

INSTITUTO FAMILIAR DE LA RAZA, INC

Dr. Estela Garcia
Executive Director

Estela Reyes Garcia, DMH

- Second Generation Chicana
- Daughter of Farm workers
- Began working as a Community Health Worker in rural California in 1975
- Doctorate degree from UCSF
- Joined IFR in 1985 as staff psychologist
- Part of the leadership that has developed integrated approaches to care for Latino children, youth, adults, and families
- 2005 became Executive Director and supervising clinical psychologist at Instituto Familiar de la Raza, Inc.

Instituto Familiar de la Raza, Inc

- Founded in 1978 as first Chicano/Latino mental health agency in San Francisco.
- **Vision** -To create a healthy and healing community by honoring and building upon the resiliency of individuals, families and all communities; promoting healthy cultural and spiritual practices and working towards social justice.
- **Mission** - To promote and advocate for the health and well being of diverse communities in San Francisco with a primary emphasis upon.

Currently 7 programs to serve over 4000 community members annually

- La Clinica: Outpatient Mental Health Services
- Si a la Vida- HIV/AIDS Prevention and Care
- Family Resources System-Family Support and development Services
- Community Based Therapeutic Mentoring- Social rehabilitation and skills development.
- La Cultura Cura- Youth Development, case management, afterschool programming and trauma recovery services

Instituto Familiar de la Raza

Program description continued:

- Early Intervention Services- Mental Health Consultation to family day care providers, child centers and schools.
- Indigena Health and Wellness Collaborative - Prevention and health promotion to indigenous communities from Mexico and Central America. IHWC provides Training of Mayan speaking promotores to improve linguistic and cultural competency in health care settings.
- Cultural and Spiritual Affirmation is integrated into all aspects of IFR's program design.

Outreach and Community Engagement at IFR

- IFR is an integral part of the community and supports the cultural and spiritual health and wellness through:

Dia de los Muertos

Las Posadas

Health Fairs

Quarterly Drumming Circle

Health forums (MMSL Encuentro Indigena)

Collaborations with indigenous groups to support cultural traditions and ceremonies

Xilonen, Mayan New Year ceremony, Fiesta de Colores

Contact Information

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