



¡Que Madre! Media

SPRING 2025

**HEALING: COMPASSION AND COMMUNITY IN OUR VALLEY
SANA SANA: COMPASIÓN Y COMUNIDAD EN NUESTRX VALLE**

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**¡Que Madre! Media
Spring 2025 Cohort**

- | | |
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| Angel Perez | Jacky Zacarias |
| Areli Aguilar | Jennifer Aguilar |
| Ariana Hill | Lucero Ramirez |
| Danna Garcia | Marco Valdez |
| Emely Delgado | Paola Renteria |
| Erika Negrete | Ximenga Delgado |



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Thank you to our funders and partners for supporting ¡Que Madre! Media and youth voice in the Eastern Coachella Valley.



Palm Springs
Art Museum



Made possible by funding from Desert Healthcare District

Youth Leadership Institute is.....



Youth Leadership Institute builds communities where young people and their adult allies come together to create positive community change that promotes social justice and racial equity.



¡Que Madre! Media supports young people of color, ages 15-25, in the Eastern Coachella Valley (ECV) to uplift their stories and the stories of their communities. The program empowers young people to navigate mental health challenges including, but not limited to, depression, anxiety and relationship issues through storytelling and advocacy. If you're interested in joining follow us on Instagram @quemadremedia



NOTE FROM THE EDITORS

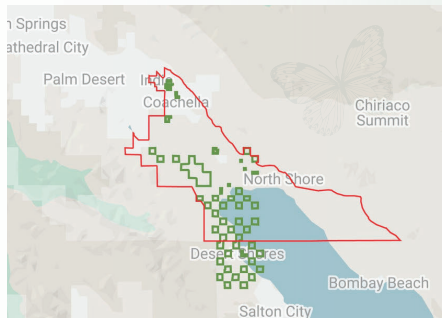
Our Spring 2025 cohort began our time together with a map of our memories sewn across the various communities of the eastern Coachella Valley. As a group, this was the starting point of thinking through how mental health ties deeply to the people and places around us. How community and cultural ties are crucial to find our sense of self and finding healing.

As we grow and change, the places we love grow and change. How do we fit amongst this new growth? How do we anchor ourselves as we start to feel that that place we grew to love is rejecting us on a national scale? The memories we hold — of our loved ones, of our culture, of our histories — are what keep us grounded, rooted, and resilient. Our memories map the past and lay the path to our future.

Find the Butterflies

Butterflies were a re-occurring motif during our spring cohort. A symbol of resiliency among immigrant communities. Can you find all the butterflies across our zine? Don't forget to look close! Artwork does not count.

Las mariposas fueron un tema recurrente durante nuestra cohorte de primavera. Un símbolo de resiliencia entre las comunidades inmigrantes. ¿Puedes encontrar todas las mariposas en nuestra revista? ¡No olvides observar con atención! Las obras de arte no cuentan.



Above is an image outlining federally recognized tribal lands (green) and the official outline of the eastern Coachella Valley (red). Youth grappled with how maps are used to develop land and how our communities fit into these definitions. How do we benefit and what is left out?



Cover Art, *Resilience* by Ariana H.

"I wanted to do a piece that showed a scene from the valley. I feel there is so much beauty in the desert that is often overlooked and I wanted to highlight it. There will always be another day and I believe people tend to forget that and focus too much on their current issues."

CONTENT



4 ¡QUE MADRE! YOUTH ART

8 EMOTIONAL FLOW

9 LIBRARIES IN THE COACHELLA VALLEY

10 RESOURCE GUIDE



La montaña rusa

Galilea Cuevas

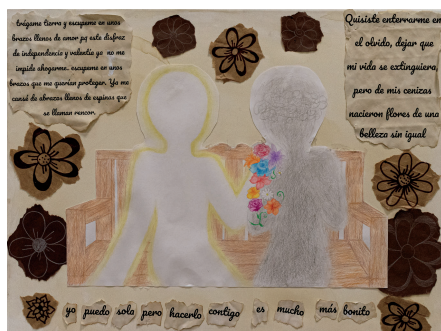
"...la salud mental no siempre se encuentra igual, hay momentos que se encuentra bien y otros mal. Quiero mostrar que esta bien no siempre sentirte bien, y que podemos admitir cuando no estamos bien. Debemos sanar, buscar ayuda cuando algo nos esta afectando. Al final, lo más importante es que puedes sanar."



Growth through Obstacles

Jacky Zacarias

"My art represents the community I am from, the way we sprout and grow. Not letting anything stop all of us, but finding a way to grow through many obstacles."



De lo que fui a lo que soy

America Noriega

"It expresses how people will come into your life and try to ruin you, but you have the strength to flourish from that. It also expresses the empowerment of independence but also the beauty of despite your past hurt still allowing others to love and help you"



Encouragement brings light

Angel Perez

"...encouraging someone can really help get them out from a tough spot. This has personally happened to me with my parents and friends, helping me when I was dealing with depression and suicidal thoughts. All I hope is that this piece encourages someone to uplift someone in a tight spot."



Lean on Love

Samara Garcia

"Healing does not have to be something you do alone. I want to show that accepting support from those around you plays a key role in recovery. It's not a sign of weakness, it is a sign that you have the strength to heal."



The Way Forward

Samara Garcia

"Walking on a path represents healing as a journey because it does not happen overnight. It is not clear, nor is it linear, but taking one step at a time is all that matters. It reminds me that progress can be slow, but it is still moving forward."



Tik Tac Toe

Kevin Mora

"Tik tac toe is a game that we all play but behind it is a winner or a loser. But who's the actual loser or do we always hide the fact that we let the winner win."



Evolution

Danna Garcia

"... a butterfly can't see its own wings... we all go through different cycles in our lives but in the end it makes us into something much more better and beautiful, we just have to let it happen."





The hand's blue healing heart
Jenni A

"I'm submitting this sculpture because I believe mental health is more important than many realize. My work explores the themes of healing, strength, finding self worth, and the unseen many carry. As I shaped these emotions, I hope to foster empathy and deeper understanding of mental health and its significance."



Soulful Steps
Jenni A

"The purpose of my project is to demonstrate the connection of dance and mental health. I am a performer myself and I can tell you the mixed emotions up on stage are such a rush through the body. I love being able to express myself through something I love to do."



Seasons change, not mindsets
Solorio and Afrodita

"Two best friends who decided to make a joint art piece together! We have had much fun in creating this piece together."



Inner Child
Rodriguez. E

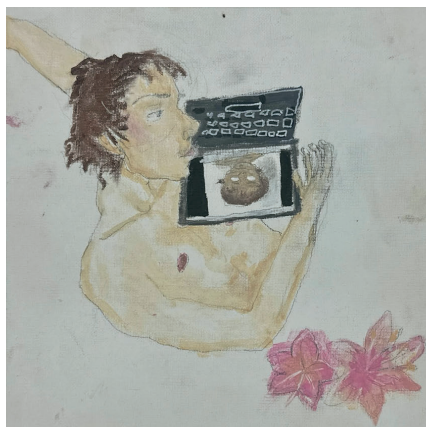
"My art symbolizes the growth I've achieved over the years, both personally and with my inner child. The rainbow, symbolizes my soul as it gently heals my inner child. The heart signifies the love and precious moments I've cherish with my inner child. I hope this art piece encourages you to nurture your inner child, listen to it without hate. Whatever traumas or hardships you have faced in your childhood can slowly heal with time and care."





Ivanna
D*

"Este cuadro representa a mi sobrina en un momento de ternura y juego, acompañada de personajes que evocan la niñez. El fondo rosa y las figuras transmiten inocencia y calidez, recordándonos cómo la infancia y los lazos familiares pueden ser un refugio emocional y una fuente de bienestar en la salud mental."



Computadora
D*

"Pinté este cuadro inspirado en una foto de un fotógrafo que me gusta mucho. Lo hice porque al ver la imagen quise reflejar lo que sentí en ese momento quise expresar cómo me siento respecto a la tecnología puse los elementos muy juntos porque a veces me siento vacía y dependiente de mi teléfono, y siento que eso no es normal. Por eso decidí tomarme el tiempo de pintarlo."



Rokuu_69
D*

"Este cuadro reúne varios elementos con distintos significados. La fuente sin agua refleja momentos de disociación, cuando las ideas no fluyen. La música está porque es mi lugar seguro, y también incluí a un artista que me gusta mucho. La Virgen quedó como un contraste raro, un poco irónico. Al final, es un reflejo de las mezclas que llevo en la cabeza."



Building Bonds (Photo Series)
Ximena Delgado



"The purpose of my [photo series] project was to bring awareness on athletes' mental health..."



In the heart of rhythm, emotions sway,
A dance of feelings, in the night and day.

With every step, a story unfolds,
joy and sorrow,
in movements bold.

The body speaks where worlds fall short
twirls of passion, emotions cavort.

A leap of joy,
a dip of despair,
in the dance we find
what we have to share.

Through music's embrace,
our spirits align,
In the art of dance,
our souls intertwine.
Each gesture a whisper,
each spin a sigh.

In the dance of emotion,
we learn to
fly

Emotional Flow
by Jennifer Aguilar

Do libraries in different parts of the Coachella Valley receive more funding than others?
¿Reciben más fondos las bibliotecas en diferentes partes del Valle de Coachella que otras?

by Lucero Ramirez

Palm Desert Library



La Quinta Library



Coachella Library



Photos by Lucero Ramirez

I believe libraries are staples in our community. They provide services and resources to community members and safe community spaces which cater to our needs. They've always been special to me because I have really fond memories of going to the library as a kid after school.

As I took photos of different libraries I noted that the ones located in the wealthier and more populated areas, the more spacious the libraries appeared. For example, in both the La Quinta and Palm Desert locations, they provide outdoor garden spaces with seating. And a teen room in La Quinta library that I believe would make great additions to the Mecca library as they are in the progress of renovating their building.

Libraries in the Riverside County Library System receive funding from the state and county with predetermined amounts to fund their programs and resources. As someone living in the Eastern Coachella Valley its easy to feel an emotional impact from the inequity our community faces. Since funds for libraries are predetermined, some ways our community can help is by calling or emailing members of congress in support of federal library funding.

Yo creo que las bibliotecas son esenciales en nuestra comunidad. Ofrecen servicios, recursos y espacios seguros a miembros de la comunidad que satisfacen nuestras necesidades. Siempre han sido especiales para mí porque tengo recuerdos de visitar la biblioteca de niña después de la escuela.

Tome nota que en las bibliotecas de ciudades con más ayuda financiera y población, las bibliotecas se veían más espaciosas. Por ejemplo, en ambas bibliotecas de La Quinta y Palm Desert se encontraban espacios de jardín. Y en La Quinta había una sala para adolescentes. Creo que estos detalles serían una gran añadidura a la biblioteca de Mecca, ya que están renovando su edificio.

Bibliotecas en el condado de Riverside reciben fondos del estado y condado con cantidades predeterminadas para financiar sus recursos y programas. Como alguien que vive en la parte rural del Valle de Coachella, es fácil sentir el impacto emocional de la inequidad que enfrenta nuestra comunidad. Algo que nosotros como comunidad podemos hacer para ayudar a nuestras bibliotecas es llamar o contactar por correo electrónico a nuestros miembros del congreso para apoyar la financiación federal de las bibliotecas.

To learn more. Para aprender más:
<https://www.ala.org/advocacy/fund-libraries>



MENTAL HEALTH RESOURCES

IN THE VALLEY

RECURSOS DE SALUD MENTAL

EN EL VALLE



THE LGBTQ COMMUNITY CENTER OF THE DESERT

Wherever you are in life's journey, The Center is here for you. Enjoy classes, youth peer support spaces, trans-affirming programming, low-cost mental health services, and more, plus we offer LGBTQ+ informational resources for loved ones in Spanish.

Donde sea que se encuentre en el viaje de la vida, The Center está aquí para usted. Disfrute de clases, espacios de apoyo entre pares para jóvenes, programación de afirmación trans, servicios de salud mental de bajo costo y más, además ofrecemos recursos informativos LGBTQ+ para seres queridos en español.

Phone: (760)416-7790

Website: thecentercv.org

Address Coachella

1515 Sixth St.
Coachella, CA
92236

Palm Springs

1301 N Palm Canyon
Dr. Palm Springs, CA
92262

RIVERSIDE LATINO COMMISSION

The mission of the Riverside Latino Commission is to provide programs & services for those in our community who are facing challenges with mental health issues and/or drug use.

La misión de Riverside Latino Commission es proporcionar programas y servicios para aquellxs en nuestra comunidad que enfrentan desafíos con problemas de salud mental y/o uso de drogas.

Teléfono: (760) 398-9000

Sitio Web: latinocommission.com

Dirección: 1612 First Street
Coachella, CA 92236



Riverside Latino Commission está ofreciendo terapia y consejería de salud mental GRATIS para los estudiantes y familias de CVUSD. Riverside Latino Commission is offering FREE mental health therapy & counseling for CVUSD students and families.

RIVERSIDE COUNTY DEPARTMENT OF MENTAL HEALTH & BEHAVIORAL HEALTH

The Child/Adolescent Clinic provides individual family and group services as well as an intensive after school program. Services can include assessments, urgent mental health care and referrals to mental health and/or substance abuse treatment services.

La Clínica para Niños/Adolescentes ofrece servicios individuales para familias y grupos, así como un programa intensivo después de la escuela. Los servicios pueden incluir evaluaciones, atención de salud mental urgentes y referencias a servicios de tratamiento de salud mental y/o abuso de sustancias.

Phone: (760) 863-8455

Website: rcdmh.org

47825 Oasis St.

Address: Indio, CA 92201

INLAND SOCIAL CRISIS HELPLINE

By calling 951-686-HELP, a community member can reach a trained helper for telephonic emotional support, get linkage to a 24/7 Mental Health Urgent Care Center, or be routed to the Riverside County Crisis Mobile Unit.

Al llamar al 951-686-HELP, se puede comunicar con un ayudante capacitado para recibir apoyo emocional telefónico, conectar con un Centro de Atención de urgencia de salud mental las 24 horas, 7 días a la semana, o ser remitido a la Unidad Móvil de Crisis del Condado de Riverside.

Phone: (951) 686-4357

Website: inlandsocialuw.org/crisishelpline





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