



**Parent Spotlight:**  
**Lucy Díaz of Sonoma Community Action Network (CAN)**

**From Participant to Leader**

In March, we highlighted Xochitl Becerra from Sonoma Community Action Network ([SonomaCAN](#)), whose commitment to families and community continues to inspire us. This month, we are honored to spotlight **Lucy Diaz**, a parent leader whose journey reflects the transformative power of opening doors and creating opportunities for growth.

As a mother of four, Lucy first joined AP-OD seeking something for herself.

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**I wanted the opportunity to do something for myself, something new, something to get myself out of my insecurities.**

What she found was much more than she expected.

Through AP-OD, Lucy discovered that parents are their children's first teachers and gained tools that strengthened not only her relationship with her children but also her confidence in herself.

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**The program helped me physically, emotionally, mentally, and socially. It helped me realize that there really are opportunities once doors open to you.**



Lucy at the AP-OD graduation ceremony

## Turning Growth Into Impact

As she continued participating, Lucy found a sense of connection and purpose that inspired her to grow in new ways. What began as a desire to step outside her comfort zone became a journey of leadership and service to others. Today, Lucy is part of the SonomaCAN team, where she continues to support families and help create opportunities for parents in her community.

When asked what message she would share with other parents considering AP-OD, Lucy encourages them to take the first step.



Lucy with her children on graduation day



**Don't be afraid. Give yourself the opportunity to learn and grow. You never know where that first step can lead.**

Lucy's story is a reminder that growth often begins with a single opportunity and that when parents are supported, entire families and communities benefit.

We are grateful to Lucy for sharing her journey and for the care and dedication she brings to families every day. Her story reflects the strength, resilience, and leadership that parents bring to their communities.

**Thank you, Lucy, for continuing to open doors for others.**



**Misión:** Sonoma CAN (Community Action Network), Santa Rosa, CA, se dedica a reducir la pobreza y mejorar la calidad de vida a través de programas y servicios innovadores que empoderan a las personas necesitadas. Para obtener más información, visite <https://www.sonomacan.org/> o sígalos en:   