



# Our Focus

Founded in 2005, Jóvenes SANOS (JS) has focused on increasing healthy eating and active living, making their mark in the community in advocating for healthier options at the Watsonville Farmers Market and local corner stores - to make the healthy choice the easy choice.

Today, in response to the community's emerging needs, JS youth are now shifting their focus towards mental health - from destigmatizing conversations on mental wellness to increasing youth access to mental health resources.

JS hopes to cultivate peer-to-peer conversations regarding mental wellness, promote hope, resiliency, and healing, and create a healthy and thriving culture.

# OUR GOALS



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



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



Support authentic youth engagement and 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 and power-sharing to rebuild connections with community and youth

# JÓVENES SAVOS



Developing the youth leaders of tomorrow,  
by creating a healthier community today