The Program of Emotional Health includes a series of meetings (“Encuentros”) that help the members of our community here in Montgomery to better manage their state of well-being, which are sometimes impacted by difficult situations such as trauma, grief, anxiety and of course depression, which is currently affecting our society at an alarming rate. Through this program various tools and resources are shared that help participants to achieve a greater control of their emotions, as evidenced by each person who writes their story and shares their experiences from the depths of their hearts.

Personally, I have first-hand experience of the power of these “Encuentros” and believe they should continue. I have seen how at the beginning of the program, people come to us feeling empty, sad and aimless, however, by the end of the program, participants say that they feel heard, have less fear and are able to control their emotions and their actions by using new information and new tools that will allow them to face life’s difficulties with a renewed and optimistic outlook.

Thank you for the opportunity to train and heal myself so that I can replicate what I have learned for the benefit of all those who need it.

Jerson Duran/Promoter