1. **Ceydel Ramirez** **(Tech)** was born in Guadalajara, Mexico. She moved to the United States at age 16 and now lives in Pittsburg, CA. She works at Kaiser Permanente as a laboratory assistant. She strongly believes in supporting teenagers to have a good foundation that supports them in manifesting their highest potential. She is inspired by how teenagers can use technology to support healthy self-care practices. She is recent arrival to Project Connect.
2. **Clara Reyes (Education/Program Coordination)** was born in Huatulco, which is located in the state of Oaxaca, Mexico. She has lived in Bay Point, CA for approximately 8 years. She has been attending Project Connect meetings over the past year, initially invited by a friend. She cares about helping women who have experienced IPV to regain their self-esteem and self-love, including love of their bodies. She is interested in healthy eating habits and enjoys exercise. She values spaces for women to gather to cultivate positive, “can do” attitudes.
3. **Mirtha Mackthon (Education/Advocacy)** was born in Peru ad now lives in Bay Point, CA. She has been attending Project Connect meetings for over 1 year, and is also a graduate of the WINGS program, WINGS Math and Positive Minds in Action programs. She is an enthusiastic supporter of the Center’s long-term safety programs. She values the power of listening.
4. **Silviana “Silvia” Hernandez** **(Project Coordination)** was born in Mexico, lived in San Jose for approximately 15 years and then moved to Bay Point, CA, where she has lived for the past 4 years. She is also mother to four children. She has been regularly attending Project Connect meetings for over 1 year, and is a graduate of the WINGS program. She loves the Center’s yoga classes and would like to invite others to join and experience its benefits. She wants to nurture in herself and others the courage to speak from the heart, without fear.