumes and LinkedIn profiles