MI LINKS
CONNECTING THE MULTICULTURAL INSTITUTE TO THE COMMUNITY

Congratulations Mirna!

The Multicultural Institute team would like to congratulate our Associate Director, Mirna Cervantes, for completing a Masters in Nonprofit Administration at the University of San Francisco, Class of 2021! Mirna attended classes in the evenings while fulfilling her responsibilities with the Multicultural Institute.

Congratulations Mirna! The MI team looks forward to implementing your ideas and vision in your next stage with the organization.

OUR MISSION

We accompany immigrants in their transition from poverty and isolation to prosperity and participation.

Vaccinations in Richmond

Thanks to the support of the Contra Costa Health Services Equity Mobile Team, the Multicultural Institute was able to offer the second dose of the COVID vaccine to the Richmond community.

The county team offered the Pfizer vaccine as well as the one-dose J&J vaccine for community members who have difficulty regularly accessing medical services.

The Multicultural Institute was able to vaccinate more than 100 people: day laborers, domestic workers and local families.

www.mionline.org
Youth Writing Festival

The Youth Writing Festival (YWF) is a relaxed and supportive day camp for students to further develop writing skills and have fun with daily STEAM activities.

**IN-PERSON!**
WITH COVID SAFETY RESTRICTIONS

**JUNE 14-JULY 9 2021**
MONDAY-FRIDAY
9:00 AM TO 12:00 PM
GRADES 3-7

Registration fee: $200

To Register
**RICHMOND**
3600 Macdonald Ave
Gelo Caloca
510-750-1083
gelo@mionline.org

**BERKELEY**
1920 Seventh Street
Eduardo Rosas
510-982-6640
eduardo@mionline.org

Brought to you by the Multicultural Institute
WWW.MIONLINE.ORG

Support Our Work

No donation is too small! Use our mailing address or the secure pay online service found on our website: www.mionline.org
The Multicultural Institute is a tax-exempt, charitable, nonprofit organization. Contributions are tax-exempt as allowed by law. Federal Tax ID# 91-1823468

Hire a Worker!

Our nonprofit will match you with Day Laborers & Domestic Workers with the skills you need to help you get the job done. CALL US TODAY!

**Landscaping**
**Moving - Painting**
**Cleaning - Caregiving**

Diabetes

Communities of color are more prone to developing Diabetes. Recognize the symptoms, avoid the consumption of sweets and sugary drinks, exercise and drink plenty of water!

**SYMPTOMS**
- Increased thirst
- Urinating more often, especially at night
- Always tired
- Unexplained weight loss
- Slow healing of cuts & wounds
- Blurred vision

**PREVENTION**
- Maintain a healthy diet with lots of fruits and vegetables
- Limit the amount of sugary drinks and sweets that you consume
- Stay active and EXERCISE REGULARLY!!!

Contact Us

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