



## 2020 Fact Sheet

Serving Corpus Christi and Houston, Texas since **2019**.

### ABOUT US

Serving Nueces and Harris County since 2019, Esperanza de Tejas, Inc. is a 501c(3) non-profit organization whose mission is to provide pivotal social service programs to underserved children, adults, and families, thus increasing access to fresh food, and quality healthcare and education.



### YOUR NEEDS. OUR PRIORITY.

#### A.M.O.R.

Achievement through Mentoring and Opportunities to create Resiliency is a program to uplift and support children, youth and young adults in our community. Esperanza de Tejas, Inc. partners with local schools and school counselors to create a "Room of Hope" within their school to provide direct resources such as school clothing, school supplies, food, hygiene products and any other items they may identify as a need. A.M.O.R. also provides mentee and mentorship opportunities, ACT/SAT prep, assistance with employment and college applications, resume building, internship/employment opportunities and after school programs focused on promoting creativity and expression.

#### Project Vida

Project Vida is a program that provides a holistic approach to wellness. Through this program, children and adults receive the resources necessary to make healthy lifestyle changes including but not limited to, cooking classes, physical activity tips and quarterly free health and dental clinics open to the public. Additionally, Esperanza de Tejas, Inc. hopes to implement behavioral health services and support groups to provide essential services to the community.

#### Operation HOPE

##### Connecting Our Community through Amor y Esperanza

Operation Hope is a program that connects adults and families to various community initiatives with the goal of increasing community cohesion and involvement. Through this program, community members are able to give back through local initiatives such as our community gardens, neighborhood clean-ups, holiday basket drives, and resource fairs.

### OUR PROGRAMS

#### Helping Hands

Helping Hands is a program addressing food insecurity, promoting healthy hygiene practices, and linking adults and families to resources in their community. Through our food pantry, Mercadito Esperanza, families receive fresh produce on a monthly basis by attending community pop-ups. If an individual or family is unable to attend due to the lack of transportation, our team will deliver fresh produce to their home. In addition to providing food assistance, Helping Hands also provides emergency and crisis aid which consists of clothing and hygiene products. These services are facilitated by our community navigators who assist the family through the intake process and provide linkage to local resources.

#### Cafe con Esperanza

Cafe con Esperanza is a podcast hosted by Esperanza de Tejas, Inc. which provides education from subject matter experts on various topics that affect the community we serve. **Topics include the following:**

- **Minority mental health**
- **Holistic wellness**
- **Knowing your rights**
- **How to advocate for your children through the school system and financial fundamentals.**

Cafe con Esperanza correlates with our **Talk About It Thursdays** which is a mini series hosted on our social media pages in collaboration with the Latino Medical Student Association.



[www.esperanzadetejas.org](http://www.esperanzadetejas.org)

Email: [hope@esperanzadetejas.org](mailto:hope@esperanzadetejas.org)

Phone: (361) 445-4697