

Manos Abiertas

a La Comunidad y Las Naciones Inc.

Helping hands, empowering your life



Manos Abiertas extends hands to every man and woman of good will. Through volunteer work we have the mission to serve, promote and dignify those in need.

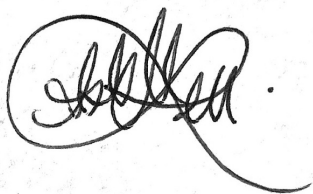
2023

MISSION & VISION

Our mission is to stimulate community development by promoting general welfare. Currently, our efforts are focused on helping low-income Hispanic families. We strive to provide high social impact and culturally competent services that go beyond fulfilling basic needs.

In addition to reducing food insecurity, our organization operates to promote preventative health behaviors, provide access to legal assistance, facilitate financial literacy, assist individuals with job placement, and encourage personal development.

Our vision is to develop into a premier professional organization so that we can continue our human development initiatives with the recognition and collaboration of other local organizations, businesses, and local government.



LUCRECIA MIRANDA

Chief Executive Officer

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PROJECT ABSTRACT

Manos Abiertas is seeking funds to expand and maintain the numerous services we offer. to feed, train, and equip low-income families with the tools they need to transcend their circumstances and become self-sufficient.

Substantial help must be given so that individuals can learn English, become financially literate, understand immigration laws, seek preventative healthcare services, and understand the United States health system. Families that receive assistance will take concrete steps towards becoming self-sufficient, self-fulfilled, and productive members of society.

In addition to the services previously mentioned, our organization also provides assistance with back-to-school supplies, clothes, toys, and referrals to other community resources. Funding in the amount of \$75,000 annually is necessary for staff training, office expenses, warehouse space, and to continue offering numerous health and job fairs.

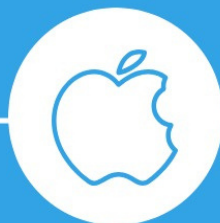


WHO WE SERVE

Manos Abiertas primarily serves the following zip-codes within the Greater Houston area: 77081, 77036, 77085, 77587, 77520, 77502, 77506, 77327, 77011, 77012, 77017, 77023, and 77087. This areas includes Magnolia Park and the Second Ward--Two of Houston's oldest Latino and African-American neighborhoods. Residents in these communities are historically underserved and disproportionately experience disparities.



PREVIOUS PROGRAM SUCCESS



Manos Abiertas distributes food to more than 900 families in need per month. Every health fair has been successful with over 1,000 people in attendance. About one-third of attendees has been referred to public and private community clinics for treatment. Collectively, Manos Abiertas has served an average 25,000 residents in 2015.

Community partnership letters and resident testimonials are available upon request along with our annual budget and resident attendance statistics.

PROGRAMS & SERVICES

Nutrition Classes

We have partnered with Texas A&M AgriLife to teach families healthy eating habits, how and where to purchase healthy *cost-effective* food, and how to prepare wholesome meals. Our goal is to fight obesity, prevent disease, and increase individuals' self-efficacy and self-esteem.

Nuevos Comienzos

Our *New Beginnings* program offers community members courses that promote personal development. Course themes include the following: Family, counseling, becoming self-sufficient, motivation, domestic violence, financial planning, stress and anger management, leadership, and conflict resolution.

Low Cost Clinical Services

At our on-site clinic, we offer blood pressure and glucose level tests for free. We also offer other general health services at low cost. Services include physicals, diabetes control, cholesterol & triglyceride tests, electrocardiograms (ECGs), prostate exams (via blood) & women's health services (e.g., gynecological exams, pap smears, pregnancy tests, & prenatal care). We are also equipped to perform minor surgeries and drain abscesses.



PROGRAMS & SERVICES CONT.

Conexion Juvenil

Our *Youth Connections* program plays a unique role in the landscape of services available to adolescents from Houston's underserved neighborhoods. We offer a safe space for resident youth to congregate, establish connections, and explore faith-based topics.



Rebuilding Together

Rebuilding Together is a program to assist resident seniors whose homes are in need of repair. It can be difficult to pay for home repair and maintenance on a fixed income. We adopt and remodel homes of elders in need.



EXAMEN DE PRESION ARTERIAL Y GLUCOSA GRATIS!!!

- MEDICINA GENERAL	- ELECTROCARDIOGRAMA
- EXAMEN FISICO	- LABORATORIO
- CONTROL DE DIABETES	- PAPANICOLAO
- COLESTEROL Y TRIGLICERIDOS	- PROBLEMAS DE IMPOTENCIA
- EXAMEN DE EMBARAZO	- CIRUGIAS MENORES
- EXAMEN DE PROSTATA EN SANGRE	- GASTRITIS, ACIDEZ, DRENAJES DE ABSCESOS

ATENCIÓN DE CALIDAD A BAJO COSTO

911 HARRIS AVE. PASADENA TX 77506 **TEL: 832-602-9438**

Other Services

- Health service referrals (e.g., hearing and speech clinics, optometrists, etc.)
- School fairs
- Legal advice
- Financial & workplace literacy workshops
- Basic English & citizenship classes
- Passport services provided by the Consulate Generals of Mexico, Guatemala, & El Salvador



OUR PARTNERS



"We can all shine"
GALENA PARK RESOURCE
AND TRAINING CENTER
"Todos podemos brillar"



OUR DREAM



LOW COST CLINICAL SERVICES
AT YOUR BUSINESS DOOR STEP