AGENDA / WOMEN & FAMILY

# IMPULSE PROJECT

*Together we are*
**stronger**

YRAIDA GUANIPA
LUCIA ESPINOZA NIETO

YG INSTITUTE

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YG INSTITUTE

CONACYT

# WELCOME

Agenda for women Whitin one year of post-conviction.

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No estas sola

You are not alone, thou

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Tu n'es pas seule

can help overcome i

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# EDITORS

**Yraida Leonides Guanipa** is currently pursuing a Ph.D. of Philosophy in Business Management with a specialization in Leadership. She earned a Master Degree in Human Resource Management, and numerous university certificates, amongst a variety of certificates in other educational areas. She is married and has two sons. She enjoys reading, writing, listening to music, dancing, and Nature. She served almost eleven years of incarceration and her passion is to help the community: especially those who have been directly or indirectly impacted by the judicial system.

She has traveled nationwide and overseas to both England and Ecuador; to raise awareness by speaking about, "what the consequences of long-term imprisonment," have on family; including its affects on society.

Yraida's Interviews Include:

- **Television:** UNIVISION and UNIVISION Digital by Estephani Cano
- **Magazine:** American Prospect by Thomas K. Lowenstein
- **Articles:** by Juriaan Van Eerlen, with photographer, Eline Van Nes, from Holland
- **Books:** Resistance Behind Bars by Vikki Law and Women Behind Bars by Silja Talvi.
- **Radio:** NPR. Morning Edition by Allen Greg
- **Newspapers:** The Miami Herald by News Service of Florida.
- **Dissertations:** Various PhD candidates

She has also been the plaintiff in some important federal litigation such as "federal good time and Florida voting disenfranchised." Additionally, Professor Justin Piche, PhD, has used Yraida's writing(s) as reading assignments for criminologist students at the University Of Ottawa, Canada.

**Lucia Espinoza Nieto** is a sociologist from the Universidad Autónoma del Estado de México. She has a Masters Degree in Image, Art, Culture and Society from the Universidad Autónoma del Estado de Morelos. She is a Ph.D. candidate in Social Sciences from the same University and a photographer for the Instituto Mexiquense de Cultura. Her Doctorate research, in the area of Social Sciences includes research on the labor, reproductive, conjugal, sexual and educational trajectories of women who have left prison, from the perspective of life courses.

Lucia's published research includes: articles and book chapters, in which focus on the study of image, qualitative methodology and seclusion from a gender perspective. Since 2010 she has worked on the issue of social reinsertion in Mexico. In 2013, she collaborated as the image coordinator in the, "Collective Editorial Sisters in the Shadow." Later in 2014, she conducted a research project, "Traces of imprisonment," where she analyzed the identity and daily life of ex-women prisoners through photographic images. Lucia was a research intern for the summer of 2018, at the YG Institute in Miami, Florida, U.S.A. She collaborated under the coordination of Yraida Guanipa PhD(c); working on a database of non-profit organizations and social programs to support people who were released and secluded from their family.

You are not alone

usands of women in the

ison. But together we

t and move forward.

Nao estas sozinha

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# 01 ACKNOWLEDGMENTS

I would like to take this opportunity to thank Yraida Guanipa and YG Institute. Thanks to YG Institute for the opportunity it has given me to develop the "Impact Project." And thank you Yraida Guanipa for your constant efforts to bring to light the lives of women whom have been impacted by the judicial system in FL and the United States of America. Neither the context of violence nor the borders could stop me from sitting by your side and learn about the work you do with so much dedication and love. I've learned that we truly realize the value of liberty when it's taken away; that nature, time and the quality of relationships can not be measured in mundane ways; and that unjustice can affect anyone no matter his/her social class, gender or race.

I thank Riverside House for opening the doors, and all men and women from the transition groups, whom, with their experiences have shown to the North American society the stigma of imprisonment. I would like to thank my siblings Nancy Espinoza, Geovanni Espinoza, my mother Beatriz Nieto and Harbey Ramirez for supporting my dream of getting to know one of the most influential women of Florida, a very special woman whom fights for the rights of people in reentry and their families. A very special woman whom fights for the rights of people in reentry and their families.

Without the help of the Universidad Autónoma del Estado de Morelos, the Postgraduate Department of Social Sciences, Marta Caballero Ph.D. (Director), Hector Peralta Ph.D. (Coordinator of the Doctorate Program), Ms. Liliana Rojas, and especially the program of mixed scholarships for academic stays CONACYT, without wich, this project would not had been possible. Thank you very much to all for believing in me and for all the support you've given me.

I also would like to extend my gratitude to all non-profit organizations that are part of this project for providing the information requested, to Camillus House for giving me the opportunity to serve as a volunteer in the food area. I thank David Fuentes for the design of this booklet, Elina Lopez and Dashly Serra for helping us with the photographs for the cover of this publication.

**Lucia Espinoza Nieto**

# 02 PRESENTATION

*The barriers of stigma and the impact that imprisonment leaves on people's lives are broken with the help of an organized, loving and conscious society.*

Prisons over time have functioned as places of confinement for people who have violated the norms of social and cultural order. Men and women were judged in an attempt to control actions typified as crimes. Social changes require us to look at these spaces in a particularized way, as micro-social spaces in the form of mirrors that reflect specific civilizational processes, because the dynamics of the penal system contain characteristics of our society in a potentialized form.

Norbert Elias (2016) in his work The Process of Civilization, gives an account of this from the structural change that human beings live in the direction of a differentiation or consolidation of emotional controls, life experiences and behaviors with respect to social change. All linked to the transformation of a society. An example is the fear that constitutes a modification of the social constraints that operate on the individual directly in their social interaction with the other. According to the author, a civilized society has to do with the reproduction of emotions such as happiness and freedom based on a lasting balance between social activity, the demands of social existence and cooperation with the other. Only when human interactions have this character can we speak of a high degree of civilization. Otherwise we are in a civilizing process with socially determined tints and inscribed in different social interaction. An inkling of this we can find in prisons as the basis fundamental to understanding the process in each society. The way in which they operate from within show us features of what is configured at the macro level.

The United States of America is characterized by having a prison population of 3,673,120, of which 1,990,705 are men, 677,501 are women, 1,004,914 identify as homosexual and transgender people according to the Bureau of Justice Statistics (Bonczar & Mulako, 2016). In addition, 60% of people deprived of their liberty are colored (Sentencing Project, 2018). The United States of America has the largest penal population worldwide according to the non-profit organization The Human Rights Watch (2018). The social phenomena that accompany this context is linked to the same reproduction of the American social fabric divided by an intersectional issue between race, class, and sex. The crimes are prosecuted from local areas, that is, the prison population changes in terms of race, gender and migration. As an example, in prisons, the population of African American and Latino, women, and people with illegal immigration status continues to increase.

Each scenario is diverse and affects the groups that experience it in different degrees. Women is one of them, "between 1980 and 2016, the number of incarcerated women increased by more than 700%" (The Sentencing Project, 2014: 2). Although this figure does not match that of men it profiles different scenarios, as women who live in prisons are touched by histories of violence and accumulated inequality, from an early age they suffer multiple episodes of violence, sexual abuse, little or no access to health, education and employment services (Giacomello, 2013; Azaola, 2002; Velvet, 2011; Hernández, 2013), without appealing to the poorly drawn or misunderstood role of victim. These are women who often broke a pattern of abuse, inequality, or simply found disadvantages such as unemployment or substance abuse that forced them to fall into prison.

IMPULSE PROJECT, is an attempt to contribute basic support material to women who have been deprived of their liberty. It focuses on issues related to social inclusion and family. Women, after leaving a penal institution have little means to start over in society, especially in the period that comprises the first 365 days . In this way the central themes are: self-recognition, from the name and tastes to the skills that each woman possesses, what do I need? A one-year period, a textual space that encourages reflection and the organization of a new life, long-term, and short-term goals. Subsequently, there are several sub-themes that help to complete the list of needs, such as employment, health, housing, education, food, emotional accompaniment, art, culture, volunteering, sports, legal aid and financing. Each section is formed by contacts of non-profit organizations that provide specific support in each of the areas of interest. Although this project serves as a textual guide, its main objective is to make the exit of women in Miami Dade, Florida experience unification with their families and a successful social integration, since the barriers of stigma and the impact that imprisonment leaves on people's lives is only broken with the help of an organized, loving and conscious society.

**Lucia Espinoza Nieto**

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» ELIAS, Norbert (2016) El proceso de la civilización: Investigaciones sociogenéticas y psicogenéticas, 4ª ed. FCE: México.

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» VELVET, Romero García (2011) Bajo condena: Mujer, culpa y autonomía, Tesis ganadora del concurso de tesis en género Sor Juana Inés de la Cruz 2010 del Instituto Nacional de las Mujeres INMUJERES, México, D.F.

# 03 YG INSTITUTE

## What do we do?

Founded to revitalize, protect, and nurture family bonds while maintaining the welfare of the children within any family. Care, trust, and love for each other are hard to revitalize after long years of separation due to incarceration. Family members and parents especially have at many times, endured limited or no contact with the children for periods of more than 10+ years. Families are ill equipped to deal with the numerous challenges faced after incarceration. Children often feel resentment for having been left behind. This program provides tailored help, individually to all parties involved; to learn, to trust, and remember that they still love each other. The benefits include happier families & fewer family members becoming repeat offenders. The Parents, Children, and other family members learn together, how to become contributing members of society.

### Vision

Re-establish family bonds for those directly or indirectly impacted by the judicial system, by utilizing re-entry tools and focusing on the virtues of every family member and the importance of each of their roles.

### Mission

We want to ensure the most peaceful transition of those directly impacted by the judicial system, while assisting them successfully back into society and safeguarding the vital bonds of the family.

# 04 RECOGNIZE MYSELF
# WHO AM I?

## Personal data

1. I like to be called by:

2. My favorite color is:

3. My hobby (ies) is (are):

4. My favorite place is:

5. My favorite music is:

6. My favorite flower is:

7. My favorite perfume is:

8. My favorite food is:

9. My favorite sport is:

## This is a list of questions to answer from your heart, think deeply before answering.

1. What do I like about me?

2. What do I like to do?

3. What places I would like to visit?

4. What I would like to learn?

5. How do I see myself in one year?

# 05 WHAT I NEED? ONE YEAR PERIOD

This section explains the content of this agenda. You will find the contact information of non-profit organizations and social programs that focus on giving help to women who have been impacted by the judicial system. The re-entry process is not easy, especially if you are alone; this agenda was prepared thinking about the needs of women and their families; and to make the new beginning peaceful and joyful.

**1**. Hot line. Non-Threating emergency: Help available 24 hours a day and 7 days per week.

**2**. Counseling: non-profit organizations focused on professional help such as psychology, conflict management and substance abuse.

**3**. Support groups: Do you only want to be listened to? Facing the return should not be an emotional burden; there are support groups that you can approach.

**4**. Job sources: Are you looking for a job?

**5**. Housing: Many women leaving prison do not have the resources or social networks to access decent housing, in this section you will find some programs and organizations that focus on the subject.

**6**. Health: Access to health is one of the most important areas for family members

**7**. Family (legal help and LGBT community): We provide you with contact information of some organizations that provides legal help and other issues that help the integration of the family.

**8**. Finances: Savings systems are important to solve family expenses and future planning. We provide you information on who to visit to start your financial portfolio.

**9**. Education: Education is a fundamental tool to success; it is never too late to go back to school.

**10**. Arts and Culture: Here you can find a list of museums, libraries and art galleries that you can visit in Miami Dade.

**11**. Sports: Would you like to start a new sport? Practicing any sport or physical activity helps our body feel healthy. Here you will find the addresses of parks and sports venues where you can go with your family.

**12**. Volunteer: Do you want to help other people? In this section you will find spaces to collaborate and help people with limited resources, in street situations, with chronic illnesses, etc.

# 06 HOT LINE EMERGENCIES

## HELP LINE

211

## RISK FOR POISONING

01-800-222-1222

# 07 COUNSELING

## FLORIDA POISON INFORMATION CENTER

Cases of risk due to suicide
(Poisoning or depression)

Emergency number 01-800-222-1222
Jackson Memorial Hospital/University
of Miami Miller School of Medicine
1611 NW 12th Ave (R-131)
Institute Annex, 3rd Floor. Miami, FL 33136
http://www.miamipoison.org/
poison@med.miami.edu

# 08 SUPPORT GROUPS

## ARCHDIOCESE OF MIAMI

The Archdiocese of Miami is home to over half a million Catholics in Miami-Dade, Broward and Monroe Counties. Mass is celebrated in a dozen languages. We have 109 parishes and missions, including the National Shrine of Our Lady of Charity; and 62 schools, including 13 high schools and one virtual school. The archdiocese is led by Archbishop Thomas Wenski.

Archdiocese of Miami

Deacon Edgardo Farias
Director

efarias@theadom.org
Phone 305 762 1093 ask for a date available

## YG INSTITUTE

Founded to revitalize, protect, and nurture family bonds' while maintaining the welfare of the children within any family. Care, trust, and love for each other are hard to revitalize after long years of separation due to incarceration. Family members and parents especially have at many times, endured limited or no contact with the children for periods of more than 15+ years.

Address: 8660 W Flagler St Ste 203
Miami, Florida, FL 33144

Phone: (305)9997989 Cel. 7864996600
Email: yraida@yginstitute.org

# 09 JOB SOURCES

## EMPLOYMENT PROGRAM FOR PARENTS WITHOUT CUSTODY

It helps unemployed or underemployed non-custodial fathers and mothers to establish a pattern of regular child support payments by obtaining and maintaining competitive non-subsidized jobs.

7Miami - Condado de Dade 7925
NW 12th St., Suite 410
Doral, FL 33126

Phone: 786.336.1107
Fax: 786.336.1114
www.gulfcoastjewishfamilyandcommunityservices.org

## CAREERSOURCE SOUTH FLORIDA/ THE PROFESSIONAL PLACEMENT NETWORK (PPN)

CareerSource South Florida is pleased to provide you with a revolving database of qualified candidates to fill your placement requirements

Operated & Managed By: City of
Miami Center Director: Robert Sellers
750 NW 20 Street, 4th Floor
Miami, FL 33127

Phone: 305-372-8300
Fax: 305-372-8347
http://www.careersourcesfl.com

# 10 HOUSING

## GULF COAST JEWISH FAMILY & COMMUNITY SERVICES, INC./ MYRTLE OAKS (HOUSING FOR SENIORS)

Myrtle Oaks is a 99-unit apartment complex for low income elderly located in northeast Tampa. Sponsored by Gulf Coast JFCS for 20 years and under the auspices of a separate housing corporation, Myrtle Oaks was funded by a $5.7 million grant from the Department of Housing and Urban Development (HUD).

P: 813.987.6522
F: 813.987.6502

Work hours
Monday to Friday: 8 a.m. at 5 p.m.
Saturday: closed on
Sunday: closed
gulfcoastjewishfamilyandcommunityservices.org

## CAMILUS HOUSE

Humanitarian services to the homeless and homeless populations of Miami-Dade County, Florida,

1603 NW 7th Avenue

Miami, FL 33136

media@camillus.org

Phone 305.374.1065

# 11 HEALTH

## AFFORABLE CARE ACT

| | |
|---|---|
| Any insurance agent that enroll in ACA to seek if you qualify | Phone 18003182596 |

## FEDERATION OF FAMILIES, MIAMI-DADE CHAPTER INC.

| | |
|---|---|
| It is a 501c3 nonprofit organization that provides peer support, education and guidance to families of children and youth with emotional, behavioral, substance abuse and mental health needs. Each month is devoted to workshops and courses of zumba, yoga, reiki, painting, recreational and audio visual production for young children and adults | The Youth and Family Center<br>111 NW 183rd Street, Ste 110<br>Miami Gardens, FL 33169<br>Office: (786) 802-3448<br>Fax: (786) 916-5984<br>info@fofmiami.org<br>http://yfcenter.org |

## FEEDING AMERICA, SOUTH FLORIDA

| | |
|---|---|
| Feeding America Food Bank | First Baptist Church of Coral Park<br>Miami Dade<br>8755 SW 16th St Miami 33165<br>305-559-0241<br>gwallsmt@comcast.net<br>- 2501 SW 32 Terraza •<br>Pembroke Park, FL 33023<br>Phone: 954.518.1818<br>contact@feedingsouthflorida.org<br>www.feedingsouthflorida.org |

## COMMUNIDAD DE CRISTO

| | |
|---|---|
| Feeding America Food Bank | 2nd and last weekend of every month 1490 SW 67th AVE Miami 33144 0.67 mi<br>Phone: 786-488-3577<br>rosysoto1@msn.com;<br>angie1124cofchrist@ymail.com |

## LOVE AND FAITH FOUNDATION

| | |
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| Feeding America Food Bank | Every Saturday 9:30 hrs.<br>7070 SW 9th AVE<br>Miami 33155 0.97 mi<br>305-527-0989<br>chauxvivian@yahoo.com;<br>piedad.x.gomez@hsbcpb.com |

## BORIQUEN MEDICAL CENTERS OF MIAMI DADE

| | |
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| Feeding America Food Bank | Case Management Center<br>3550 Biscayne Blvd<br>Suite # 508<br>Miami, Florida 33137 U.S Indications<br>Phone: (305) 576-6611<br>Fax: (786) 322-0665<br>From Monday to Wednesday: from 8:00 a.m. at 5:00 p.m.<br>Thursday: from 8:00 a.m. at 6:00 p.m.<br>Friday: from 8:00 a.m. at 4:00 p.m. |

# HEALTH

## BANYAN HEALTH SYSTEMS

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|---|---|
| Low cost health services | 3850 West Flagler Street<br>Miami, Florida 33134<br>Phone: (305) 774-3400<br><br>HOURS<br>MON•TUES•THURS•FRI<br>8:00 AM–5:00 PM<br>WED.8:00 AM–8:00 PM<br>SAT.9:00 AM–1:00 PM |

## FLORIDA POISON INFORMATION CENTER

| | |
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| Information about poisoning by toxic substances, free services of attention to the abuse of sustenance and cases of risk by suicide | Emergency number<br>01-800-222-1222<br><br>Jackson Memorial Hospital/<br>University of Miami Miller<br>School of Medicine<br>1611 NW 12th Ave (R-131)<br>Institute Annex, 3rd Floor<br>Miami, FL 33136<br><br>http://www.miamipoison.<br>org/poison@med.miami.edu |

## FAMILY SAFETY NET

| | |
|---|---|
| The Family Safety Net program is aimed at providing services to high risk families who are at-risk of child maltreatment, truancy, behavior problems, experiencing domestic violence, bullying, substance abuse, teen pregnancy and juvenile delinquency. The target population are children (ages 0-18, or up to 23 with disabilities) and their family. The program also targets students at-risk of drop out, children in diversion programs and children of incarcerated parents.Emergency asistence | 1469 NW 36th Street Miami<br>Florida 33142 Main Office:<br>Phone: (786) 433-8625 |

## GULF COAST JEWISH FAMILY & COMMUNITY SERVICES, INC./ NATIONAL PARTNERSHIP FOR COMMUNITY TRAINING (REFUJIADOS Y SALUD MENTAL)

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|---|---|
| National Partnership<br>for Community<br>Training (NPCT) is the Office of Refugee Resettlement's national mental health technical assistance program for refugee service providers. | 7925 NW 12th St., Suite 410<br>Doral, FL 33126<br><br>Phone: 786.336.1107<br><br>Fax: 786.336.1114 Hours of work<br><br>Monday to Friday: 8 a.m. at 5 p.m.<br>Saturday: closed on<br>Sunday: closed<br>gulfcoastjewishfamilyand_<br>communityservices.org |

# 12 FAMILY (LEGAL HELP AND LGBT COMMUNITY):

## FRRC

FRRC is a membership organization run by returning citizens (previously convicted) who are dedicated to ending the denial of the right to vote and discrimination of people with convictions and to create a more integral and human reintegration system that will improve successful reintegration, will reduce recidivism and increase public safety.

Call: (407)901-3749

https://floridarrc.com
Email: info@floridarrc.org

## CATOLIC CHARITIES LEGAL SERVICES ARCHIDIOCESES OF MIAMI, INC.

All types of cases accepted, will be represented by main office, will process Cuban adjustment, employement, autorization, parole requests, and citizenship applications for Miami-Dade. Languages: Spanish, other languages arranged.

7855 NW 12 th Street, Suite 114 Miami, Florida 33126. Phone: 305-887-8333
info@cclsmiami.org
www.cclsmiami.org

# 13 FINANCING

## SALVATION ARMY THRIFT STORES IN MIAMI, FL (FOR SAVING)

Second-hand items at low cost (Clothing, Shoes, appliances and furniture)

Located in different locations in Miami, where you can get https://www.yelp.com/search?find_desc=Salvation+Army+Thrift+Stores&find_loc=Miami%2C+FL

## ALL BANKS IN MIAMI

Banks provides people, companies and institutional investors the financial products and services they need to help achieve their financial goals at every stage of their lives

Visit the one nearest you.

# 14 EDUCATION

| ALL SCHOOL AND UNIVERSITIES | |
|---|---|
| Visit the one nearest you and seek information on registration | |
| **FAMILY SAFETY NET** | |
| The Family Safety Net program is aimed at providing services to high risk families who are at-risk of child maltreatment, truancy, behavior problems, experiencing domestic violence, bullying, substance abuse, teen pregnancy and juvenile delinquency. The target population are children (ages 0-18, or up to 23 with disabilities) and their family. The program also targets students at-risk of drop out, children in diversion programs and children of incarcerated parents.Emergency asistence | 1469 NW 36th Street<br>Miami Florida 33142 Main<br>Office: (786) 433-8625 |
| **FICPEM (FORMERLY INCARCERATED, CONVICTED PEOPLE & FAMILIES MOVEMENT)** | |
| The Formerly Incarcerated & Convicted People's Movement is committed to the full restoration of our civil and human rights. | Aaliyah: 916-501-9988 -O bien- Fanya: 562-688-0472.<br>https://ficpmovement.wordpress.com |
| **ICOPA** | |
| The International Conference on Penal Abolition (ICOPA) is a bi-annual gathering of activists, academics, journalists, practitioners, people currently or formerly imprisoned, survivors of state and personal harm, and others from across the world who are working towards the abolition of imprisonment, the penal system, carceral controls and the prison industrial complex. | http://www.actionicopa.org/ |

# 15 ARTS AND CULTURE

## FEDERATION OF FAMILIES, MIAMI-DADE CHAPTER INC.

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|---|---|
| Each month is devoted to workshops and courses of zumba, yoga, reiki, painting, recreational and audio visual production for young children and adults | The Center for Youth and the Family<br><br>111 NW 183rd Street, Ste 110<br>Miami Gardens, FL 33169<br><br>Office: (786) 802-3448<br>Fax: (786) 916-5984<br>janet@fofmiami.org<br>http://yfcenter.org |

## JOURNAL OF PRISIONERS ON PRISONS

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| The JPP attempts to acknowledge the accounts, experiences, and criticisms of the criminalized by providing an educational forum that allows women and men to participate in the development of research that concerns them directly. | Journal of Prisoners on Prisons<br>c/o Justin Piché, PhD<br>Associate Professor<br>Department of Criminology<br>University of Ottawa<br>Ottawa, Ontario, Canada<br>K1N 6N5<br><br>Phone: (613) 562-5800 ext. 1812<br>Fax: (613) 562-5304<br>E-mail: jpp@uottawa.ca |

## TENACIUS, ART AND WRITINGS BY WOMEN IN PRISON

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|---|---|
| Tenacious is looking for articles, poetry and art from women in prison | Postal: V. Law, PO Box 20388, New York, NY 10009 |

## MIAMI-DADE PUBLIC LIBRARY SYSTEM, MDPLS

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| Provides loan services and bibliographic, videographic and audiovisual consultation. It also has cultural activities focused on children and adults, such as painting workshops and guided tours of museums. | Sucursal Central<br>101 W. Flagler St., Miami, FL 33130<br>General Information<br>305-375-2665<br>www.mdpls.org<br>(para consultar otras sucursales en la localidad de Miami dade) |

## BELAFONTE TACOLCY CENTER

| | |
|---|---|
| Family and individual counseling for young people / Sports for young people | 6161 NW 9th Avenue<br>Miami, FL 33127 \|<br>Phone: (305) 751-1295 \|<br>Fax: (305) 751-0228 |

## LEARN2SWIM

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| Swim classes are offered at County pool locations. They are available year round, depending on demand, in two-week sessions. Swim classes are 30-45 minutes long. The cost of swim lessons vary from $10-$60 per session. You will be taught by certified American Red Cross water safety instructors. | To locate your nearest public pool, visit: http://www.miamidade.gov/parks/learn-to-swim-program.asp |

## FREE FITNESS AND NUTRITIONAL CLASSES

| | |
|---|---|
| Miami-Dade Parks is hosting a free Community Fitness Program from May 5 through Nov. 17, 2018 at six parks:<br>West Perrine Park<br>Goulds Park<br>Marva Bannerman Park<br>Arcola Lakes Park<br>Gwen Cherry Park<br>Ruben Dario Park<br>The program aims to engage the community in a healthy lifestyle.<br>Exercise classes include Zumba, Bootcamp Fitness, Yoga, Tai Chi, and Nutrition Education classes | Visit the page to know the schedules and parks destined for this program:<br><br>http://www.miamidade.gov/parks/community-fitness-program.asp |

Illustrator: Novita Helviana

# 17 VOLUNTEER

## CAMILUS HOUSE

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| Humanitarian services to the homeless and homeless populations of Miami-Dade County, Florida, | 1603 NW 7th Avenue<br>Miami, FL 33136<br>media@camillus.org<br>Phone. 305.374.1065 |

## VOLUNTEER OF AMERICA

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| Volunteers of America of Florida is a faith-based, human service organization that has been serving our community for decades. We are the first to step forward, taking on the most crushing problems. We are passionate, spiritual, creative problem solvers working together with vulnerable people and their families to achieve long-term, sustainable and meaningful change. | Miami Main Office<br>1492 W Flagler St<br>Miami, FL 33135<br>Contact: Julio Salinas<br>Phone: (305) 644-0335<br>Email: miamiinfo@voa-fla.org |

## RIVERSIDE HOUSE

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| Guide men and women convicted of crimes to become productive citizens through a non-confessional and faith-based approach. | Riverside Christian Ministries, Inc. d / b / a<br><br>Riverside House<br>968 NW 2nd Street<br>Miami, Florida 33128<br><br>Phone: (305) 326-9799<br>Fax: (305) 326-9003<br><br>Postal address:<br>Riverside House<br>PO Box 2325<br>Miami, Florida 33101-2325<br><br>RRC facility:<br>Phone: (305) 545-0926<br>Fax: (305) 545-0389 |

## YG INSTITUTE

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| Founded to revitalize, protect, and nurture family bonds' while maintaining the welfare of the children within any family. Care, trust, and love for each other are hard to revitalize after long years of separation due to incarceration. Family members and parents especially have at many times, endured limited or no contact with the children for periods of more than 15+ years. | Address: 8660 W Flagler St Ste 203<br>Miami, Florida, FL 33144<br>Phone: (305)9997989<br>Celphone. 7864996600<br>Email: yraida@yginstitute.org |

# 18 NOTES

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*For any comments please write to:*

lucia@yginstitute.org or yraida@yginstitute.org

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