

# THIS BRIDGE CALLED SOLIDARITY

UPLIFTING BLACK, INDIGENOUS AND TRANS MIGRANTS IN SD - TJ





Dear Reader,

This Bridge Called Solidarity is a zine created by the narrative team of the 2021 UCLA Community Scholars Program class to curate resources, information and artwork to support Black, Indigenous, and Trans migrants along the San Diego and Tijuana border. We firmly believe that all people have a right to migrate and the opportunity to support themselves and their loved ones. As we highlight within the zine, the experiences that Black, Indigenous, and Trans migrants face are often filled with violence, historical discrimination, contemporary bias and are therefore uniquely different to those of other migrants. Thus, this zine is curated to center these communities, although no one in our zine narrative team is a member of the Black, Indigenous and Trans migrant communities.

In the resource guide, we provide food and healthcare organizations available for Black, Indigenous, and Trans migrants in the Tijuana – San Diego region. Given widespread food insecurity, and the raging Covid-19 pandemic, the resource guide section aims to uplift free/low-cost food and health services for these migrant communities. We hope they provide a lifeline for those who are struggling to eat and find support to meet their specific health care needs.

In the timeline section, we highlight how immigration policies impact these communities differently and how there are increased barriers and repercussions for Black, Indigenous, and Trans migrants, such as language barriers, anti-Blackness racism, and gender-based violence.

Our team has also incorporated art submissions that symbolically embody the lived experiences of migration. The artwork showcases the many talents of artists/activists who demonstrate the realities of migration through their creative mediums. By including artwork from these communities, we hope the zine allows for diverse migrants to celebrate their ongoing resistance to violence and oppression. We want others to recognize the violence that is specific to these communities and how the lack of resources often makes migration journeys much more dangerous.

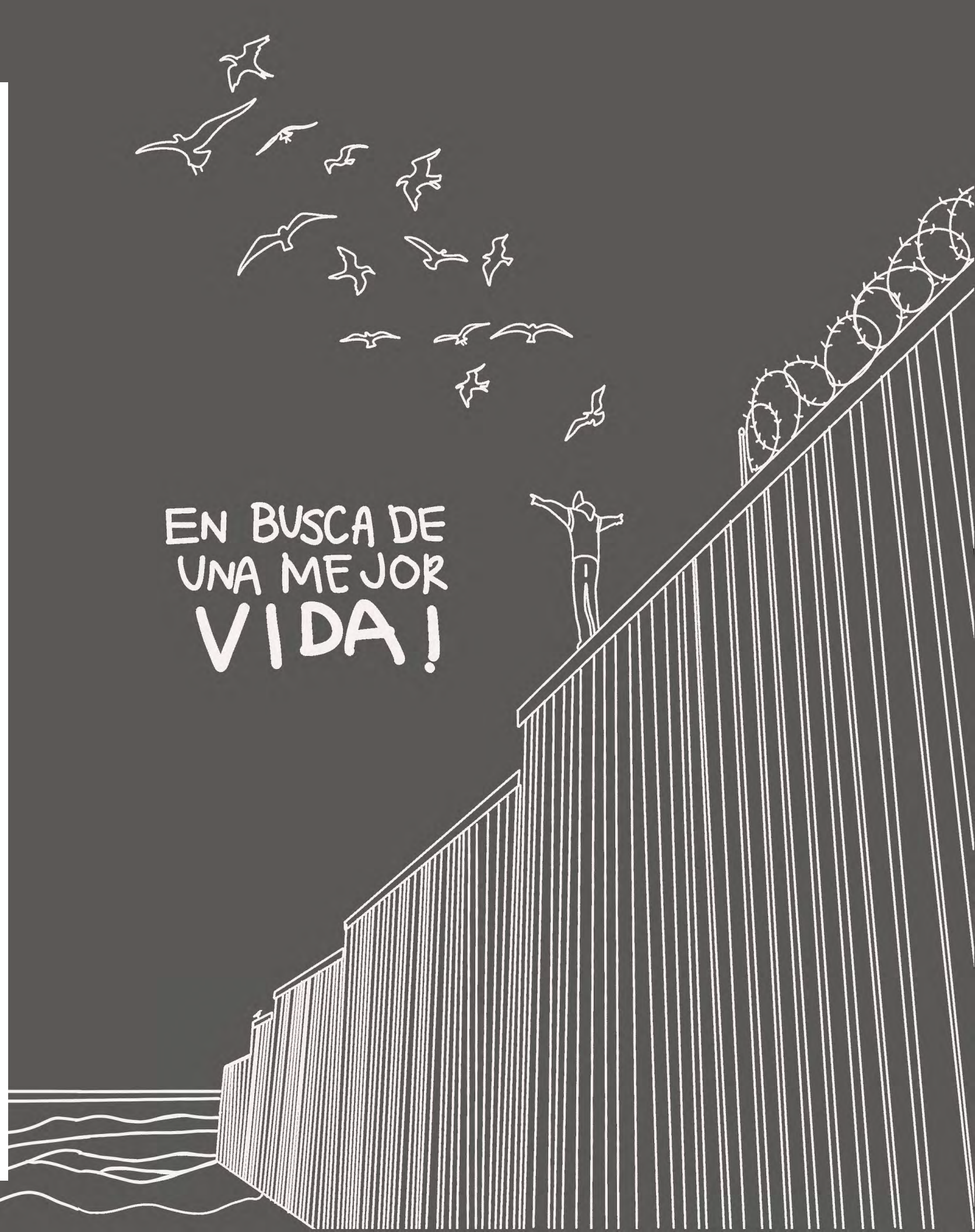
The zine was created over the course of the Winter and Spring quarters at UCLA. The narrative team would like to honor the UCLA Community Scholars teaching staff for their contributions and commitment to our zine project. We are also grateful for the UCLA Labor Center and Labor Studies Program for sponsoring this course. While some of our members who began collaborating with us couldn't finish the zine because they had urgent work to do within the migrant justice movement, we want to acknowledge their labor during the first quarter, where the concept of the zine first came to fruition. We thank Maria Luisa and Matias, for their early contributions to this project. We are all grateful for the early conversations they contributed to this work.

Celebrating its 30th Anniversary in January 2021, the Community Scholars Program is a cross-listed (open to undergraduate students) and graduate-level students that partners with community-based social change practitioners over two quarters. Each year, the UCLA Labor Center, the Institute for Research on Labor and Employment, and the Labor Studies Program partner with a wide-range of campus-based departments and centers to offer this course to UCLA students and community intellectuals/ activists. The intended outcome is to ensure people and communities directly impacted by urgent issues increase their capacity to shape policy solutions, change public discourse, and develop innovative, community based research for workers, grassroots leaders, and frontline organizations fighting for social change.

As always, we strive for the liberation of all forcibly displaced peoples across the world and a world free of borders.

In solidarity,

Nadia, Nanzi, Devi, Kendy, Sebastian, Kevin, Pedro  
Social Change Narrative Team  
UCLA Community Scholars Program 2021



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# GLOSSARY ON MIGRATION



**Amnesty:** A legal pardon offered under certain circumstances for various federal immigration offenses, such as entering the US without official authorization and proper documentation, like a visa.

**Asylum:** The protection granted by a nation (in this case the United States or Mexico) to a foreign person seeking legal status to live and work in that country. Once a person wins their asylum case, they are granted reprieve from deportation.

**Asylum Cooperative Agreements (ACA):** Also called “Safe Third Country Agreements,” President Trump’s Justice Department and Department of Homeland Security (DHS) forced migrants to first apply for asylum in El Salvador, Honduras and Guatemala before they could apply for asylum in the US. When asylum seekers arrived at the US–Mexico border without having first applied for asylum in one of these other countries, migrants were rapidly deported back. A federal court struck down the rule on June 30th, 2020 on procedural grounds. President Biden’s administration did not defend the ACA’s in court.

**Asylum seeker:** A person seeking international protection from danger or refuge in another country (like the United States or Mexico) because they’re facing persecution in their home country. Asylum seekers are not officially recognized as “refugees” until they have legally won their asylum cases.

**Department of Homeland Security (DHS):** DHS split the federal immigration-related duties among three separate agencies: (CIS) – Citizenship and Immigration Services, (ICE) – Immigration and Customs Enforcement, and (CBP) – Customs and Border Protection.

**Deportation:** The act of forcibly expelling a person from a country (United States or Mexico) based on a violation of federal immigration laws. People who can be deported from the US are noncitizens, including lawful permanent residents who have criminal convictions, foreigners who stay after their visas expire, asylum seekers who do not win their asylum cases, and people who entered the US without legal authorization (for example, those who crossed the US–Mexico border through a nonofficial port of entry and were caught anywhere inside the US). Once they are deported, a noncitizen faces legal barriers that prevent his or her from returning to the US for a certain time period, or sometimes permanently. Some states like Texas, will incarcerate noncitizens that are caught reentering the US after being deported the first time.

**Humanitarian Visas (In Spanish “Visas Humanitarias”):** Tarjetas de Visitantes por Razones Humanitarias (TVRH) more commonly known as “humanitarian visas” are issued by the Mexican immigration office, Instituto Nacional de Migración (INM). INM gave the humanitarian visas on an expedited basis to Central American migrants arriving with the caravans in November 2018. INM issued approximately 18,000 visas to migrant caravan members before they stopped. These visas are only valid for 1 year with the opportunity to renew them for an additional year. The visa holders are legally allowed to work in Mexico but they face additional barriers such as employment discrimination. The Humanitarian Visas originated with the 2011 Ley de Migración after an influx of Haitian migrants arrived in Mexico fleeing from the 2010 earthquake.

**Immigration and Customs Enforcement (ICE):** A bureau within the U.S. Department of Homeland Security (DHS) that enforces federal immigration and customs laws across the entire country. ICE is charged with the apprehension, detention, and deportation of undocumented immigrants anywhere in the US. The US Congress created ICE as a new agency after the September 11, 2001 attacks, with the merger of the US Customs Service and the Immigration and Naturalization service. There are more than 20,000 ICE employees across all 50 states.

**Migrant Protection Protocol (MPP):** More commonly known as the “Remain in Mexico” policy, MPP was passed by the President Trump administration to effectively stop or discourage asylum seekers from applying for asylum although it is their legal right to do so under both domestic and international laws. MPP forced over 60,500 asylum seekers to remain in Mexico, in often dangerous conditions, for months or even years, while they wait for their US asylum claims to be processed. Migrants in MPP have been kidnapped, extorted, tortured, raped and murdered as they wait in Mexican cities like Tijuana, Ciudad Juarez, and Nuevo Laredo. MPP was cancelled by the President Biden administration but the United States Supreme Court is slated to hear a court case in the next few months to determine whether Biden can effectively cancel the policy.

**Medi-Cal or MediCal:** The California Medical Assistance Program or Medi-Cal, is provided by the state of California (US). It’s the state’s version of the federal Medicaid program. Medi-Cal serves low-income people, or those who are earning incomes below the federally set poverty level. The program accepts families, pregnant women, foster care children, people with disabilities, senior citizens and adults without children. Medi-Cal is available to all children regardless of their immigration status but they must provide proof of California residency.

**Metering:** A US policy first introduced at the San Ysidro official point of entry (California) in 2016 by US Customs and Border Patrol. Metering was used to limit the number of asylum seekers who could cross into the US on any given day to apply for asylum. According to domestic and international laws, the forcibly displaced can apply for US asylum as soon as they enter US territory. When asylum seekers arrived at an official port of entry, along the US southern border with Mexico, CBP stopped them right before they could set foot on US soil to prevent them from immediately requesting asylum. Instead, asylum seekers put their names on a waiting list, on the Mexican side of the border, took a number and spent months or even years standing by for their numbers to be called in order to officially file their US asylum claim. The waiting list backlog grew exponentially under the Trump administration but the metering policy was also used by President Obama’s administration, prior to the Trump administration, to stop Haitian migrants in Tijuana from requesting asylum. Once President Trump came into office, the practice of metering became further entrenched and was extensively used along the entire US–Mexico border. The Migrant Protection Protocol (MPP) officially replaced the metering list.

**National Guard (of Mexico) or La Guardia Nacional:** The National Guard was created in 2019 by Mexican President Andres Manuel Lopez Obrador (also known by his initials, AMLO) and approved by the Mexican Congress, to enforce the country’s immigration laws, in addition to “preventing and combating” crime. The National Guard was immediately deployed to the Mexico–Guatemala border to stop undocumented migrants from entering the country. They were also sent to the northern border with the US to prevent migrants from crossing over. The National Guard is composed of elements from the Federal Police, Military Police and Naval Police.

**Refugee:** A person who is living outside his or her country of nationality and is unable to return to their home country because they have been legally recognized as facing persecution on account of their race, religion, nationality, membership in a particular social group, or political beliefs. Once an asylum seeker wins their asylum case, they are legally recognized as a “refugee.” The difference between refugees and asylum seekers is that asylum seekers are those who have not yet received a resolution to their asylum case. Not all asylum seekers will be officially recognized as “refugees.” A person obtaining refugee status in the US is entitled to permanently remain in the country legally, while asylum seekers are not. Refugees can apply for permanent residency after 1 year and are eventually entitled to apply for U.S. citizenship after 5 years.





# GLOSSARY ON MIGRATION

**Title 42:** (Section 262 of the US code Title 42.) It is a public health care order issued by the Center for Disease Control and Prevention (CDC), under pressure from President Trump’s administration. President Trump wanted to completely close the border and stop all immigrants from coming into the country. Title 42 has effectively shut down the US asylum process for the vast majority of migrants under the guise of containing the spread of Covid-19. Title 42 stops everyone, except US citizens, lawful permanent residents, their children and spouses, from entering the US. Some of the CDC’s own doctors have publicly stated the decision to stop the asylum process was not based on public health and safety reasons. Title 42 went into effect in March of 2020 but remains in place under President Biden.

**The United States–Mexico–Canada Agreement (USMCA):** A so-called “free trade” deal negotiated by the Trump administration to replace NAFTA (North American Free Trade Agreement). The USMCA is sometimes referred to as the “New NAFTA” or “NAFTA 2.0” because it keeps almost all of the worst aspects of NAFTA in place, in addition to including some of the terrible policies from the Trans-Pacific-Partnership (TPP). This horrible economic pact further entrenches the power of multinational corporations while it is absolutely devastating for American, Mexican and Canadian low-wage workers.

**U.S. Customs and Border Protection (CBP):** A bureau within the Department of Homeland Security (DHS) assigned to surveilling and patrolling the US–Mexico, US–Puerto Rico and US–Canada borders. They are responsible for monitoring the movement of goods (including contraband such as illicit drugs) and people moving into and out of the country. The mobile, law enforcement arm of the CBP is the US border patrol. Their primary mission is to detect and stop undocumented people from entering the US. They work with local law enforcement to maintain traffic checkpoints along the highways to intercept and arrest undocumented immigrants. They implement the US border control strategies such as Operation Gatekeeper in San Diego (California), Operation Hold the Line in El Paso (Texas), Operation Rio Grande in McAllen (Texas), Operation Safeguard in Tucson (Arizona), and the Arizona Border Control Initiative (ABCI) along the rest of the desert terrain of the Arizona border.

**Undocumented Person:** Also pejoratively referred to as an “illegal alien,” it’s a person who does not have the legal authorization and documents from the government to enter, live or work in the country. Undocumented people can be deported by federal immigration officers at any time and in most places including their home.

**Xenophobia:** Fear of strangers and foreigners but generally understood as dislike or prejudice against people from foreign nations. Xenophobia may be manifested in acts of violence, discrimination, and/or harrasment.



Title: el chaparral  
Credit photo: Nanxi Muxo  
June 26. 2021  
El Chaparral Camp in Tijuana Baja California, a few meters between the United States and Mexico wall. The people who live here do not lose hope in search of a better life. In this photo, we can see people from the Chaparral camp gathering and washing their clothes.

*The words and definitions in this glossary come from different sources such as books, immigration reports, and organizations which have dedicated years to fight and improve the immigration law of this country.*





# HISTORICAL TIMELINE

## 2016-PRESENT

Color Key  
Teal: Indigenous Migrant Specific  
Orange: Black Migrant Specific  
Yellow: Transgender Migrant Specific  
Azul: Background/Context  
Red: Factors for Migration

### Migration Timeline 2016-Present (2021/8/12 00:15)

#### Contributors to Migration to the U.S. and Mexico:

1979-1992  
Civil War in El Salvador

1960-1992  
Civil War in Guatemala

1994  
North American Free Trade  
Agreement

2009  
A US backed military coup  
ousted the sitting Honduran  
President Manuel Zelaya  
from office.

2010  
Earthquake in Haiti

2017  
Juan Orlando Hernandez  
(National Party) was  
declared the winner of the  
Honduran presidential  
elections, despite  
irregularities and the  
Constitution restricting  
current presidents from re-  
election.

July 1st  
"Free Trade" deal known as  
the United States-Mexico-  
Canada agreement went into  
effect, replacing NAFTA.

## 2016

-Haitian migrants arrive in Mexico after Brazil and Chile close their country to Haitians.  
-This wave includes many from Brazil and Chile whose migration policies strengthened and forced many to travel north to Mexico.  
-In 2016, 80% of migrants living in Tijuana were Haitians coming from Brazil and Chile.

Metering introduced in 2016, where migrants were given a number and had to wait to receive services. "Metering was used as early as February 2016, primarily at the San Ysidro port of entry."

## 2017

January  
Donald Trump was sworn in as President of the United States.

2007-2017  
4385 LGBT Salvadoran, Honduran, and Guatemalan migrants sought out asylum based on persecution related to gender identity or sexual orientation.

August  
The first recognized caravan of LGBTQ asylum seekers from Central America arrive in the Tijuana at the US-MX border.

## 2018

2015-2018  
At least three indigenous languages were in the top 25 languages used in immigration court.

Since 2018, more than half a million people from Guatemala have been apprehended by Customs and Border Protection at the border of the United States.

MPP has forced more than 60,500 Haitians to wait in Mexico without any support.

December  
Migration Protection Protocol (MPP) or "Remain in Mexico" introduced by the Trump administration. Under MPP, individuals who arrive at the southern border and ask for asylum are given notices to appear in immigration court and sent back to Mexico. They are instructed to return to a specific port of entry at a specific date and time for their next court hearing.

December  
-Andres Manuel Lopez Obrador (AMLO) sworn in as Mexican president with the MORENA political Party.  
-Promised a human rights approach to support migrants but changed his approach once pressured by the Trump administration.

**HISTORICAL MOMENTS THAT CAUSED MIGRATION TO US AND MEXICO**  
TRANS SPECIFIC, BLACK SPECIFIC, & INDIGENOUS SPECIFIC





2019

-In early 2019, AMLO granted humanitarian visas to more than 10,000 migrants, allowing them to transit freely to the U.S. border.  
-The government policy shifted toward enforcement as the Trump administration threatened to impose tariffs on Mexican imports.

March  
-AMLO creates National Guard for "public safety."  
-6000 troops sent to Guatemalan border to enforce federal migration policies towards migrants.

January-July  
-92,000 migrants apprehended by Mexican officials, up 32% from previous year.

July 2019- February 2021  
-Trump implements "Asylum Cooperative Agreements" (ACA) also known as "Safe 3rd Country Agreements" with Honduras, El Salvador and Guatemala.  
-If you traveled through any of these countries, you had to apply for asylum there first, and be denied asylum in these countries, before you are legally allowed to seek asylum in the United States.  
-Only the agreement with Guatemala was ever put into effect. Hundreds of Honduran and Salvadoran families were subject to the Guatemalan ACA from late 2019 to March 2020.

-Detainment of Haitians in 2019 increased 2330%  
-269 deported in 2019

-7065 Africans registered in detention by Mexico, most coming from Cameroon, the Democratic Republic of the Congo, Eritrea, Ghana, Somalia.  
-Changes in European migration policies are now forcing many African countries to make their way to the United States.

Late 2019 INM is no longer issuing salida de pais, at the same time there is an increase in asylum/refugee claims by Haitians.

2020

From 2013-2020 only 20% of Haitian asylum cases are approved, in comparison to 98% Venezuelan, 67% Honduran, and 71% Salvadoran.

Title 42 is dangerous for Haitians because they are deported to Haiti rather than back to Mexico.

December  
4 Trans Salvadoran women attacked in Southern Mexico, waiting in Ciudad Juarez after CBP expelled them.

May  
19,211 applicants registered as refugees, 3627 filed by Haitians

April 24-December 31  
Trump blocked the issuance of all new permanent visas to immigrants that the prior administration had targeted for exclusion for years. The ban blocked immigrant family members of U.S. citizens, including parents and children. The ban also covered winners of the diversity visa.

March 30  
Mexico declared a national public health care emergency from Covid-19. The Mexican government orders a national shut down and suspension of all non "essential" activities until April 30th.

March 20  
-Trump administration implements Title 42, giving the Centers for Disease Control and Prevention (CDC) the authority to prohibit entry of anyone who posed a "serious threat of the introduction of a communicable disease into the United States."  
-Estimates show that 514,633 people have been expelled from the U.S.-Mexico border.  
-Title 42 continues under Biden. Migrant teens and children are exempted from the order, with many going to government-run influx shelters before released to family sponsors or foster care.

March 20  
Mexico, the US, and Canada jointly agree to suspend all travel not deemed "essential" through their ports of entry because of Covid-19.

February  
-Inter-American Convention Against All Forms of Discrimination and Intolerance came into effect.  
-Signed by Mexico and Uruguay, but not Guatemala, Honduras, or El Salvador.

2021

Among the pending MPP cases as of January 2021, over 40 languages were represented among migrants, with numerous Indigenous languages represented.

February 6  
The Biden Administration did away with the Asylum Cooperative Agreements (ACA).

February-April  
1400 Haitians have been deported back to Haiti by the U.S.

February-April  
81 percent of LGBTQ asylum seekers reported an attack or attempted attack.

October 2020-March 2021  
Almost 100,000 Guatemalans have been encountered by Customs and Border Protection at United States land borders between October and March, the first six months of the U.S. federal government's 2021 fiscal year

November 2020-May 2021  
-Casa De Colores, a Trans migrant shelter in Juarez opens and closes in May 2021.  
-At one point 50 Trans women lived there, but is now closing as they are all migrating to the United States.

June  
Biden formally ends Remain in Mexico Policy, previously forcing migrants to wait in Mexico as they awaited their asylum decisions.

June  
Kamala Harris, vice president of the U.S., tells Guatemalan migrants to stop coming to the United States.

1/5 of all migrants currently detained in the U.S. are indigenous.

August  
The Supreme Court of the United States orders the Biden administration to reinstate the MPP program.

# HISTORICAL TIMELINE

## 2016-PRESENT

**HISTORICAL MOMENTS THAT CAUSED MIGRATION TO US AND MEXICO**  
TRANS SPECIFIC, BLACK SPECIFIC, & INDIGENOUS SPECIFIC





# Carta de Neo-Malitzin

by Alex Guzmán



Artist's Name: Alex Guzman  
Artwork title: Carta de Neo-Malitzin  
Artwork medium: Watercolor and ink on paper

Artist's Bio: Hello, my name is Alex Guzmán. I am a transborder artist and activist currently living in Kumeyaay territory, also known as the Tijuana-San Diego area.

Most of my art and organizing work focuses on immigration issues related to the border between Mexico and the United States. I'm interested in creating artwork that opens and fuels conversations surrounding these topics in particular, in an aesthetic and accessible way.

I find myself drawn to the Zapatista ideals and principles. I believe that we as individuals need to be aware and mindful of any position of power that we hold on a day-to-day basis in any sort of relationships we have, and therefore use this given power to obey and serve the needs of our community. As an artist it is my intention to observe the needs around me and have a conversation with my surroundings using my privileges and position of power as a content creator as well as the power of art to talk about issues I identify as something that needs to be talked about. My preferred mediums are watercolors and oils.

Artwork's description: Carta de Neo-Malitzin. Pareja de amigos conversando en una habitación. Cada uno pertenece a un lado distinto de la frontera norte del país y en la ilustración se contrastan algunas de las diferencias entre ambos lados.

Algunos de los temas que se tratan en la pieza son las rutas migratorias en el desierto, la migración mediante el océano en Playas de Tijuana, la militarización de la frontera, la construcción del muro de Trump, la contaminación al océano por Estados Unidos, la pandemia, las campañas políticas en las elecciones del 2020 en E.U.A., y como los ciudadanos de este país llevan una vida mucho mas privilegiada realizando actividades recreativas mientras que del otro lado se vive en estados de alerta y supervivencia.

Email: alexa.guzag5@gmail.com  
Instagram: @alexguzman\_doodles.jpg





Artista: Jose Froylan Lopez Garcia  
Título: E.U. la nacion mas podrida del mundo Técnica: tinta y papel  
Medida: 27×35CM  
Año: 2020

Biografía de Artista: Desde muy pequeño a José Froylan López García, le gustaba bocetar sus ideas, los colores de su tierra, los oficios, todo ese mundo místico que lo rodea, cerros y valles llenos de voces antiguas, hablante de la lengua originaria el zapoteco, e incansable promotor de la cultura en su comunidad, actualmente director y promotor del espacio cultural galería Gal Gutí que se encuentra en su comunidad de origen San Pablo Güila

Descripción de obra de arte:

Haciendo homenaje a una de las canciones del rapero NACH "entre barras y estrellas"  
Vemos como Estados Unidos que se creó dios entre todos los países del mundo.

Bajo las lágrimas de dios  
nació un hombre que quiso controlar el mundo  
engaños, guerras, opresión, mentiras,  
hicieron de los Estados Unidos de América  
la nación más grande de la historia

De su política... no te creas nada  
y de su ética... no te creas nada  
nación fanática... no te creas nada  
esto es América... no te creas nada

Erase una vez en América  
una tierra poderosa una población nerviosa  
y demasiado histérica  
siglos de grandeza histórica  
no quiero crear polémica si digo que para mí es trágica.

Empezaron robando esclavos de África  
sus nietos hoy son hombres atrapados en  
prisiones como ática  
moral y ética radical, fanática  
y cada cual su propia vida controla

Familias que sonríen en público y lloran a solas  
niños que compran pistolas igual que coca colas  
a todas horas suenan disparos y voces de alarma  
pero los ricos no se enteran, sus barrios están en calma

Donde está el sentido común necesario U.S.A. es  
la ley nos mienten cada telediario  
porque el señor George Bush es el mayor fascista  
y cualquier extranjero es sospechoso terrorista  
imperialismo militar en sus portadas de revistas  
todo por las pasta, instinto economista  
mientras su bandera ondea, cada uno alardea  
de las altas esferas con las que se codea  
crean una ilusión el himno de una nación  
...lo oyes...  
de California a Harlett desde el Down Jones a los  
proyectos  
Bowling for Columbine  
explica lo que hay, tanta represión y ego it's just  
me \_\_\_\_\_  
prueba el American Pie y después vomita

pensando en la paz que este gobierno tan  
hipócrita nos quita  
hoy es Afganistán y Sadam ayer Vietnam  
el tío Sam te necesita corre y acude a su cita

barras y estrellas  
barras y estrellas  
no te creas nada

América tierra de colosos, estilo de vida de ricos  
y poderosos sus leyes e ideas sus normas y sus  
consignas  
...crees en ellas?...  
América, vives entre barras o entre estrellas  
América, tierra de mafiosos, estilos de vida de  
pobres y peligrosos sus leyes e ideas sus normas  
y sus consignas  
...crees en ellas?...  
América, vives entre barras o entre estrellas

Porque existe súper villanos y no existen súper  
héroes si no me crees, dime, quien salvo aquellas  
dos torres? gentes corren y el tránsito nunca está  
quieto sin mas pasas del barrio, residencial o al  
guetto practica la libertad de expresión que se  
te a otorgado críticas su absurda guerra y serás  
castigado se huele en el ambiente

América, muere lentamente y ella misma se lo a  
buscado contaminando el planeta  
Aznar y Blair son tan solo marionetas de este  
juego y el mundo arde en el fuego de su dominio  
infernol todo país oriental que no obedezca  
está en el eje del mal y grandes empresas que  
controlan la campaña electoral  
para su propio beneficio, eso me saca de quicio  
y en el centro comercial, latinos y negratos son  
presas del racismo policial  
y esperan juicio

Sucia sociedad de vicios y delincuentes  
jóvenes inocente en el corredor de la muerte  
porque si eres diferente nadie perdona tu desliz  
tranquilos que Hollywood pondrá un final feliz

Es el sueño americano al alcance de tu mano  
si haces algo productivo tu esfuerzo no será en  
vano si América pierde el control  
tu dar el béisbol, un día de acción de gracias  
o una play station, one nation  
segada por el dar a dar veile  
en Ohio y Arkansas, en Queens a Beberli Hill  
la historia del lujo y del crimen  
tu como vives, dime  
tras las barras de esa celda junto a estrellas de  
cine

barras y estrellas  
barras y estrellas  
no te crea nada

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<u>Instagram:</u>	@Jose_froylan_yoosef
<u>Correo electrónico:</u>	yoosefart1994@gmail.com





Artist's Name: Hanifa Abdul Hameed

Artwork's title: History

Artist's Bio:

My name is Hanifa and an Indian American from New Jersey. I was a world traveler in the first few years of my life – from Saudi Arabia, to India, to Canada and finally I moved to New Jersey when I was 10. Currently I'm a UI UX designer by day and an illustrator by night. I'm inspired by my love for fashion, color, culture, and strong women.

Artwork's description:

This artwork includes women like Marsha P. Johnson, Angela Davis, Malala Yousafzai, Frida Kahlo, Junko Tabei, Amelia Earhart, and Kalpana Chawla. In addition to these amazing pioneers, I've also drawn a couple of "regular women", symbolizing the strong women around us that may not have gotten global recognition, but still deserve the praise for their everyday work.

Email: [hanfiaf@gmail.com](mailto:hanfiaf@gmail.com)

Instagram: [@colorsofhoney](https://www.instagram.com/colorsofhoney)







Artist's Name: Jess Rogawski  
Artwork Title: Portals of Possibility

#### Artist's Bio:

My name is Jess Rogawski (aka Mz. Gween) and I am a San Diego based artist and educator from Chicago, IL who currently works with students from southeast San Diego and Baja California, Mexico. My practice as an artist explores the connections between art and revolution. The portals I create, often made collaboratively, stand simultaneously as symbols of my own journey of self-healing as well as the collective, decolonial healing needed to change the world.

#### Artwork Description:

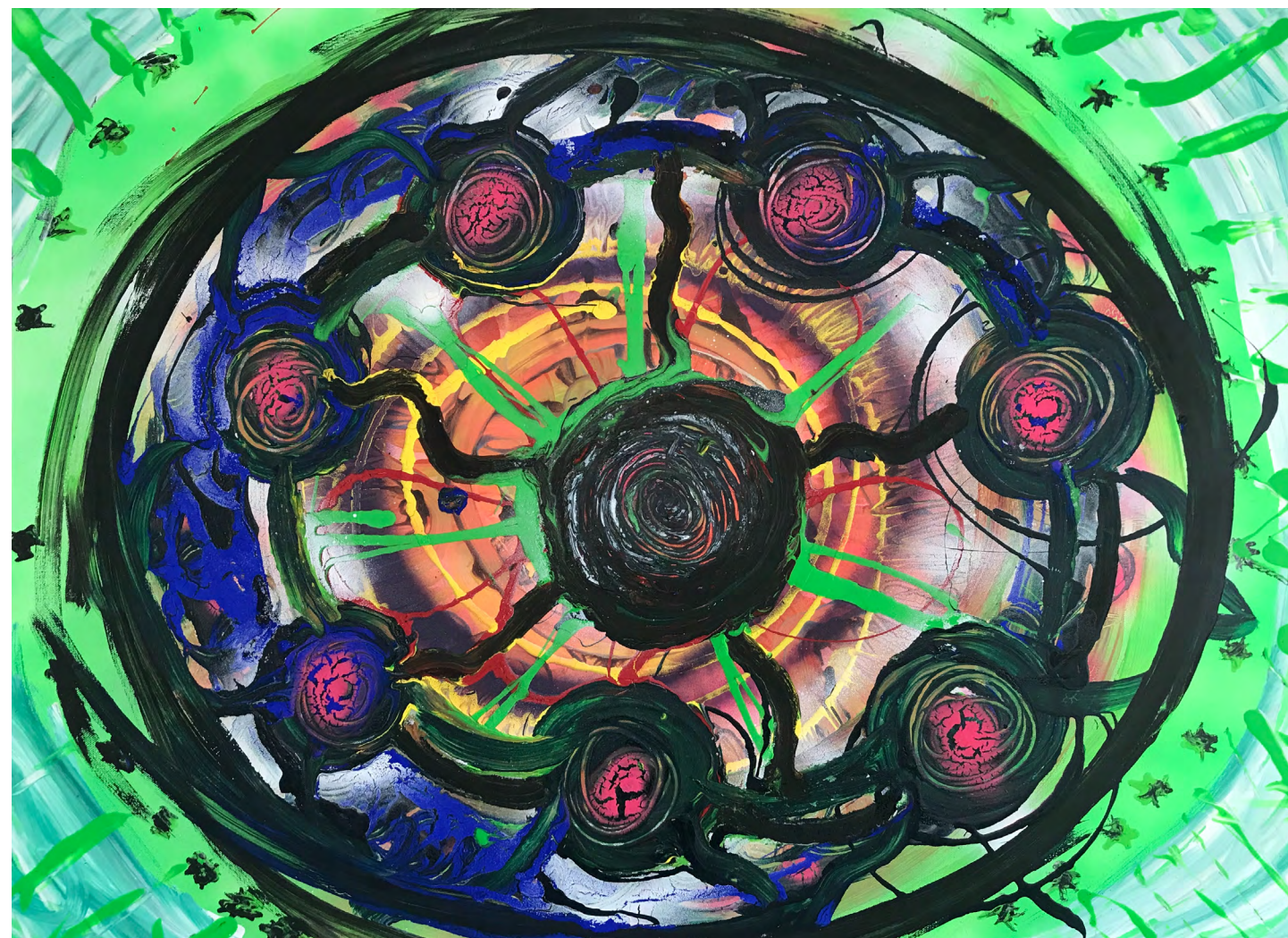
For me, a portal is a personal symbol representing a third space... neither here nor there. My identity as a mixed, bisexual, binational artist/teacher has gifted me liminal insight into multiple worlds but not belonging to either. It is through my art that I seek to explore how portals are connectors. I see portal opening as an exercise in personal and community ritual. Creative acts of alchemical power that require mutuality, collaboration, and most importantly, embodied conscious attention in the presence of self and others. Often these portal are made with groups of people, adding another element of spontaneity to the creation. Each portal is as unique as the moment it was made as well as each person who was involved in creating it. I aim to answer the questions... what life lessons can we learn as individuals and as a society from the metaphor of a portal? How can we embrace liminality as a tool of resistance in a binary world? How is imagination a form of resistance?

Instagram: @mzgween\_\_ and  
Website: [www.jessrogawski.com](http://www.jessrogawski.com)



# Portals of Possibility

by Jess Rogawski







**Artista:** Jose Froylan Lopez Garcia  
**Título:** “Vamonos Pal Gabacho a Llenar los Costales”  
**Tecnica:** tinta/papel Medida:27×35CM

**Biografía de Artista:** Desde muy pequeño a José Froylan López García, le gustaba bocetar sus ideas, los colores de su tierra, los oficios, todo ese mundo místico que lo rodea, cerros y valles llenos de voces antiguas, hablante de la lengua originaria el zapoteco, e incansable promotor de la cultura en su comunidad, actualmente director y promotor del espacio cultural galería Gal Guti que se encuentra en su comunidad de origen San Pablo Güila

**Descripción de obra de arte:** Una de las frases que mas escucho en el pueblo es “vamos pal gabacho a llenar los costales de dolares” como si cruzar de via ilegal fuera facil,para empezar tienes que dejar a las personas que mas amas ,tu pueblo ,tus raices, segundo tienes que conseguir lana para el coyote y el boleto para la frontera y aver quien te echa la mano al llegar o sino tienes que verlas negras y uno con primaria trunca, si conocimientos de inglés ,sin trabajo y unas bocas que alimentar .ufff no me puedo imaginar como es que dicen que la vida en el extranjero y siendo un cabron de piel canela y latino y que te traten con racismo y dando un peor trabajo en algun restaurante sin seguro y sin ninguna identidad , temiendo que ala vuelta de la esquina esta la migra para echarte de vuelta .

La vida no es facil pero hay que rifarsela o sino muere en el intento.

**Facebook:** Yoosef Yoosef  
**Instagram:** @Jose\_froylan\_yoosef  
**Correo electronico:** yoosefart1994@gmail.com





## FOOD RESOURCES - SAN DIEGO, CALIFORNIA

**NAME:** Feeding San Diego  
**EMAIL:** [info@feedingsandiego.org](mailto:info@feedingsandiego.org)  
**PHONE:** (858) 452-3663  
**FACEBOOK:** <https://www.facebook.com/feedingsandiego>  
**WEBSITE:** [feedingsandiego.org/get-help](https://feedingsandiego.org/get-help) AND <https://feedingsandiego.org/find-food/#locate>

**DESCRIPTION:** In partnership with more than 320 local charities, schools, faith communities, meal sites, and food pantries, Feeding San Diego distributes more than 32 million meals a year to people facing hunger. Feeding San Diego is hosting large-scale drive through food distributions in various regions across San Diego County. Why? Because we are in this together.

In partnership with the San Diego Padres and Cure Bound, Feeding San Diego is announcing an important program that provides free food assistance to patients facing cancer in San Diego County. CalFresh is a nutrition assistance program designed to help families and low-income individuals purchase healthy food. Learn more about how CalFresh can help you keep food on the table during tough times. Feeding San Diego has expanded their East County food distribution to include additional distributions in Ramona, Campo, and Jacumba. Additionally, they have increased food supplies to all of their rural mobile pantries.

**COST:** Free

**NAME:** Foodshed Small Farm Distro and Resource Hub  
**EMAIL:** [foodsheddistro@gmail.com](mailto:foodsheddistro@gmail.com)  
**PHONE:** 619-871-6292  
**FACEBOOK:** <https://www.facebook.com/foodshedsmallfarmdistro/>  
**WEBSITE:** <http://www.foodshedsmallfarmdistro.com/>

**DESCRIPTION:** Foodshed Small Farm Distro is a new, farmer-owned cooperative dedicated to growing a resilient, just food system in San Diego. If we're gonna try to ensure that there is access for everyone in San Diego to fresh, healthful food, then we need to make sure that it is two things: that it's affordable and that it's accessible! Farm Stand pop-up times/address: 9am to 12pm 3440 Fairmount Ave!

**COST:** Free

**NAME:** Jewish Family Service of San Diego  
**EMAIL:** [jfsonline@jfssd.org](mailto:jfsonline@jfssd.org)  
**PHONE:** (858) 637-3210  
**FACEBOOK:** <https://www.facebook.com/jewishfamilyservicesd>  
**WEBSITE:** <https://www.jfssd.org/our-services/food-meals/>

**DESCRIPTION:** Jewish Family Service (JFS) is a people-centered, impact-driven organization working to build a stronger, healthier, more resilient San Diego. Jewish Family Service (JFS) is a people-centered, impact-driven organization working to build a stronger, healthier, more resilient San Diego. In partnership with our supporters and volunteers, we Empower Individuals & Families to Move Toward Self-Sufficiency, Support Aging With Dignity, and Foster Community Connection & Engagement. Contact hours 8:30 am - 5:30 pm.

Summer is officially here, but for many San Diegans, hunger is still part of their lives every day. Thousands of our neighbors continue to need critical relief and supportive services to recover from the lasting effects of the pandemic. JFS remains committed to the recovery of our entire community and will continue to host drive-thru food distributions at a new time at our JOAN & IRWIN JACOBS CAMPUS, Monday through Friday from 2:00 - 5:00 pm. No qualifications or pre-registration are required.

**COST:** Free



## FOOD RESOURCES - SAN DIEGO, CALIFORNIA

**NAME:** Kitchens For Good  
**EMAIL:** [info@kitchensforgood.org](mailto:info@kitchensforgood.org)  
**FACEBOOK:** <https://www.facebook.com/kitchensforgood>  
**WEBSITE:** <https://kitchensforgood.org/coronavirus-response/>

**DESCRIPTION:** As the effects of COVID-19 continue to spread, thousands of San Diegans are now unemployed and unable to cover their essential needs. Now more than ever, we remain steadfast to its mission to break the cycles of food waste, poverty, and hunger in San Diego and address the growing need for food assistance in these times of crisis. We are continuing to ramp up our hunger relief meal production to meet the growing need in our community, while also supporting our students and alumni.

Healthy Meals for Families in Need – In response to the growing need for food assistance in San Diego, we have scaled our hunger relief meal production to prepare 275,000 meals this year. Healthy heat-and-eat meals are distributed through a partnership with the San Diego Food Bank to their partner agencies across San Diego County. These heat-and-eat meals serve a critical need for many children, working families, or seniors who may not have the capacity to adapt to the increased need for prepared meals at home. Kitchens for Good is partnering with My Brothers Keeper to provide Grab-and-Go meals every Tuesday from 3 pm to 5 pm. No ID or proof of income required. The distribution location is 404 Euclid Avenue, San Diego, CA 9211.

**COST:** Free

**NAME:** Mutual Aid UCSD  
**EMAIL:** [mutualaiducsd@gmail.com](mailto:mutualaiducsd@gmail.com)  
**FACEBOOK:** <https://www.facebook.com/mutualaiducsd/>  
**WEBSITE:** <https://linktr.ee/mutualaiducsd>

**DESCRIPTION:** Mutual Aid UCSD is an effort to support students, staff, and contingent faculty members in need of emergency food, finances, delivery of groceries/supplies, and/or academic and social support.

To request aid or volunteer: [tinyurl.com/ucsdmutualaid](https://tinyurl.com/ucsdmutualaid)

**COST:** Free

**NAME:** Project New Village San Diego  
**EMAIL:** [pnv.wellness@gmail.com](mailto:pnv.wellness@gmail.com)  
**FACEBOOK:** <https://www.facebook.com/projectnewvillage>  
**WEBSITE:** [projectnewvillage.org](https://projectnewvillage.org)

**DESCRIPTION:** 2020 has been a year full of challenges and changes for everyone, including our organization. With newly adapted strategies moving forward we see 2021 as a year full of hope, possibility, and opportunity. As we reflect on the changes made throughout this past year, we remain resolute in our fight for food justice, racial justice, and creating social equity throughout Southeastern San Diego. Eco-Friendly food: Thursdays 4pm - 6pm Mount Hope Community Garden 4269 Market Street SD, CA 92102

**COST:** Free





## FOOD RESOURCES - SAN DIEGO, CALIFORNIA

**NAME:** San Diego Food Bank  
**EMAIL:** [info@sandiegofoodbank.org](mailto:info@sandiegofoodbank.org)  
**PHONE:** (866) 350-3663 and 858-527-1419  
**FACEBOOK:** <https://www.facebook.com/SDFoodBank>  
**WEBSITE:** [sandiegofoodbank.org/gethelp](http://sandiegofoodbank.org/gethelp).

**DESCRIPTION:** The San Diego Food Bank feeds on average 350,000 people every month including seniors, active-duty military personnel and children living in poverty. The San Diego Food Bank's mission is to provide nutritious food to people in need, advocate for the hungry and educate the public about hunger-related issues. 8am -5pm. The Jacobs and Cushman San Diego Food Bank is operating Super Pantries in 30 locations around San Diego County. These pantries will be high-volume food distribution centers that will provide service three times per week and reduce the amount of time families will need to wait in line. See our website for more information.

**COST:** Free

**NAME:** San Diego Hunger Coalition  
**EMAIL:** [info@sdhungercoalition.org](mailto:info@sdhungercoalition.org)  
**PHONE:** +1(619) 501-7917  
**FACEBOOK:** [@sdhungercoalition](https://www.facebook.com/SDHunger)  
**INSTAGRAM:** [@sdhungercoalition](https://www.facebook.com/SDHunger)  
**WEBSITE:** <https://www.sandiegohungercoalition.org/safe>

**DESCRIPTION:** San Diego Hunger Coalition leads coordinated action to end hunger in San Diego County supported by research, education, and advocacy. Need to know where to find summer meals for your kids? Check out our [Summer Meal Sites page](#) for details on available meals in your area. Do you need help putting food on the table but aren't sure where to go? [We've got you covered!](#) Find the right food assistance for you and download our flyer to point you in the right direction! The Hunger Free Navigator Program helps communities and organizations connect people experiencing food insecurity to food assistance resources. General and tailored training are available.

**COST:** Free

**NAME:** Solidarity Farm SD  
**EMAIL:** [solidarityfarmsd@gmail.com](mailto:solidarityfarmsd@gmail.com)  
**PHONE:** 760-297-0838 (text is best)  
**FACEBOOK:** <https://www.facebook.com/solidarity.farm/>  
**WEBSITE:** <http://solidarityfarmsd.com/>

**DESCRIPTION:** Solidarity Farm is a cooperative family farm privileged to steward land owned by the Pauma Band of Luiseno Indians. We grow a diversity of seasonal fruits and vegetables on 10 acres and strive to integrate regenerative methods that sequester carbon and build healthy soil. We believe beautiful, nutritious food should be accessible to all people and seek to distribute our produce in ways that build a more equitable and just food system. 14909 Pauma Valley DR, Pauma Valley CA 92061.

Solidarity Farm is a proud co-founder of Foodshed Small Farm Distro and Resource Hub. We are excited to work with neighboring farms to bring you even more healthful, fresh fruits and vegetables. To learn more about Foodshed, Inc. and get our regenerative produce delivered to your neighborhood or directly to your door visit our website.

**COST:** Free



## HEALTHCARE RESOURCES - SAN DIEGO, CALIFORNIA

**NAME:** Vista Community Clinic  
**EMAIL:** [info@vcc.org](mailto:info@vcc.org)  
**PHONE:** +1 (760) 631-5000  
**FACEBOOK:** <https://www.facebook.com/VistaCommunityClinic/>  
**WEBSITE:** <http://www.vistacommunityclinic.org/>

**DESCRIPTION:** Vista Community Clinic provides high-quality affordable health care and health education to the community. Services include: family medicine, pediatrics, optometry, women's health, behavioral health, podiatry, prenatal care, dental, pharmacy and immunizations. Specialty care services offered are reproductive & sexual health, liver clinic, acupuncture, senior care, HIV care, chiropractic, cancer screenings, gender affirming care, medication assistance treatment. To find a clinic near you visit this link: <http://www.vistacommunityclinic.org/locations/>

You can now visit with your VCC provider online through our convenient telehealth platform.

If you are a patient in need, come visit our food distribution at Luz Duran Park (340 E. Townsite Dr., Vista) until 4:30! We'll be providing a bag of food and diapers to those in need. You can also call to learn more about future distributions.

**COST:** Free food for patients and sliding scale health care services

**NAME:** We All We Got SD - Mutual Aid  
**FACEBOOK:** <https://www.facebook.com/groups/938774179853952>  
**WEBSITE:** <https://www.weallwegotsd.com/>  
<https://www.weallwegotsd.com/distro>

**DESCRIPTION:** We are an all-volunteer grassroots group operating in Kumeyaay territories. Inspired by organizing mutual aid efforts in Chicago, Seattle and more; this new San Diego Mutual Aid working group comes together in hopes that we may be able to offer support for and with our most vulnerable and impacted communities. Weekly drive up food distribution at the Brown Building in San Diego at 1:30pm. If you would like money, food or other supplies dropped off at your place of stay please use this form. We are prioritizing folks who are Black, sick, disabled, quarantined without pay, elderly, undocumented, queer, Indigenous, and/or people of color. Request Aid Form:

[https://docs.google.com/forms/d/e/1FAIpQLSfh6ljsWxMRmURHgunSc\\_k4MagQW2dpBqggOin-ow0AzpItcg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfh6ljsWxMRmURHgunSc_k4MagQW2dpBqggOin-ow0AzpItcg/viewform)

**COST:** Free





## HEALTHCARE RESOURCES - SAN DIEGO, CALIFORNIA

**NAME:** Catholic Charities Diocese San Diego - Refugee Services - Healthcare Services  
**EMAIL:** [andreagarcia@ccdsd.org](mailto:andreagarcia@ccdsd.org)  
**PHONE:** +1 (619) 287-9454  
**WEBSITE:** <https://ccdsd.org/refugee-services/>

**DESCRIPTION:** Since the establishment of the Diocese of San Diego in 1936, the role of Catholic Charities has been to provide social welfare programs including affordable housing, social security cards, public and health assistance, among others.

**COST:** Reduced

**NAME:** Southern California Care Community - San Diego  
**EMAIL:** [sonhealthproject@csusm.edu](mailto:sonhealthproject@csusm.edu)  
**PHONE:** (760) 385-3739  
**WEBSITE:** <https://socalcc.org/>

**DESCRIPTION:** The Southern California Care Community, (SoCalCC) offers free, community based healthcare clinics throughout San Diego County. Run by licensed medical professionals and nursing students, we serve the uninsured residents of our community in a respectful and compassionate manner. Services include adult and pediatric care, prescription assistance, counseling services, and clothing, medical, and hygiene supplies.

For clinic locations and hours, go to <https://socalcc.org/clinics>

Our clinics are set up to safely provide medical care during the COVID-19 Pandemic. All patients are screened for COVID-19 symptoms before entering the clinic, social distancing is practiced, and patients can be seen in outdoor settings when appropriate. All persons must wear a mask while inside the clinic. We request only one family member accompany each patient during their visit.

Our clinics are currently not testing sites for COVID-19. For free COVID-19 testing please call 211 or go to <http://211sandiego.org/resources/health-wellness/covid-19-testing/>

**COST:** Free

**NAME:** Survivors of Torture International  
**EMAIL:** [survivors@notorture.org](mailto:survivors@notorture.org) & [kpimental@notorture.org](mailto:kpimental@notorture.org)  
**PHONE:** (619) 269-1254 & (619) 779-7900  
**FACEBOOK:** <https://www.facebook.com/LaMaestraCHC>  
**WEBSITE:** <https://notorture.org/client-services/>

**DESCRIPTION:** Survivors of Torture International in San Diego, California, is a multidisciplinary service organization of providers who include medical and mental health workers, as well as other professionals. SURVIVORS also hosts regular trainings for students and professionals about how to appropriately identify, refer, and serve survivors of torture.

**COST:** Reduced cost/free



## HEALTHCARE RESOURCES - SAN DIEGO, CALIFORNIA

**NAME:** Pathway Health Clinic: Pregnancy Services  
**EMAIL:** [appt@pregnancyresourcecenter.com](mailto:appt@pregnancyresourcecenter.com)  
**PHONE:** (760) 945-4673 & 24/7 text (760) 208-8811  
**WEBSITE:** <https://pathway-healthclinic.com/>

**DESCRIPTION:** Pathway Health Clinic (PHC) has been serving the North County San Diego community as a licensed medical clinic since 2002. We were accredited by the Accreditation Association for Ambulatory Healthcare in 2019. Status as an accredited organization means Pathway Health Clinic has met nationally recognized standards for the provision of quality health care set by AAAHC. Located off of the 78 Freeway and Emerald Drive in Vista, we provide no-cost limited early pregnancy services to those facing an unplanned pregnancy. If you think you might be pregnant- we can help.

Pathway Health Clinic provides evidence-based medical services and education in the areas of sexual health. We offer no cost, confidential medical services for men and women. The clinic offers pregnancy and gestational age verification by ultrasound – This essential service provides women with quick access to critical, time sensitive pregnancy diagnosis and information that will help them to decide whether obtaining additional medical care is urgent or can be postponed for a short while.

Services available include Sexually Transmitted Disease (STD) testing and treatment, pregnancy tests, limited ultrasound, and community resources.

**COST:** Free

**NAME:** University of California San Diego (UCSD), School of Medicine: Student-Run, Free Clinic Project  
**EMAIL:** [ucsdsrhc@health.ucsd.edu](mailto:ucsdsrhc@health.ucsd.edu)  
**PHONE:** (858) 534-6110  
**WEBSITE:** <https://medschool.ucsd.edu/som/fmph/education/freeclinic/Pages/default.aspx>

**DESCRIPTION:** The UCSD Student-Run Free Clinic Project, in partnership with the community, provides respectful, empowering, high quality health care. Our services offered are:

**Medical Services:** We provide comprehensive health care to people without access to care. The most common medical problems we address include diabetes, high blood pressure, high cholesterol, asthma, and depression. We also offer specialty clinic consultations including cardiology, dermatology, endocrinology, diabetes, neurology, ophthalmology, physical therapy, podiatry, psychiatry, and women's health.

**Dental Services:** Dental patients in need can contact the UCSD Student-Run Free Dental Clinic at [office@ucsdps.org](mailto:office@ucsdps.org). You can also visit our website at: <https://ucsdps.org>.

**Pharmacy Services:** Students and faculty from Skaggs School of Pharmacy and Pharmaceutical Sciences at UC San Diego work in tandem with our Patient Assistance Program (PAP) volunteers to fill almost 28,000 free monthly prescriptions. Additionally, our pharmacy team provides immunization programs, medication education to our patients, and an excellent smoking-cessation program.

**Affiliated Acupuncture Clinic:** Pacific College of Oriental Medicine (PCOM) offers acupuncture services to interested patients in conjunction with the medical clinic.

**Social and Community Service Referrals:** Our social workers provide counseling for our patients in addition to helping them access other available services, including housing, access to health care, food, drug and alcohol addiction treatment, etc.

**Legal Clinic:** In partnership with California Western School of Law and attorneys from the community, we provide legal advice and referral services regarding issues such as immigration, family law, consumer law, and criminal law. Limited notary services are also available.





## HEALTHCARE RESOURCES - SAN DIEGO, CALIFORNIA

**Health Counseling and Education:** We provide counseling and health education on topics including first aid, nutrition, hepatitis, diabetes management, drug and alcohol addiction, smoking cessation, blood pressure surveillance, eye disease, mental health awareness, and preventive care.

**Promotoras:** Wise community members who are often former patients, these individuals serve as “trust bridges” to the community and to our patients.

**Mental Health Services:** We provide psychiatric consultation, bilingual psychotherapy and other supportive services by a team of volunteer professionals that integrate cultural diversity and antiracism approaches. Thanks to our outstanding community partners, we currently have five clinic sites. Please expect to spend up to five hours at the clinic during your visit, and part of this time may involve waiting outside. Please dress accordingly, and you may want to bring a snack and a book to read. To find a clinic near you, visit this link: <https://medschool.ucsd.edu/som/fmph/education/freeclinic/about/Pages/clinic-sites.aspx>

**COST:** Free

**NAME:** Champions for Health  
**EMAIL:** [Andrew.Gonzalez@ChampionsFH.org](mailto:Andrew.Gonzalez@ChampionsFH.org) & [adama.dyoniziak@championsfh.org](mailto:adama.dyoniziak@championsfh.org)  
**PHONE:** +1 (858) 300-2777  
**FACEBOOK:** <https://www.facebook.com/championsforhealthsd>  
**WEBSITE:** <https://championsforhealth.org>

**DESCRIPTION:** Founded and directed by physicians, the Champions for Health manages a host of programs that help physicians, patients and our community. Together, we solve unmet health care needs by offering efficient and meaningful access to care, preventative health education, resource information, and support for local medical students. Champions For Health addresses the unanswered healthcare needs of low-income and uninsured San Diego County residents. Champions for Health provides the community with community wellness initiatives such as free immunization programs, health screenings, and a healthy mindset.

The community wellness services include a free immunization program, health screenings, Health Body/Healthy Mind education, and a Live Well Speakers Bureau presentations.  
Address: 4699 Murphy Canyon Road ste 102 San Diego, CA 92123

**COST:** Reduced costs/Free



## HEALTHCARE RESOURCES - SAN DIEGO, CALIFORNIA

**NAME:** San Ysidro Health  
**PHONE:** +1 (619) 662-4100  
**FACEBOOK:** <https://www.facebook.com/SanYsidroHealth>  
**WEBSITE:** <http://www.syhc.org>

**DESCRIPTION:** San Ysidro Health is dedicated to providing high quality, accessible and affordable medical, dental and behavioral health services. Our patients are at the center of our care. We are an innovative organization committed to providing compassionate healthcare services to all. We care for everyone in need regardless of their insurance coverage or ability to pay. **MEDI-CAL IS NOW AVAILABLE TO ALL CHILDREN, REGARDLESS OF IMMIGRATION STATUS.** (Income & CA residency requirements apply) If you are uninsured, San Ysidro Health can help you find **NO COST** or **LOW COST** health coverage regardless of your income, health or immigration status! Health Insurance Hotline: (619) 600-3000. Days/hours to call are: Monday – Friday 8:00 am to 4:30 pm.

The San Ysidro Health clinic offers HIV/AIDS assistance, COVID-19 vaccines, pediatrics, senior services, women’s services, urgent care, pharmacy, dental services, behavioral health, WIC program information, nutrition services, diagnostic services, chiropractic care, optometry services, health promotion & education, specialty medical care, adult & family medicine, a family resource center as well as support services such as transportation. For help with transportation, dial (619) 662-4137. For assistance with the WIC program call (888) 942-7942.

San Ysidro Health also has mobile medical services. To learn more about the mobile medical services call (619) 662-4199. Schedule your COVID-19 vaccine at <https://pss.medfusion.net/?bookmarkurl=eyJ0eXBILjoibG9naW5sZXNzliwibGlua0d1aWQiOiJhMzMzMzMyMGU5Ni00NTdkLTQ1MTEtODE1Yi1mYTZyYjhhOWYzYWEifQ==#/>

To find a clinic location near you and their hours of operation visit <http://www.syhc.org/find-a-location/>

**COST:** Reduced costs/Free

**NAME:** Family Health Centers of San Diego (FHCSd)  
**EMAIL:** [info@fhcsd.org](mailto:info@fhcsd.org)  
**PHONE:** +1 (619) 515-2300  
**FACEBOOK:** <https://www.facebook.com/FHCSd>  
**WEBSITE:** <http://www.fhcsd.org/telehealth/>

**DESCRIPTION:** For 50 years, Family Health Centers of San Diego’s (FHCSd) mission has been to provide caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons. FHCSd provides urgent care, primary care, flu shots, reproductive health care, prenatal support services, dental services, mental health services, pharmacy, and vision services. We also offer the Program for All Inclusive Care for the Elderly (PACE), COVID-19 vaccinations offered. To schedule your vaccine appointment, call (619) 515-2474.

Vaccinations are by appointment only. Walk-ins are accepted at FHCSd Headquarters only. We offer COVID-19 testing and treatments to our patients and the public. Walk-ups are welcome. Testing is available at no cost to you Monday – Friday from 8:30 a.m. to 4:30 p.m. After you’ve been tested, results will be available within a week. For the health of your family and community, prepare to self-isolate between when you are tested and when you receive your results.

Telemental appointments are now available. You can continue to receive affordable, high-quality health care through phone calls or interactive videos with your provider for non-emergency care. To schedule your telehealth appointments, contact our staff at (619) 515-2300 or fill out this form: <https://www.fhcsd.org/tele-health-appointments/>

To find a clinic location near you visit <https://www.fhcsd.org/clinic-location-list/>

**COST:** Reduced costs/Free





## HEALTHCARE RESOURCES - SAN DIEGO, CALIFORNIA

**NAME:** Operation Samahan  
**EMAIL:** [outreach@samahanhealth.org](mailto:outreach@samahanhealth.org)  
**PHONE:** +1 (844) 200-2426  
**FACEBOOK:** <https://www.facebook.com/SamahanHealth>  
**WEBSITE:** <https://www.operationsamahan.org/>

**DESCRIPTION:** Operation Samahan is a Federally Qualified Health Center (FQHC) that serves the San Diego County community. Founded in 1973 in a barber shop in Downtown San Diego by Filipino health professionals offering services to immigrants who did not have the finances, linguistic skills, or ability to navigate the healthcare system. Today, Operation Samahan has evolved into a diverse community health center with services available at National City, Mira Mesa, City Heights, and Rancho Penasquitos. We provide a comprehensive spectrum of integrated health care, preventive services and serve as a community partner to work towards a healthier San Diego.

We provide adult primary care, pediatrics primary care, dental services, women's health services, behavioral health & wellness, family planning, podiatry, acupuncture, integrative health and wellness, healthy eating, chiropractic services, civic engagement, and other health related services to the uninsured, underinsured, and underserved families of all income levels regardless of their ability to pay. We have the Samahan Youth Center and also offer insurance enrollment assistance.

Free COVID-19 testing by appointments only and vaccines. To find a testing clinic near you, with their hours, and to make your appointment use this link:

[https://healow.com/apps/jsp/webview/openaccess/widgets/uc/oaUrgentCare.jsp?apu\\_id=29408](https://healow.com/apps/jsp/webview/openaccess/widgets/uc/oaUrgentCare.jsp?apu_id=29408)

We will work with you to develop individualized care plans, including management of chronic diseases. If we cannot assist, we can provide referrals or advice about the type of practitioner you require. We treat all enquiries sensitively and in the strictest confidence. We're here to care for you and your entire family.

**COST:** Reduced costs/Free

**NAME:** Borrego Healthcare  
**EMAIL:** [marketinghelpdesk@borregohealth.org](mailto:marketinghelpdesk@borregohealth.org)  
**PHONE:** +1 (855) 436-1234  
**FACEBOOK:** <https://www.facebook.com/borregohealth>  
**WEBSITE:** <http://borregohealth.org/>

**DESCRIPTION:** Borrego Health provides high quality, comprehensive, compassionate primary health care to the people in our communities, regardless of their ability to pay. Borrego Health offers primary care, pediatric care, urgent care, dental services, internal medicine, behavioral healthcare, transgender health services, woman's health services, veteran's health services and speciality care. The specialty services include chiro-practitioners, Hepatitis B & C treatment, HIV/AIDS care, PrEP & PEP, as well as Transgender Pediatrics.

Ancillary services offered are digital radiology, mammogram clinics, telemedicine, home healthcare services, lab services, and pharmacy. Preventative services available are cancer screenings, well child exams, immunizations, perinatal services, family planning and physicals. Additionally, Borrego Health provides enabling services such as transportation, translation services, application assistance, referral coordination, social services and health education.

Due to COVID-19, the following services have been temporarily placed on hold at our clinic sites: cardiology, dermatology, podiatry & optometry.

All Borrego Health patients, visitors, and staff continue to be required to wear face covers (masks) upon arrival to Borrego Health facilities.

To find a clinic location near you visit their website or this link:

<https://answers.borregohealth.org/?Facets.filterbox.filter0=%5B%5D&Facets.filterbox.filter1=%5B%5D&referrerPageUrl=&Facets.filterbox.filter2=%5B%5D&verticalUrl=Locations.html>

**COST:** Reduced cost/Free



## HEALTHCARE RESOURCES - SAN DIEGO, CALIFORNIA

**NAME:** Vista Community Clinic  
**EMAIL:** [info@vcc.org](mailto:info@vcc.org)  
**PHONE:** +1 760-631-5000 & +1 (844) 308-5003  
**FACEBOOK:** <https://www.facebook.com/VistaCommunityClinic/>  
**WEBSITE:** <http://www.vistacommunityclinic.org/>

**DESCRIPTION:** Vista Community Clinic provides high-quality affordable health care and health education to the community. Services include: family medicine, pediatrics, optometry, women's health, behavioral health, podiatry, prenatal care, dental, pharmacy and immunizations. Specialty care services offered are reproductive & sexual health, liver clinic, acupuncture, senior care, HIV care, chiropractic, cancer screenings, gender affirming care, medication assistance treatment. To find a clinic near you visit this link:

<http://www.vistacommunityclinic.org/locations/>

You can now visit with your VCC provider online through our convenient telehealth platform.

If you are a patient in need, come visit our food distribution at Luz Duran Park (340 E. Townsite Dr., Vista) until 4:30! We'll be providing a bag of food and diapers to those in need. You can also call to learn more about future distributions.

**COST:** Free food for patients and sliding scale for health care services.





## FOOD RESOURCES - TIJUANA, BAJA CALIFORNIA

**NAME:** Ayuda Mutua Tijuana  
**PHONE:** +52 (551)790-9947  
**FACEBOOK:** <https://www.facebook.com/Apoyomutuotj/>

**DESCRIPTION:** This project surged from the struggle against urgent food insecurity that's occurring primarily in this eastern area of Tijuana, with the loss of jobs, we seek to provide basic staple foods. My name is Korina and along with my partner, Psyché, we started this project at the beginning of the pandemic. We are part of various vulnerable groups and that's why it was important for us to mutually support each other. I'm a biology teacher at a high school and every semester I'd ask my students involved in the project to support people or groups they like; the situation caused by Covid-19 stopped all these projects and that's why I decided to launch my organization.

**COST:** Free

**NAME:** Casa del Migrante TJ  
**EMAIL:** [casadmigrantetijuana@gmail.com](mailto:casadmigrantetijuana@gmail.com)  
**PHONE:** +52 (664) 682-5180 & +52 (664) 382-7685.  
**FACEBOOK:** <https://www.facebook.com/CasadelMigranteTijuana/>  
**WEBSITE:** <https://casadmigrantetijuana.com/en/>

**DESCRIPTION:** We provide Breakfast, Lunch, and Dinner, personal hygiene items, footwear, and clothing, medical care, calls, Internet, and video calls, sessions about human rights control of addictions, sexual health, and others. We also help migrants obtain documentation such as a birth Certificate, CURP, Social Security Number. We also have a job bank (job application and creation of resume) and a safe space to save their money and documents.

**COST:** Free

**NAME:** Centro De Servicios Ser A.C  
**EMAIL:** [rosario@centroser.org](mailto:rosario@centroser.org)  
**PHONE:** +52 (664) 381-0469  
**FACEBOOK:** <https://www.facebook.com/CENTROCSE.AC>  
**WEBSITE:** <http://www.centroser.org/>

**DESCRIPTION:** Centro De Servicios Ser A.C is a community center. Our mission is to provide quality services to promote holistic care for vulnerable groups in Tijuana. Our vision is to strengthen holistic sexual health for a life with dignity in an environment of inclusion and respect. List of Services: Rapid HIV tests, syphilis and pregnancy tests, support groups for men living with HIV, support groups for trans people, support groups for the families of trans people, sexual health orientation, psychiatric evaluations, and a gender affirming "harmonization" clinic. We give out boxes of basic food staples to LGBTQ+ people. Address: Avenida G González Ortega No. 881 22000 Tijuana, Baja California, México

**COST:** Free



## FOOD RESOURCES - TIJUANA, BAJA CALIFORNIA

**NAME:** Contra Viento Y Marea, El Comedor Comunitario  
**EMAIL:** [contravientoymareacomedor@gmail.com](mailto:contravientoymareacomedor@gmail.com)  
**FACEBOOK:** [www.facebook.com/contravientoymareacomedor](https://www.facebook.com/contravientoymareacomedor)  
**INSTAGRAM:** [https://www.instagram.com/contravientoymarea\\_comedortj/](https://www.instagram.com/contravientoymarea_comedortj/)  
**WEBSITE:** [www.contravientoymareatj.com](http://www.contravientoymareatj.com)

**DESCRIPTION:** We are the only frontline resource center and community kitchen founded and run by Central American migrant youth from the migrant caravans. Known as "El Comedor" because of our daily free meals program, we serve hot, healthy, homestyle Central American cooking 5 days per week. Monday & Wednesday at 1pm outside Refugee Health Alliance's free clinic, Resistencia en Salud, & Espacio Migrante. Tuesday & Thursday at 3pm outside El Comedor. Friday at 4pm at El Chaparral. El Comedor is located at Calle 1era 7310-A, at the intersection of Calle 1era & Gonzales Ortega Ave.

Furthermore, we provide free survival goods for adults, youth, children and babies. We distribute PPE, clothing, shoes, personal hygiene kits, diapers, baby formula & food, toys, blankets, towels, basic wound care and harm reduction tools. Additionally, we have an acupuncture clinic once a month, tele-mental health care services, aid finding emergency housing, give referrals for legal aid and prepare boxes of uncooked food staples for families with access to stoves that request them on a case by case basis. The public can contact us via FB messenger or via direct message on Instagram. We serve everyone in the Zona Centro/Zona Norte but especially the most vulnerable and historically marginalized no questions asked, no documents necessary. "¡Viva La Resistencia!"

**COST:** Free

**NAME:** Comida No Bombas Tijuana / Food Not Bombs Tijuana  
**EMAIL:** [enclavecaracol@gmail.com](mailto:enclavecaracol@gmail.com)  
**FACEBOOK:** <https://www.facebook.com/tijuanacomidanobombas>  
**WEBSITE:** <https://linktr.ee/EnclaveCaracol>

**DESCRIPTION:** Food Not Bombs is an international movement that serves free food in public spaces in protest to an economy that spends more money on jails, war, and borders than on providing healthy feed to the hungry. In cities throughout the world, autonomous, loose knit collectives organize to recover food that would otherwise go to waste and turn it into vegetarian meals to be served for free under the name of Food Not Bombs. But Food Not Bombs is not an organization as much as it is an idea: Anyone that believes food is a human right, not a privilege, can organize to make healthy food accessible to the poor. Monday's Thursdays we cook a free vegan meal with donated food at 5pm outside Enclave Caracol.

**COST:** Free





## FOOD RESOURCES - TIJUANA, BAJA CALIFORNIA

**NAME:** Desayunador Salesiano Del Padre Chava, Proyecto Salesiano Tijuana  
**EMAIL:** prosal.desayunador@gmail.com  
**PHONE:** +52 664-688-2790 & +52 664-687-1050  
**FACEBOOK:** <https://www.facebook.com/PST.DesayunadorP.ChavaTj>  
**WEBSITE:** <https://www.salesianostijuanapst.org/desayunador-salesiano-p-chava> & <https://www.padrechava.org/>

**DESCRIPTION:** Desayunador Salesiano “Padre Chava” began over 21 years ago, providing attention to migrants and the homeless, with the goal of supporting their primary needs and reintegration into society through our center, programs and transformative support. We are a project of the Salesiano order, a nonprofit seeking to promote children, youth, adolescents, and vulnerable people through our Salesiano values that manifest in our actions to form good Christians and honorable citizens. Address: Calle Melchor Ocampo #700 Zona Centro CP 22000. Breakfast is served Monday through Friday from 8AM - 11AM. Hours of operation: Monday - Friday 7:30AM - 5:30PM and Saturdays 8:30AM - 2PM.

**COST:** Free

**NAME:** La Tía Gestora Cultural  
**FACEBOOK:** <https://www.facebook.com/groups/CentrodelaTiamexicana>  
**WEBSITE:** [m.facebook.com/Latiagestoracultural](https://m.facebook.com/Latiagestoracultural)

**DESCRIPTION:** Self-managed organization of women and non-binary peoples at the peripheries. Arts, culture and community. From the weekend until this midweek, deliveries and distribution of donations of food, clothing, kitchen supplies, and more.

**COST:** Free

## HEALTHCARE RESOURCES - TIJUANA, BAJA CALIFORNIA

**NAME:** Acupuncturists Without Borders / Acupunturistas Sin Fronteras  
**EMAIL:** [admin@acuwithoutborders.org](mailto:admin@acuwithoutborders.org)  
**PHONE:** +1 (503) 477-9731  
**FACEBOOK:** <https://www.facebook.com/acuwithoutborders>  
**WEBSITE:** <https://acuwithoutborders.org/>

**DESCRIPTION:** We are back in Tijuana offering free clinics in partnerships with @justicia\_en\_salud and @refugeehealthalliance. Learn what AWB has been up to in our latest newsletter: New projects, webinars and the power of community partnerships. <https://conta.cc/2UHWsIX>

**COST:** Free

**NAME:** Centro De Servicios Ser A.C  
**EMAIL:** [rosario@centroser.org](mailto:rosario@centroser.org)  
**PHONE:** +52 (664) 381-0469  
**FACEBOOK:** <https://www.facebook.com/CENTROC SER.AC>  
**WEBSITE:** <http://www.centroser.org/>

**DESCRIPTION:** Centro De Servicios Ser A.C is a community medical center. Our mission is to provide quality services to promote holistic care for vulnerable groups in Tijuana. Our vision is to strengthen holistic sexual health for a life with dignity in an environment of inclusion and respect. List of Services: Rapid HIV tests, syphilis and pregnancy tests, support groups for men living with HIV, support groups for trans people, support groups for the families of trans people, sexual health orientation, psychiatric evaluations, and a gender affirming “harmonization” clinic. We also offer basic food staple boxes to LGBTQ+ people. Address: Avenida G González Ortega No. 881 22000 Tijuana, Baja California, México

**COST:** Free

**NAME:** Centro Universitario Médico Asistencial y de Investigación (CUMAI)  
Centro de Salud Comunitario / CUMAI Community Health Care Center  
**PHONE:** +52 (664) 979-7505  
**FACEBOOK:** <https://www.facebook.com/CUMAI.UABC>

**DESCRIPTION:** CUMAI’s community health care center offers primary medical and psychological attention, clinical laboratories, and other specialty services. Come to CUMAI for the following services: walk-in consultation with a general medicine doctor, consultation with a specialist doctor (requires an appointment prior to arrival), references to other specialists (requires a previous appointment with the general medicine doctor). We offer free flu and HPV vaccines. We are open from 8AM - 8PM. We are located at the 1H building, CUMAI , UABC, Tijuana, B.C. 22427 Tijuana, Baja California, Mexico.

**COST:** Free

**NAME:** Hospital General de Tijuana / Tijuana General Hospital  
**EMAIL:** [hospital\\_general@hotmail.com](mailto:hospital_general@hotmail.com)  
**PHONE:** +1 (664) 684-0922  
**FACEBOOK:** <https://www.facebook.com/pages/Hospital%20General%20de%20Tijuana/120420578027190/>  
**WEBSITE:** [hospital\\_general@hotmail.com](mailto:hospital_general@hotmail.com)

**DESCRIPTION:** General Hospital open 24 hours a day - 7 days a week for all health care emergencies. AV. CENTENARIO 10851 ZON DEL RIO 22010 Tijuana, Baja California, México.

**COST:** Free





## HEALTHCARE RESOURCES - TIJUANA, BAJA CALIFORNIA

**NAME:** PrevenCasa A.C.

**EMAIL:** [prevencasa@hotmail.com](mailto:prevencasa@hotmail.com)

**PHONE:** +52 (664) 685-3392

**FACEBOOK:** <https://www.facebook.com/prevencasateam>

**WEBSITE:** <https://sites.google.com/view/www-prevencasa-com-mx/inicio>

**DESCRIPTION:** A nonprofit dedicated to implementing actions that improve the health of individuals in unfavorable situations. A civil society group devoted to and specializing in the prevention of HIV/AIDS, social health, offering resources and professional services to the community to safeguard their health. Working alongside national and international projects to provide a group of professionals dedicated to healthcare and the prevention of HIV/AIDS in the local community by conducting research, detection services, and distributing information on healthy living among vulnerable people. Hours: Monday - Saturday, 9AM - 2PM. PrevenCasa operates a mobile clinic offering harm reduction tools and offers a wide range of support services such as a needle exchange program, overdose prevention information, herbal cleanses, free drinking water, and HIV/AIDS guides.

**COST:** Free

**NAME:** Red Salud

**EMAIL:** [contacto@redsalud.com.mx](mailto:contacto@redsalud.com.mx)

**PHONE:** +52 (664) 626-1026

**FACEBOOK:** <https://www.facebook.com/centroredsalud>

**WEBSITE:** <http://www.redsalud.mx/>

**DESCRIPTION:** Red Salud is a medical clinic located in Tijuana Baja California (among other states) that offers laboratory studies, prevention exams like Covid-19 tests, and diagnostic tests. Services include eye exams and glasses, ultrasounds, X-rays, pap smears, mastography, densitometry, electrocardiograms, nutrition advice at very accessible prices.

Hours: Monday - Friday 7AM - 7PM, Saturdays 7AM - 5PM, Sundays 7AM - 3PM

Several locations: Main clinic is at Boulevard Gustavo Díaz Ordaz 22117 Tijuana, Baja California, México.

Look up a clinic near you using this link: <http://www.redsalud.mx/sucursales/index.html>

**COST:** Reduced costs. Visit their website or contact them directly for low cost prices.

**NAME:** Refugee Health Alliance (RHA) - Clínica Justicia en Salud

**EMAIL:** [rha@refugeehealthalliance.org](mailto:rha@refugeehealthalliance.org)

**PHONE:** +52 (664) 617-6504

**FACEBOOK:** <https://www.facebook.com/groups/1040277419485183>

**WEBSITE:** <https://www.refugeehealthalliance.org/>

**DESCRIPTION:** Refugee Health Alliance has been serving migrants and other vulnerable patient populations at the US-Mexico Border since 2018. We currently assist in the provision of medical care for over 30 shelters and at our two clinics in the center of Tijuana: Resistencia en Salud and Justicia en Salud. We provide general medical and pediatric care, LGBTQIA+ care, prenatal and midwifery, women's care, acupuncture and naturopathic medicine, medical-legal services, services addressing social determinants of health, and dentistry. Lastly RHA refers patients to legal services if that need is identified during intake or the patient encounter. Medical Legal Request Form: <https://forms.gle/VuX8M7xUBeQShSc96>

Refugee Health Alliance provides prenatal and midwifery care, including care for the newborn infant, at our clinic Justicia en Salud, run by midwife Ximena Rojas. Justicia en Salud is a free clinic for people in transit and new residents, migrants, refugees and people seeking asylum. Our pediatrics team, in conjunction with our local midwives, conduct a newborn care clinic once weekly at Justicia en Salud, and a remote volunteer pediatric clinician is on call at all times to field any clinical questions.



## HEALTHCARE RESOURCES - TIJUANA, BAJA CALIFORNIA

The clinic offers assistance with reproductive health, sex education, family planning, prenatal care, childbirth, postpartum care, newborn care, well women care in all different stages of reproductive life including natural medicines, acupuncture and ancestral remedies. Births occur in a separate birth house that allows women to have home births within a safe setting outside of the shelters, that has water baths, medical equipment and a call room for midwives.

RHA has been committed to utilizing different medical modalities to treat our patients. We have partnered with Acupuncturists without Borders and naturopaths in Mexico and the United States to provide acupuncture and natural medicine to our patients in conjunction with our medical team. We have provided acupuncture services at Justicia en Salud and at shelters around Tijuana.

**COST:** Free

**NAME:** Refugee Health Alliance (RHA) - Clínica Resistencia en Salud

**EMAIL:** [rha@refugeehealthalliance.org](mailto:rha@refugeehealthalliance.org)

**PHONE:** (664) 115-7709

**FACEBOOK:** <https://www.facebook.com/groups/1040277419485183>

**WEBSITE:** <https://www.refugeehealthalliance.org/>

**DESCRIPTION:** Refugee Health Alliance has been serving migrants and other vulnerable patient populations at the US-Mexico Border since 2018. We currently assist in the provision of medical care for over 30 shelters and at our two clinics in the center of Tijuana: Resistencia en Salud and Justicia en Salud. We provide general medical and pediatric care, LGBTQIA+ care, prenatal and midwifery, women's care, acupuncture and naturopathic medicine, medical-legal services, services addressing social determinants of health, and dentistry. Lastly RHA refers patients to legal services if that need is identified during intake or the patient encounter.

Medical Legal Request Form:

<https://forms.gle/VuX8M7xUBeQShSc96>

Resistencia en Salud is open Monday to Thursday 12-5pm.

RHA has partnered with local dentists to provide dental care at no cost to the patient. Through a referral system, patients are able to access emergency dental care and treatment.

**COST:** Free

**NAME:** Salud Digna

**EMAIL:** [pacientes@salud-digna.org](mailto:pacientes@salud-digna.org)

**PHONE:** +52 (553) 956-6729

**FACEBOOK:** <https://www.facebook.com/SaludDignaMx>

**WEBSITE:** <http://www.salud-digna.org/>

**DESCRIPTION:** We are a nonprofit founded with the mission to provide medical laboratory services for prevention and diagnostics to the public with accessible prices and by offering great attention and quality technical equipment. At Salud Digna, we count on the technological advances of materials and equipment to practice modern medicine, which have made a great difference in the ways to safeguard the health of patients, drastically improving the speed, ease and precision of diagnostic tests. For more information, see this link: <https://bit.ly/2U1N2bj>

Salud Digna has a laboratory, offers ultrasounds, Covid-19 tests, X-rays, magnetic resonance, tomography, pap smears, electrocardiograms, densitometry, maternity tests, vision care, and nutrition advice. Find a clinic near you: <https://salud-digna.org/ubica-tu-clinica/>

**COST:** Pricing Information: <https://salud-digna.org/precios-preparaciones/seleccionar/>





## HEALTHCARE RESOURCES - TIJUANA, BAJA CALIFORNIA

**NAME:** Psicologos Sin Fronteras/ Psychologists Without Borders  
**EMAIL:** psicologossinfronterasbc@gmail.com  
**PHONE:** +52 (664) 337-8772  
**FACEBOOK:** <https://www.facebook.com/psicologossinfronterasbc/>  
**WEBSITE:** <http://psicologossinfronterasmx.org/>

**DESCRIPTION:** Psicologos Sin Fronteras does several lines of work with migrant communities, but mental health is our main focus. We work with children, young people, adults and families. We provide mental health services with a strategic methodology that includes, psychological intervention, teaching values through Ludic game dynamics, art therapy, mindfulness workshops, and diagnostic analysis to develop appropriate intervention methods. Plus, we work in cooperation with other humanitarian organizations from local groups in Tijuana to other groups within Mexico and in the US. We participate in the "Ultimate Border Project" where together build a platform to provide psychological, medical and legal help to the migrant encampment in El Chaparral.

**COST:** Free



**Artist's name:** Mario Torres  
**Artwork title:** Children in Cages  
**Medium:** Ink, watercolor, liquid charcoal.  
**Email:** supmartor@gmail.com

**Artist's Bio:** MT is an artist and educator from NM Living in SD, CA. The events leading to election 2016 and the years after forced me to reevaluate my role as an artist and teacher and take it seriously as a force to create change and inspiration.





Artist's name: Elizabeth Jiménez Montelongo  
Artwork title: Madre e hija,  
Medium: Acrylic on wood, 24x12"

#### Artist's bio:

Elizabeth Jiménez Montelongo is a visual artist, poet, and teacher based in the San Francisco Bay Area. Her work addresses themes of identity, transformation, and empowerment from her perspective as an Indigenous Mexican Chicana. Elizabeth has exhibited her visual artwork in galleries and museums across the United States and her poetry is published widely. She graduated from San José State University with a BFA in Art (Pictorial Art). Elizabeth is a member of the Board of Directors of Poetry Center San José, Co-Editor of Culture Counts Magazine, and 2021 Creative Ambassador of the San José Office of Cultural Affairs. Her next solo exhibition is scheduled for November 2023 at Centro de Artes in San Antonio, Texas

#### Artwork description:

Madre e hijas is a painting created to show women's solidarity with the struggle of the EZLN. Respect of women and women in leadership are central to EZLN (Ejército Zapatista de Liberación Nacional) community and leadership, so the mother is shown with her daughter ---powerful and fearless. .

IG: @elizabethjimenezmontelongo  
FB: /ejmontelongo



# Ofrenda para EZLN

by Elizabeth Jiménez Montelongo



Artist's name: Elizabeth Jiménez Montelongo  
Artwork title: Ofrenda para EZLN  
Medium: Installation

Artwork description: Madre e hijas is a painting created to show women's solidarity with the struggle of the EZLN. Respect of women and women in leadership are central to EZLN (Ejército Zapatista de Liberación Nacional) community and leadership, so the mother is shown with her daughter ---powerful and fearless. .

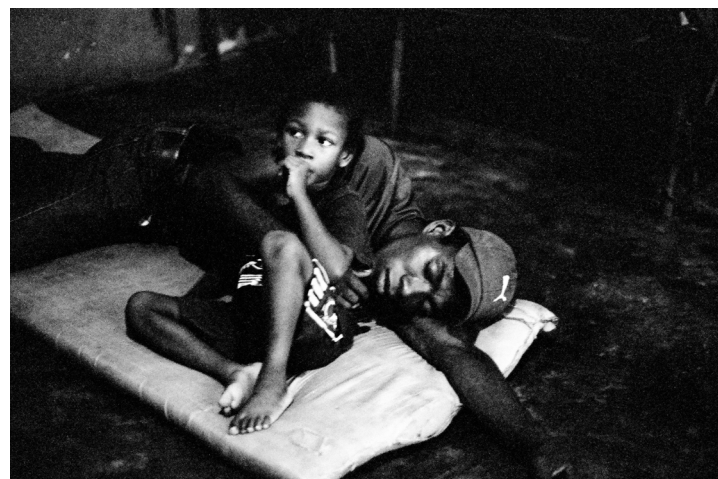




# Migration Stories

Photography

by Danny Libicki



In 2018, Jose and Jaisy, two Hondurans of African descent, realized that life in their home country was no longer tenable for them and their three young children. With high rates of insecurity, poverty and corruption, there was no future, so they left everything behind in the hopes of reaching the United States and seeking asylum. However, due to increasingly restrictive immigration policies and enforcement by the U.S. and Mexico, they have been in limbo, stuck for over two years mid-journey in Mexico, struggling to survive in a country that has many of the same problems they are trying to flee. And as black immigrants, they face an extra barrier of discrimination, living on the margins of society, the last to receive work and the first to be harassed by the police. Though exhausted, they still hold out hope that the new Biden administration will reverse Trump era policies and and begin to make it easier for people like them to seek asylum at the southern border.

Danny Libicki is a documentary photographer who recently spent four years traveling by bicycle across 15 Latin American countries, from south to north, photographing everything from daily life to political issues such as inequality and migration, the world of los mercados, and indigenous celebrations.





Artist's Name: Alex Guzman  
Artwork title: Duro Contra el Muro.  
Artwork medium: Watercolor and ink on paper

Artist's Bio: Hello, my name is Alex Guzmán. I am a transborder artist and activist currently living in Kumeyaay territory, also known as the Tijuana-San Diego area.

Most of my art and organizing work focuses on immigration issues related to the border between Mexico and the United States. I'm interested in creating artwork that opens and fuels conversations surrounding these topics in particular, in an aesthetic and accessible way.

I find myself drawn to the Zapatista ideals and principles, I believe that we as individuals need to be aware and mindful of any position of power that we hold on a day-to-day basis in any sort of relationships we have, and therefore use this given power to obey and serve the needs of our community. As an artist it is my intention to observe the needs around me and have a conversation with my surroundings using my privileges and position of power as a content creator as well as the power of art to talk about issues I identify as something that needs to be talked about. My preferred mediums are watercolors and oils.

Artwork's description: Grupo de personas diversas haciendo una celebración y bailando alrededor del fuego para pedir la caída del muro fronterizo que se encuentra al fondo. Es una zona desértica en la frontera con Estados Unidos.

Los participantes expiden energía al bailar, energía de alegría que alimenta a la deidad que se encuentra en la esquina superior derecha, esta deidad en respuesta crea un pequeño lago justo en la ruta migratoria del otro lado de la frontera, lo cual ayudaría a evitar muertes en el camino.

En el lado superior izquierdo se aprecia un niño jugando, este niño gigante levanta el muro fronterizo. Por ultimo, el cielo esta repleto de ojos de Dios en donde estarían estrellas, esto es para indicar la presencia de los pueblos originarios y como realmente ellos son los únicos a quienes pertenecen las tierras..

Email: alexa.guzag5@gmail.com  
Instagram: @alexguzman\_doodles.jpg

# Duro Contra el Muro

by Alex Guzmán







**Artista:** Jose Froylan Lopez Garcia  
**Título:** México lindo y podrido  
**Técnica:** tinta/papel Medida: 27×35CM

**Biografía de Artista:** Desde muy pequeño a José Froylan López García, le gustaba bocetar sus ideas, los colores de su tierra, los oficios, todo ese mundo místico que lo rodea, cerros y valles llenos de voces antiguas, hablante de la lengua originaria el zapoteco, e incansable promotor de la cultura en su comunidad, actualmente director y promotor del espacio cultural galería Gal Gutí que se encuentra en su comunidad de origen San Pablo Güila

**Descripción de obra de arte:** La imagen en si habla mucho como nosotros los indigenas y los pobres vivimos en este pais lleno de politicos de mierda ,gobernadores sin escrúpulo,presidentes marionetas de grandes corporativos.  
"Que viva México lindo y podrido"

**Facebook:** Yoosef Yoosef  
**Instagram:** @Jose\_froylan\_yoosef  
**Correo electronico:** yoosefart1994@gmail.com







# Fuck Borders

by Dulce María López



We should all have a given passport that never ends to give us the human right to live in freedom and dignity in any place--and it should not be a privilege.

Dulce López is an immigrant womxn from a rural village in México. She develops political and social statements through art and media. She works with acrylics, screen printing, watercolor, graphic design and media to bring visibility on transnational social issues, represent her community's herstory and identity and mobilize people. Dulce has showcased her work and collaborated in projects in México, Perú, Cuba, and across the United States. She aspires to continue mobilizing through multidisciplinary arts and building platforms to make demanding justice through political art careers a sustainable, accessible, and safe practice for historically marginalized groups.

To learn more about the artist:

IG @CandyDeXocolatl  
[www.dulcemarialopez.com](http://www.dulcemarialopez.com)





**Artist's Name:** Francisco Mendoza

**Artwork's Title:** Madre y Hij@, 2020 (Interactive Digitally)

**Artwork's description:**

Exodus is a commentary on the United States' ongoing child separation policies, and the use of Christianity to justify such actions. Through the use of historical Christian iconography, Exodus shows the contradictions between the teachings and the actions taking place.

**Instagram:** @fcmfoto







**Artist's Name: Lee Oscar Gomez**

**Artwork's Title:**

**Image1:**

**Untitled, from Mi Frontera Series**

**Artist's Bio:** Immigrated from Mexico at an early age, Lee Oscar Gomez developed a subtle awareness of the cultural differences they were introduced to, living in the greater L.A. area. With a strong embodiment of record keeping, artist Gomez was influenced by their mother to capture all their experiences in a foreign land. Lee Oscar Gomez operates and manipulates their fascination with light in a documentation approach, to demonstrate political, visual images. Topics of gender, sexuality, belonging and self identity are translated through photographic displays of street photography and constructed studio shots. With analog film processes, Gomez captures warmth and sensitivity to these topics as a form of radically archiving. Lee Oscar Gomez obtained their Bachelors of Fine Arts degree from San José State University, in 2019. With the hope of inspiring young artists, Gomez strives to communicate the importance of light and its ability to radiate clarity and truth.



**Image 2:**

**No Google in San Jo, San José CA**



**Image 3:**

**Dancing Mothers, San José CA**

**Instagram: @leeoscarg**





## EZLN, an Offering

EZLN  
indigenous peoples  
Chiapas, México autonomy  
since 1994  
since long before that  
roots  
ancestors attacked  
oppressed by colonizers  
here now  
attacked by militias  
indigenous  
humble strength  
equal woman leadership  
community  
struggle  
sacrifice  
unity  
lives lost  
human rights  
democracy  
liberty  
justice  
courage  
autonomy  
rotating leadership  
governed from within  
success



artist's name: Elizabeth Jiménez Montelongo

poem's title: an Offering (poem)

Artist's bio: Elizabeth Jiménez Montelongo is a visual artist, poet, and teacher based in the San Francisco Bay Area. Her work addresses themes of identity, transformation, and empowerment from her perspective as an Indigenous Mexican Chicana. Elizabeth has exhibited her visual artwork in galleries and museums across the United States and her poetry is published widely. She graduated from San José State University with a BFA in Art (Pictorial Art). Elizabeth is a member of the Board of Directors of Poetry Center San José, Co-Editor of Culture Counts Magazine, and 2021 Creative Ambassador of the San José Office of Cultural Affairs. Her next solo exhibition is scheduled for November 2023 at Centro de Artes in San Antonio, Texas

poem's description: EZLN, an Offering is a poem inspired by the EZLN (Ejército Zapatista de Liberación Nacional), in a stream of words associated with the formation, philosophy, and vision of the EZLN.

IG: @elizabethjimenezmontelongo

FB: /ejmontelongo





Artist's Name: Mel

Title: Poem

Description: A poem written from the perspective of a tired migrant.

They speak of a place where you don't have to boil your water  
Where you only see gusanos after a rainy night  
You walk down the street and you don't have to step in basura  
No black smoke from camiones in the air  
Where apagones are so rare, they make the news

They tell me I'm not welcome there  
They scream at me with their veiny, red faces  
Violent words bombard us and land at our feet  
Our feet that have walked and hobbled through uneven terrain  
They dismiss us by the way we are dressed  
Embarrados de la poca comida que pudimos encontrar, nos dicen sucios  
Yes, sweat stains, dirt, and the unspeakable adorn our tattered clothes  
Pero no somos sucios. Somos sobrevidores.  
Crude caricatures of us are drawn on white poster boards  
In horrid handwriting, an old television box has been ripped up and held with pride  
"GO HOME" the cardboard flap reads

How many of us began this journey  
Not many of us are left. Pobrecitos.  
Your blighted faces and your smooth hands know nothing of struggle  
Have you ever walked until your feet bled? And then kept chancleando?  
Have you ever hid in the weeds of a dark desert on a cold night, listening for sounds of animales salvajes? Would you even know where to run?  
Have you ever been a sacrificial pawn? Have you ever known the reality of your dignidad being a bargaining chip?  
Have you ever been so hopeless and dehydrated that you sit there llorando, with no tears running down your face? But you don't wait for long because your throat is so dry that you cough instead?  
Have you ever been so hungry, so my-stomach-can-be heard-for-miles hungry, so I-need-to-throw-up-but-there's-not-even-bile-for-me-to-throw-up hungry that you considered eating your own uñas?  
Have you ever wanted to live?  
Have you ever had to survive?

Go Home  
I'm trying  
Ya casi llego. Ya merito.  
I can see it, beyond the angry mountains that question my humanity

Mel





# THIS BRIDGE CALLED SOLIDARITY

UPLIFTING BLACK, INDIGENOUS AND TRANS MIGRANTS IN SD - TJ



A Honduran migrant youth holds up a photo frame to his face while another Guatemalan migrant friend watches. They volunteered to help clean up an abandoned home where the owner plans to build a migrant shelter. This photo was shot and edited by Daniel, a Honduran migrant. Playas de Tijuana, Baja California, Mexico. May 15, 2019

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