

MERECEMOS FLORES

ANNUAL REPORT 2025



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*Thank you to Kane One for designing the artwork on the cover of this annual report. This artwork will also be displayed as a mural on a wall in the waiting area of our headquarters. **Kane One** is a leading muralist whose work has helped shape the contemporary street art and graffiti movement's influence on marketing, education, and private collections. Born and raised in Chicago's Pilsen neighborhood, Kane has created massive installations and artwork throughout Chicago and the nation with messages of cultural heritage, education, beauty, and a wide range of other themes.

He is the founder of *The Graffiti Institute*, a non-profit dedicated to teaching the history, skills, and techniques associated with this prolific art form. In 2023, Kane was named a 3Arts Next Level Awardee, recognizing his contributions and leadership in the arts. He holds a bachelor's degree in painting and a master's degree in education.



Dear Community,

Long before Centro Sanar was founded, each of us spent years accompanying individuals and families on the Southwest Side through our work in community mental health. Over time, these relationships grew into something deeper—mutual care, shared struggle, and a profound sense of belonging.

Over the years, we have grown roots here—not only as clinicians, but as neighbors, collaborators, and members of social, political, and organizational networks working toward justice and liberation. Centro Sanar exists because of this collective effort, and we are proud to be part of a broader movement on the Southwest Side toward healing.

Although Centro Sanar officially opened its doors in 2020, our purpose was shaped years earlier. We have all lived through the political violence and fear unleashed during the first and now second Trump administration, and our commitment is to stand alongside our community—to counter the harm, terror, and isolation imposed on immigrant families with care, dignity, and collective healing.

In many ways, Centro Sanar feels like a gift—and a legacy—born from over a decade of accompanying community members as they heal, grow, and thrive. We remain deeply grateful to the community that embraced us, challenged us, and continues to shape who we are. Locating our services here has allowed us to build trust, reduce stigma, and offer something that is still far too rare in Chicago: free, long-term, culturally driven, trauma-focused therapy in Spanish.

Solo el pueblo salva el pueblo: we are committed to staying rooted on the southwest side and walking alongside our partners while providing high quality mental health services to our clients.

With gratitude and commitment,
The Co-Founders of Centro Sanar



Mission

Centro Sanar's mission is to accompany community members by providing accessible mental health services.



Our Story

In 2020, we came together based on our experiences with community mental health service delivery and seeing the challenges inherent within those systems. We recognized the need for an alternative model of service delivery that doesn't conform to working within oppressive systems through our collective experience that came from being a part of and witnessing the innate power in creating spaces of healing. Through this collective experience, we are committed to building an alternative reality based on equality and mutual support through the creation of these spaces.

Our Team

Edwin Martinez, *Executive Director, Co-founder*

Lindsey Bailey, *Clinical Director, Co-founder*

Tatiana Rohner, *Clinical Supervisor, Co-founder*

Kira Harris Kogan, *Clinical Supervisor, Co-founder*

Kathryn Nelson, *Development Manager*

Veronica Buendia, *Mental Health Clinician I*

Maricruz Chavez, *Mental Health Clinician II*

Roxanna Franco, *Clinical Supervisor*

Gabriela Godinez, *Mental Health Clinician II*

Carmen Munguia, *Mental Health Clinician II*

Joshua Preciado, *Clinical Care Manager*

Maritza Lopez-Campos, *Clinical Supervisor*

Yomira Paucar, *Mental Health Clinician II*

Tania Roman, *Clinical Supervisor*

Pedro Tapia, *Mental Health Clinician I*

April Williams, *Mental Health Clinician I, Intake Coordinator*

Board of Directors

Kathryn Bocanegra, *Secretary*

Joseph Braun, *Board Member*

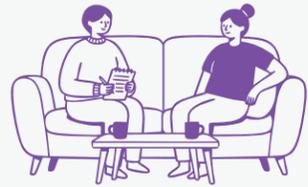
Flor Esquivel, *Board Member*

Cindy Magallanes, *Board Chair*

Jocsan Martinez, *Treasurer*

Andrea Ortez, *Board Member*

By the Hours



7,468
treatment sessions
in 2025

731
clients seen



1,212

peer supervision
hours



83%
families
meeting
treatment
goals



88%
of families
improving
communication
and flexibility

77%
individual therapy
+ group therapy
clients meeting
goals



198 TOTAL INDIVIDUALS
seen in Family Therapy:
149 Adults, 49 Youth



**2025 STAFF TRAININGS
AND TEACH BACKS
TOGETHER:**

250 HOURS
in professional development

18 HOURS
peer supervision (*1.5 hours per
month for 12 months*)

20 HOURS
in health fairs

26 PRESENTATIONS

55 HOURS
in presentations

500 PEOPLE
in presentations

945 HOURS
in individual clinical supervision

12 HOURS
4 quarterly group gatherings

40 HOURS
in summer break

80 HOURS
in winter break

50 HOURS
in inter training

25 HOURS
in admin team meetings

126 HOURS
in 12 groups/series

40 HOURS
in monthly/regular community
partner meetings

In order to measure and evaluate our individual/group mental health services, we utilize the PHQ-9 and GAD-7, evidence-based measurement tools that assess for depression and anxiety symptoms, respectively. We define success as having an 80% decrease in anxiety and depression symptoms. For family therapy services, we utilize an adapted version of a family assessment tool called FACES IV. We measure two areas: family flexibility and family communication scales. We define success as having an 80% increase in flexibility and communication scores.



Family Therapy

“Dear Maricruz, Pedro, Roxanna and April: You four have been such a source of joy for me this past year. The way you care for and guide your families with such joy and compassion is inspiring. We have faced growing pains together and you all have been such a pivotal part of solidifying our family and youth programming models at Centro Sanar. You have engaged in the community through presentations, workshops and parenting groups. You have forged deep working relationships with our partners and participated in monthly meetings all with the hopes of increasing the quality of care and therapeutic experience we provide our clients. Thank you for your excellent clinical and relational work in 2025.”

In a time marked by fear and uncertainty for immigrant families, Centro Sanar responded with care, action, and deep community partnership. Following a series of racially-charged executive orders specifically targeting the latine and immigrant community from the White House in early 2025, our team partnered with the Brighton Park Neighborhood Council to participate in **Know Your Rights workshops**, ensuring families on the southwest side had access to accurate information about their immigration rights. At each workshop, our staff also shared information about Centro Sanar’s holistic services, including support for creating **family emergency plans**, helping families feel more prepared and less alone.

As anxiety intensified across school communities, Centro Sanar became a trusted resource. We received multiple requests from local elementary and high schools to support parents navigating both their own emotional well-being and that of their children during these fear-inducing times. Our family therapists facilitated **school-based presentations** addressing anxiety related to political terror and strategies for caring for families under stress. These workshops reached several parents and caregivers and strengthened schools’ capacity to support immigrant families.

Behind the scenes, our **Family Therapy team** met regularly to strengthen program operations and ensure responsiveness to community needs. The group focused on expanding outreach, increasing workshop offerings in schools, developing parenting groups, and creating a flexible curriculum of “hot topics” tailored to what families are experiencing in real time. As more families engaged in family therapy, we noticed an urgent need for **youth therapy services**, laying the groundwork for future program expansion in 2026.

Born out of a need our Family and Individual Therapists identified through their work with clients, our **Couples Therapy services emerged in 2025** and continues to grow; we made a strategic decision to maintain internal referrals only, ensuring high-quality and holistic care while balancing therapist capacity. We saw several families benefit from family therapy, individual therapy and couples therapy at Centro Sanar, increasing our understanding of and impact on the families wellbeing. Together, these efforts reflect Centro Sanar’s commitment to meeting families where they are—responding to crises with compassion, strengthening resilience through education, and building pathways to healing during some of the most challenging times our communities have faced.



Intake, Care Management and Clinical Internship

Dear Joshua, April, Esmeralda, Diana and Valerie: You are our most frontline team members, the ones receiving the calls from community members who have taken the brave step of reaching out and asking for support. Thank you for being so thoughtful and engaging to people experiencing a wide depth and variety of mental health and wellbeing concerns this year. Thank you for your willingness to be trained in and provide one on one family emergency preparedness plans for our community members most at risk of deportation and family separation this year. Thank you to our 2nd level interns who have supported our programming through not only intakes and care management, but also high quality clinical therapy services. Your professionalism and attention to detail have brought peace and comfort to so many on the southwest side this 2025.

As fear and uncertainty intensified for immigrant families, Centro Sanar saw a sharp increase in its care management referrals, reflecting the growing need for trusted, culturally responsive support. In response, our care management services shifted urgently to help families prepare emergency transition plans in the event of deportation—an unimaginable but necessary reality for many. In Fall 2025, when ICE raids were especially high, our Clinical Care Manager facilitated a school-based workshop at a local elementary school partner, where parents learned how to safeguard their children by preparing essential legal documents, including guardianship authorization forms. Families were not only given information, but also compassionate, one-on-one support from our clinicians to ensure these documents were completed with care and confidence.

In partnership with Chicago Public Schools, Centro Sanar also led a three-part Parent University workshop series designed to help families endure and respond to ICE raids. These gatherings created space for parents to process collective trauma, learn how to speak honestly with their children during frightening moments, and practice self and communal care. The Parent University supports 43 elementary and high schools in the southwest side, in a variety of neighborhoods, specifically, Back of the Yards, McKinley Park, West Englewood, Gage Park, Brighton Park and West Elston. These workshops became spaces of solidarity, resilience, and healing during an incredibly difficult time

Individual Therapy

Dear Yomira, Gaby, Carmen, Vero, Tania, Maritza, Pedro, April and Roxanna: You all have been such pillars of strength for your clients this 2025. Thank you for your continued care and the many ways you went above and beyond to ensure your clients felt safe, seen and supported throughout this most challenging year. Thank you for continually showing up for your clients with compassion and a justice focus therapeutic lens that recognizes their humanity and dignity no matter what. Thank you for your efforts even in the midst of your humanity being brought into question. Your clinical excellence, flexibility and sensitive spirits have made a world of difference for so many this 2025.

During this year, Centro Sanar faced growing challenges as more clients experienced higher levels of crisis due to the threats of ICE raids in their communities. In response, our therapists adapted quickly—offering virtual and phone sessions, supporting families with emergency plans, and staying closely connected to community partners to ensure clients had access to timely and accurate resources. Therapists also provided a variety of psychoeducation tools and coping skills to help clients feel more empowered and prepared during moments of fear and uncertainty. By participating in Know Your Rights workshops, our team deepened its understanding of community concerns, strengthening our ability to respond. Being even more embedded in the community contributed to a growing waitlist as more individuals and families turned to Centro Sanar as a trusted source of support.



Group Therapy

Dear ALL! You all outdid yourselves with your group offerings this year. Thank you for being so intentional in your preparations and so prepared to offer an incredible group experience to our community members of the southwest side. EMDR co-facilitators (Gaby, Joshua, Vero and Diana)- thank you for creating such a safe container for your group members. SE co-facilitators (Maritza, Tania, Yomira and Esmeralda) the way you pivoted and re-imagined your entire group offering to accommodate the community crisis and offer your group virtually was outstanding. Thank you for pouring your love, sweat and tears into the new SE Group Manual, can't wait to see the lives it will change! Psycho-Ed co-facilitators (Carmen, April, Valerie)- you were such a great example of 'keep your cool no matter what is thrown your way' this past year. Thank you for your flexibility and your deep desire to connect with as many community members as possible. Parenting co-facilitators (Maricruz, Pedro and Roxanna), you brought such passion into your group delivery. You forged new relationships with several community schools and were so excellent in your delivery that we continue getting requests for more school based groups next year!

Throughout 2025, Centro Sanar offered three types of group therapy services—Somatic Experiencing (SE), Eye Movement Desensitization and Reprocessing (EMDR), and Psychoeducation—to support collective and individual healing. Somatic Experiencing group was offered twice, providing tools to understand how trauma is held in the body and how to regulate the nervous system. Two eight-week EMDR groups, titled Healing Toxic and Painful Relationships, were offered during the year; this group was designed for survivors of domestic or intimate partner violence. Using EMDR techniques, participants learned to process painful experiences and strengthen emotional regulation.

Additionally, Centro Sanar staff offered a wide range of opportunities to learn more about mental health through two Psychoeducational groups offered at our Centro Sanar headquarters and multiple **workshops and community presentations** offered in the community. We partnered with schools, other non-profit organizations and community partners to bring a variety of themes and topics alive to our audiences. Topics ranged from *Caring for our Wellbeing and Self-Love*, to *Understanding the Impact of Technology on our mental health*, *The Benefits of Therapy*, and *Family Communication*.

Due to heightened fears related to ICE raids near our office, all groups required thoughtful adaptations to ensure accessibility and safety. These included shifting some groups to virtual formats, transforming others into workshop-style sessions to encourage participation, and delivering materials directly to participants' homes. Despite these challenges, Centro Sanar therapists remained consistently engaged with clients, ensuring continuity of care and reinforcing our commitment to responsive, trauma-informed services during a time of crisis.



Dear Tania, Maritza and Roxanna: You have all stepped into the role of clinical supervision with such grace and determination. You began the year providing clinical supervision to one therapist each and ended the year adding a second level masters in social work student intern to your supervisory responsibilities. You have shown patience, kindness and compassion to your clinicians and students as you have provided guidance and support to them. You teach them and hold space for them all while still holding space for your individual and family therapy caseloads. You have supported the whole team this year as we have implemented new systems to ensure the highest quality of care for Centro Sanar clients. Thank you for your willingness to step into this leadership role that has been so essential to our growth during 2025.

Strategic Plan

After five years, and experiencing significant growth in 2024, the timing was appropriate for bringing in Centro Sanar's trusted network of staff, board members, community partners, and clients, to lend a voice to where the organization is headed. After several interviews with these key audiences, the following goals were identified. We look forward to sharing our progress towards these goals with you over the next three years.

1. Centering Community Voice and Engagement in Shaping organizational decision-making: developing intentional structures that center community voice in organizational decision-making while building collective leadership capacity both internally and externally.
2. Financial Structure & Sustainability - Alternative models and revenue diversification: building sustainable financial models that align with social justice values while ensuring organizational longevity and service.



Race Against Gun Violence

On June 5, 2025, Team Centro Sanar hit the lakefront as a first-time participant in the Race Against Gun Violence. With more than 40 members making up our team, we are proud to share that we raised \$6,860 for Centro Sanar. We look forward to participating in the race for a second year in 2026. We would love to add new members to our team- be on the look out in early 2026 for ways you can be involved with Team Centro Sanar and receive our exclusive Team Centro Sanar swag! If you're interested in joining the team, email Kathryn at kathryn@centrosanar.org.

Thank you to our event sponsor,
Brighton Park Community Bank,
A Wintrust Community Bank.



CENTRO SANAR TURNED FIVE

GAGE
PARK

BRIGHTON
PARK

BACK OF
THE YARDS

LITTLE
VILLAGE



In May 2025, we celebrated our 5th anniversary as an organization. At our team gathering to honor the collective work we have done since 2020, our four Founders reflected on when and why they founded Centro Sanar, praised the community partners that have held physical space for our team to host therapy sessions over the years, championed our funding partners who believe in our work and have allowed us to grow the team from 4 volunteers to 16 total paid staff, and honored each of our clients that bravely did the work to begin their healing process.

Financial Highlights

2025 Breakdown of Revenue

\$753,239.63

in government funding

\$420,477.90

in foundations

\$6,860

in fundraising events

\$25,386.89

in individual giving

Total: \$1,205,964.42

2025 Breakdown of Expenses

\$413,379.03

Total General and Administrative Expenses

\$70,236.70

Total Fundraising Expenses

\$1,021,127.99

Total Program Expenses

Total: \$1,504,743.72

Funders

Chicago Beyond

United Way of Metropolitan Chicago

United Way Neighborhood Network | Brighton Park Neighborhood Network

Brighton Park Neighborhood Council | Justice Advisory Council

Illinois Criminal Justice Information Authority

Healthy Communities Foundation

Hulsebosch Hope Foundation

Latinos Progresando

Chicago Foundation for Women

Frechette Family Foundation

Flowers For Dreams

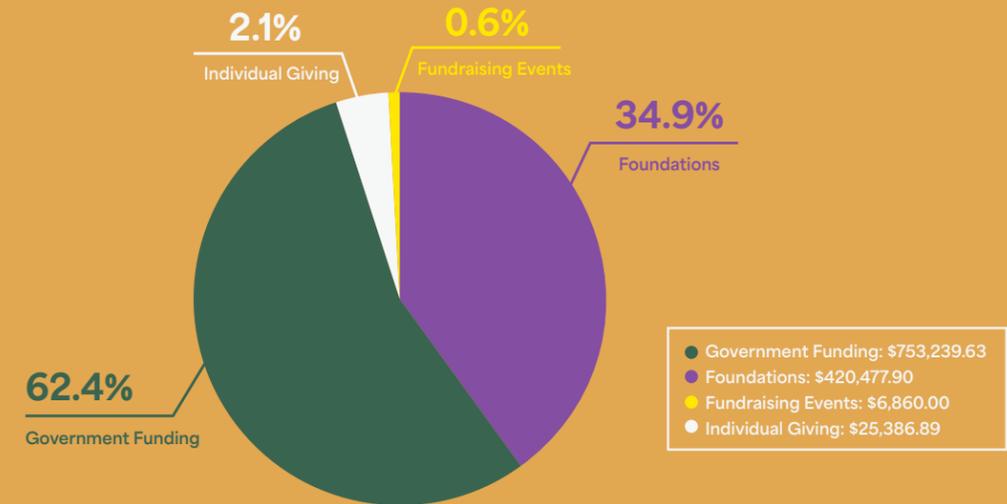
The Reva and David Logan Foundation

Cook County Health | Stronger Together

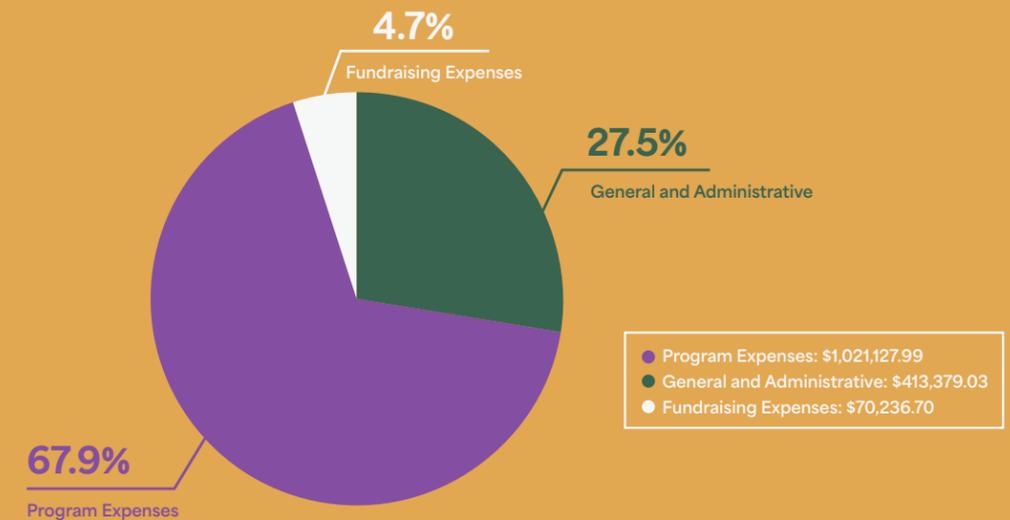
Cook County Justice Advisory Council | Survivors of Gun Violence

The Latin School of Chicago

2025 Breakdown of Revenue



2025 Breakdown of Expenses



*Centro Sanar is currently showing a negative operating income balance because we're spending down prior-year funding, and our fiscal year overlaps (July 2025–June 2026), which can temporarily misalign when revenue is recognized versus when expenses occur.



Thank you!



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