

Grupo Nexos is undergoing an accelerated growth plan!



This year, we concentrate on key areas to **strengthen and expand our impact**, leveraging our programmatic strengths. This newsletter provides significant achievements and updates on some of our programs, products, and tools.

Functional Family Therapy Expansion



With the support of the **Puerto Rico Children's Trust**, Grupo Nexos will be expanding the Functional Family Therapy project in the municipalities of **Ponce and Mayagüez**, two large municipalities in the southern and southwestern regions that require services that are innovative, scalable, and effective. This innovative project aims to improve family dynamics and prevent minors from entering the juvenile justice system through evidence-based interventions.

Impact: 60 families

FORECAST Certification



We're thrilled to announce that our team now includes six certified facilitators in the FORECAST program through Project ASSIST!



These highly skilled professionals bring cutting-edge tools and expertise in trauma-informed treatment practices to Puerto Rico. Our facilitators are ready to deliver impactful training sessions, including train-the-trainer programs, designed to create lasting change, enhance scalability, and provide immediate support. This initiative strengthens the workforce and expands vital resources for children and families in need.

Ready to learn more?

Contact **Alexandra Caballero** today to schedule an informational call. Together, we can make a difference!



Psychological capital in the workplace

We're proud to share that The Journal of Workplace Behavioral Health has published one of our research outcomes! The peer-reviewed article "The Effects of Mindfulness and Psychological Capital on



Reducing Worker Stress and Promoting Health" delves into how integrating mindfulness with psychological capital can significantly reduce workplace stress while enhancing employee well-being. You can find the full reference and access more details in the References section on our **website**.

Spotlight on Community Resilience

Developed by Puerto Rico's Public Health Trust, a new resource is now available for you to explore. These stories capture real community experiences and share practical strategies for tackling public health challenges. By promoting resilience and collective well-being, they offer valuable insights for positive change. Dive deeper by watching our dedicated Tertulia Nexos episode on our **YouTube channel**—don't miss it!

