

LA GENTE DE LA COCINA SE COMPLACE EN PRESENTAR:

DE MANO-A-MANO



JOIN LA COCINA'S LIBERATION-BASED PROFESSIONAL TRAINING PROGRAM FOR LATINE-SERVING TEAMS THAT DELIVER CULTURALLY-AFFIRMING PEER-TO-PEER SOCIAL-EMOTIONAL SUPPORT

La Cocina is delighted to support mental health navigation and promotion teams with an intensive, fully bilingual (Spanish-English), peer-to-peer training program that will introduce teams supporting our Latine communities' social and emotional wellbeing to culturally-affirming navigation, promotion, and consultation services.

Fully designed "By Latines-For Latines," La Cocina's De Mano-A-Mano training intensive is for Latine-serving teams ready to approach direct services from a reflective lens that promotes self-care, self-compassion, increased individual and team reflective capacity and creativity, and a liberation-based approach to one-on-one and group consultation, facilitation and accompaniment.

WHAT DO TEAMS GET AS PART OF THIS UNIQUE OPPORTUNITY?

Program Requirements & Enrollment Benefits



- 1** Trainees must be part of a working team comprised of at least three team members working together for a common purpose and offering direct, peer-to-peer support services in Latine communities. Larger teams are welcome to apply; however, please know that the cost of training will vary based on the number of trainees enrolled as part of each team.
- 2** La Cocina will provide direct instruction over five training intensives held at La Cocina's offices in Denver, Colorado. Training intensives will begin in March 2024. In all, participants will enjoy access to 46 direct training hours.
- 3** Additionally, La Cocina will provide 24-hours of group LiBRC (Liberation-Based Reflective Consultation) with La Cocina's expert LiBRC consultants and trainers. Teams enrolled in the program must attend two LiBRC sessions per month; each session is 90-minutes, with most sessions delivered over Zoom or via a hybrid model, depending on each team's location.
- 4** Eight individual (1-1) LiBRC coaching sessions with expert LiBRC group facilitators. These coaching and 1-1 consultation sessions are offered to support participants with completing their case presentations, and to provide space for expert feedback on case-management overall.
- 5** Participants must complete two practice-based assignments, including video review. As part of these assignments, cohort members will give and receive feedback, including valuable expert feedback from their lead LiBRC trainers/facilitators at La Cocina, and as part of the De Mano-A-Mano critical feedback and harm-prevention model.
- 6** Teams enrolled in De Mano-A-Mano will receive an invitation and a 15% discount to La Cocina's 2024 LiBRC Conferencia—the ONLY fully bilingual (Spanish-English) professional conference completely dedicated to community-based, culturally-affirming, Latine social and emotional health and wellness.
- 7** **78 PROFESSIONAL TRAINING HOURS COMPLETED OVER EIGHT MONTHS!**

COST PER PARTICIPANT= \$4,600
PLEASE ASK US ABOUT A "LARGE-TEAM" DISCOUNT FOR TEAMS OF FIVE+ PROGRAM PARTICIPANTS

[APPLY NOW!](#)

DE MANO-A-MANO LATINE “PEER-TO-PEER” TRAINING AND LIBERATION-BASED REFLECTIVE CONSULTATION COHORT TRAINING SCHEDULE

(Please note all training will be conducted in both Spanish and English)

March 7, 2024	Introduction to La Cocina’s Latine-Centered Peer-Initiated Accompaniment & Social and Emotional Health & Wellness Consultation (Day 1)	9:00 a.m. to 4:00 p.m. at La Cocina’s Denver Institute
March 8, 2024	Practice: 1. Accompaniment basic skills , and 2. Consultation as a group(s) facilitation tool	9:00 a.m. to 2:30 p.m. at La Cocina’s Denver Institute
April 25, 2024	Invitational Skills—Part I	9:00 a.m. to 5:00 p.m. at La Cocina’s Denver Institute
June 20, 2024	Advanced Invitational Skills—Part II: Going deeper in the context of liberation	9:00 a.m. to 5:00 p.m. at La Cocina’s Denver Institute
September 12, 2024	Non-violent feedback as a tool to promote team and community equitable outcomes	9:00 a.m. to 4:00 p.m. at La Cocina’s Denver Institute
September 13, 2024	Team presentations and final clausura	9:00 a.m. to 2:30 p.m. at La Cocina’s Denver Institute
TOTAL DIRECT INSTRUCTION HOURS		46
LiBRC	All teams are required to participate in 3 hours of Liberation-Based Reflective Consultation and supervision (LiBRC) provided by La Cocina’s expert LiBRC consultants. The times and days of these bi-monthly 90-minute LiBRC sessions will be determined by each team based on their availability.	To be scheduled by each team
1-1 Coaching (Optional)	Team members are encouraged to participate in monthly 1-1 LiBRC (coaching) as a way to prepare for their case presentations and/or consultation(s) practice sessions. Monthly 1-1 coaching sessions will be scheduled by cohort participants after enrollment.	To be scheduled by each team
TOTAL EXPERIENTIAL AND LiBRC PRACTICE HOURS		36 HOURS

TOTAL OVERALL INSTRUCTION HOURS = 78

Thank you for your interest in La Cocina’s De Mano-A-Mano peer-to-peer support training program(s).

Complete [our online application](#) before February 2 and receive a 10% overall discount on your team’s enrollment costs (if accepted to the program). Team discounts may apply to teams of five or more program participants.

[APPLY NOW!](#)

