

May 30, 2025



AP-OD Family Connections

Message from AP-OD

In honor of Mental Health Awareness Month, over the past few weeks, we've shared helpful information and practical tips on our social media, including three engaging Instagram Live events with licensed marriage and family therapist, Silvia Esqueda, who reminded us that prioritizing mental health is a form of strength, not a luxury.

This week, we're closing our campaign with more useful tips and a special guided meditation video designed to help you take a moment for yourself—you deserve it!

Looking ahead to June, get ready for a fun-filled issue packed with activities and resources for the summer break. We're excited to support your family with ideas to play, learn, and grow together all season long.

¡Together, we keep opening doors!

Con cariño,
The AP-OD Team



Parent Spotlight



The classes strengthened me as a person and I gained a lot of skills that are useful as an employee and a parent. With AP-OD, I got to feel unity. I got to grow as a parent. The AP-OD program was such a safe environment.



- Elizabeth Lopez, single mother of 6



Want to share your AP-OD story and be featured in our monthly newsletter? Fill out this [form](#)!

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Expert Tip of the Month

Check out these mental health resources to help you “Turn Awareness into Action” and help eliminate the stigma around mental health.



[Mental Health Resources blog](#)

Upcoming Events and Workshops



Federal Budget Cuts: Impact on Families and How Parents Can Push Back

June 4 | 5pm PT | 6pm MT | 8pm ET

[Register](#)



2025 National Latino Family Report & Survey Launch

June 26 | 10am PT | 11am MT | 1pm ET

[Register](#)



Closing Dicho Don't leave for tomorrow what you can do today.