



# MAYAMOTION HEALING

2023

IMPACT  
REPORT

# PALABRA

Greetings, *nuestra gente y beloved community,*

Mayamotion Healing is thrilled to extend an invitation to you, our cherished community, supporters and allies, as we unveil the tapestry of our 2023 *Impact Report*. With hearts brimming with pride, we embark on this journey of reflection, gratitude, and celebration, eager to share the vibrant chapters that compose the narrative of our year.

In the spirit of Mayamotion's movement, we invite you to join us in a *dance* of celebration. This was a year marked by the rhythm of community co-designing, youth action, intergenerational healing, growing the Mayamotion Familia, and more! Together, we moved and grooved through spaces of creativity and innovation, sculpting a future where healing knows no bounds or borders.

Our healing *Círculos* became sacred circles where stories intertwined, creating a mosaic of strength, vulnerability, social-political consciousness and connection. *Clinical Cultural* psychotherapy offerings became portals to self-discovery, cultural affirmation, and transformative growth. The events we hosted were not mere occasions; they were vibrant spectacles of *unity*, sparking conversations that echo through the corridors of change.

Thank you for joining us on a reflection of the joyous strides we've taken, the challenges we've met with resilience, and the *dreams* we continue to chase. May it be a source of inspiration as we collectively journey towards a future where Mayamotion Healing's impact holds no limits.

In Solidarity y PALABRA,



Maya Sol Dansie, Founder & CEO  
Mayamotion Healing Team



# YEAR IN REVIEW



**925** therapy appointments



**597** consulting and movement building hours



**83** therapy clients reached




operating in **Colorado** AND **California**



Mayamotion Healing's transformative **rebranding** process



**2** new team members!



*At Mayamotion Healing, we are on a transformative journey, driven by a powerful purpose: to heal the hearts, minds, and communities of today's world. Our mission is simple yet profound-to ignite healing, empower change, and champion justicia.*

# OUR NEW CHINGONAS



**Amanda Chavarria**  
**Creative Executive Assistant**

Meet Amanda, our new Creative Executive Assistant! With a background in project management and graphic design, she's all about blending structure and creativity. Amanda's appreciation for her diverse heritage, encompassing Mexican, Native American, and Filipino roots, aligns perfectly with our commitment to inclusivity and multicultural identity.

Amanda's primary focus at Mayamotion Healing is to enhance our business organization and marketing strategies. We can't wait to see the fresh perspective she brings to our team!



**Ana Antonio Rodriguez**  
**Clinical & Cultural  
Psychotherapist Fellow**

Meet Ana, our Clinical & Cultural Psychotherapist Fellow! Originally from the State of Mexico, Ana brings with her a rich heritage as a proud descendant of the Mexica and Otomí cultures. She is not only an indigenous woman but also a first-generation, DACAmented individual, showcasing her resilience and dedication.

With a master's degree in social work, Ana's work has included empowering survivors of various crimes/harassment, providing crucial emotional and mental support to young minds in alternative schools, and offering short-term therapy in integrated health clinics.



***Interested in joining our team?***  
***Visit our website!***

# 2023 MAYAMOTION PARTNERS & PROGRAMS

Mayamotion extends our heartfelt thanks to our extraordinary partners and collaborators in the 2023 movement building work. Your energy, insights, and contributions enriched our community and youth-centered programming and reimagined systems.



By way of our intergenerational collaborations, we bridged wisdom across time, and the compassionate support aided in healing from traumas. We led with Cultura Cura teachings and you have been guardians of this cultural wisdom and as a result, together, we've created transformative spaces. As we joyously reflect on our shared journey, we're excited to highlight the remarkable achievements born from these collaborations. In this celebration, let's revel in the joy of our collective impact.



***"True community is not just about being together, but about coming together with purpose and passion to dismantle the barriers that divide us, ensuring that every voice is heard, and every soul is valued."***

***— Angela Davis***

# 2023 PARTNER HIGHLIGHTS

## El Centro AMISTAD



Our Mayamotion Healing founder, Maya Sol, proudly serves as the Clinical and Program Innovations Director for our local non-profit, El Centro AMISTAD. Their mission is to create opportunities and programs that promote equity in health, education, and quality of life for the Latinx\* community in Boulder County.

Our impactful work encompasses a range of significant initiatives. At the heart of our efforts is the [Annual Cumbre Juvenil](#), where over 250 youth actively engage in Indigenous-led teachings and workshops.

We are thrilled to share the success of our recent rebranding and revamping efforts for the [Raíces Vivas Youth Program](#). This initiative reflects our commitment to staying dynamic and responsive to the evolving needs of our cherished community.

Additionally, we prioritized staff well-being through **decolonial behavioral health team gatherings**, ensuring our team is equipped with culturally responsive approaches for effective support.



[Check out more about  
El Centro AMISTAD](#)

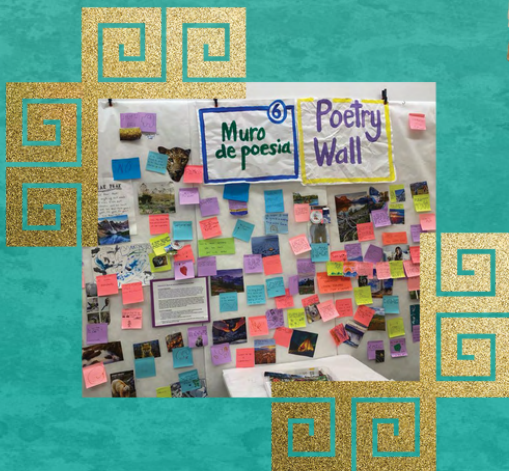
# 2023 PARTNER HIGHLIGHTS

## Growing Up Boulder



In continuation of our trusted partnership, we collaborated with Growing Up Boulder on the [Reimagining Policing](#) project. This marked the culmination of years dedicated to engaging a diverse group of young individuals aged 8-24 in shaping a visionary perspective on public safety in Boulder, CO. Mayamotion employed a healing-centered approach to guide this transformative journey with the youth.

Our [Healing Toolkit](#), a collaborative effort involving 21 high school students from the area, Growing Up Boulder, and Mayamotion Healing, was developed in response to the King Soopers tragedy. This kit is designed for teachers, mental health professionals, and student leaders, aiming to assist children and youth in healing from traumas of the past few years. Thank you to our youth, GUB team, and community!



[Check out more about  
Growing Up Boulder](#)

# 2023 PARTNER HIGHLIGHTS

**Mind.Body.Voice.**



We took the lead in consulting and facilitating the transformative Mind.Body.Voice **2023 Summer Immersive Affinity Group** with Latinx\* Identified High School Youth. Our collective efforts focused on elevating the power of participants through their exploration of cultural identities and designing inclusive adaptations for Spanish-speaking Curricula.

The youth expressed specific requests, highlighting the importance of:

- Centering cultural identity within the context of mental health
- Fostering community building and a sense of belonging
- Facilitating racializing conversations
- Incorporating an intergenerational approach
- Integrating rematriation grounding practices and activism
- Addressing appearance biases, racism, and colorism
- Ensuring impactful representation



*Check out more about*  
*Mind.Body.Voice*



# 2023 PARTNER HIGHLIGHTS

Integrated Work  integrated  
WORK

This year, we continued in our trusted collaborations with Integrated Work as a Senior Consultant for two impactful projects: 1. Behavioral Health Integration; 2. Clinica JEDI Steering Committee.

**Behavioral Health Integration:** This project focused on growing health professionals' ability to effectively operate in integrated care settings. Maya Sol co-facilitated a series of Peer Learning sessions and developed a meaningful curriculum, collaborated with teams across the nation, and supported the growth of person-centered behavioral health strategic planning with members for integration in their communities.

**Clinica Family Health:** Clinica has been doing work to strengthen and deepen their organizational approach and commitment to justice, equity, diversity, and inclusion (JEDI) through a variety of initiatives, including the development of an equity blueprint, an organizational assessment and defining priority focus areas. Through a healing centered framework, Maya Sol co-facilitated, alongside Nadia Ali and Catherine Saar, Clinica's JEDI Steering committee which included 22 staff across the organization to bring more voices to the table and create a collective vision, strategies, and objectives that built an action plan and a way to evaluate Clinica's JEDI progress.



CLINICA  
family health



***Check out more about  
Integrated Work***

# 2023 PARTNER HIGHLIGHTS

## Boulder Valley School District



As a dedicated **Racial Trauma and Healing** psychotherapist for BVSD, Maya Sol had the privilege of directly serving over 20 students and their families through a series of therapy sessions. We are grateful to the **Equity Team**, who works tirelessly to support our Youth of Color and their families.

In partnership with BVSD's Equity Office, we delved into these sessions, and we noticed a common thread – many of the racialized incidents were happening right within our schools. To address these challenges, it became evident that BVSD staff and leadership could greatly benefit from additional resources, representation and training in navigating tough racial conversations, using better communication strategies, making talking about race normal, protocols for accountability, and spreading messages of inclusivity.

Our work addresses the dire need for a culturally responsive, people-centered, and inclusive approach to mental health interventions. One key takeaway was recognizing parents and caregivers often require as much therapeutic support as their children. Additionally, the importance of representation in mental health services. Our youth and families expressed continued gratitude for working with a provider who not only speaks their language but also shares a relatable understanding of racialized experiences.



*Check out more about*  
**BVSD**

# 2023 PARTNER HIGHLIGHTS

## Healing Círculos



**Community Círculos** unfolded as sacred spaces, grounded in cultural healing and guided by Indigenous wisdom. This communication approach, directed by a racially equitable framework, brought out the best in our community collaborators, making our team dynamics even stronger. These **Círculos** emerged as a shared sanctuary where teams and communities gathered to exchange journeys and aspirations.

In the spirit of communal healing, participants found support and empowerment through the art of storytelling. Conversations revolved around self and soul care, cultural identity, mentorship, and exploring a racial and intersectional lens. In these spaces, we witnessed the blending of shared wisdom, paving the way for justice-oriented healing and cultivating the well-being of individuals and the community. This intentional dialogue became the foundation for co-creating a nurturing space and crafting strategies for growth in various aspects of life.

Gratitude flows abundantly to **Juan Gomez**, co-founder of **MILPA**, for your invaluable collaboration and co-facilitation alongside Maya Sol. Your dedication to social justice echoes profoundly, and we extend heartfelt gracias for contributing to the collective journey of healing communities.



*Check out more about [MILPA](#)*

*[Check out more about Mayamotion's Círculo offerings](#)*

# PARTNERS

## MAYAMOTION HEALING



**BOULDER VALLEY**  
SCHOOL DISTRICT



**GROWING UP**  
BOULDER



**integrated**  
WORK



**AMISTAD**  
THE BILINGUAL LEADERSHIP



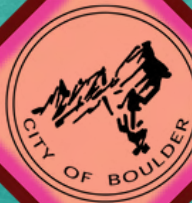
**Sister Carmen**  
COMMUNITY CENTER



**COMMUNITY**  
FOUNDATION  
BOULDER COUNTY



**MILPA**



**CITY OF BOULDER**

**WellPower**

¡Gracias comunidad!  
See you next year...

# ON THE HORIZON...

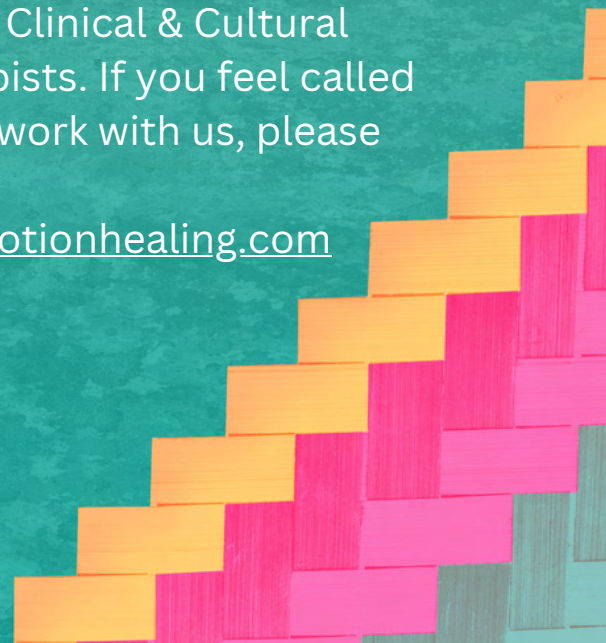
As we stand at the threshold of a new chapter, Mayamotion Healing is thrilled to share a glimpse into the horizon of our evolving commitment to social justice and holistic well-being.

## Healing Círculos Expansion

Building upon the foundation of Healing Círculos, we are excited to deepen our commitment to communal healing spaces. These circles, rooted in cultural wisdom will continue to be space of connection and cultivating collective consciousness with the aim to nurture our vibrant community. Círculos are uniquely designed for collaborative facilitation with our community leaders and partners.

## Expanding Our Mayamotion Familia

Mayamotion Healing is proud to announce that as our team continues to grow, so does our capacity for therapeutic services. We are currently offering **Internship** and **Fellowship** opportunities in Colorado and California for Clinical & Cultural Psychotherapists. If you feel called and ready to work with us, please contact [info@mayamotionhealing.com](mailto:info@mayamotionhealing.com)



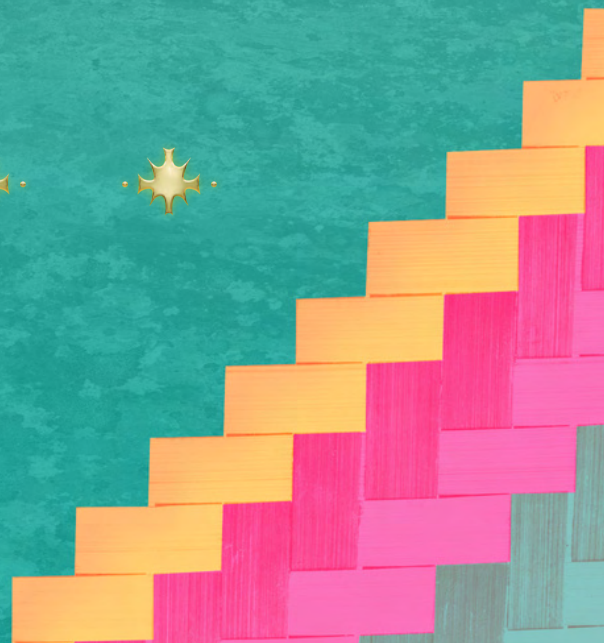
# ON THE HORIZON...

## Consulting for Racial Justice, Decolonial Mental Health, and Movement Building:

Our commitment to dismantling systemic inequalities remains steadfast. Mayamotion Healing will continue to be at the forefront of racial justice and holistic healing, offering transformative consulting services. Connect with us to join in the movement!

### 2024 Consulting Partnerships include and are not limited to:

- Growing Up Boulder: Child Friendly Cities Initiative
- Youth Opportunities Advisory Board (YOAB)
- Parent and Family Wellness Center
- El Centro AMISTAD
- MILPA



# ¡GRACIAS!

We extend our sincere gratitude to each of you who engaged in our **Therapeutic Services** this year. It is truly an honor to be part of your healing journey. We hold your stories with responsibility and humility - **Tlazocamati**.



To our 'behind the scenes' heroes, the Mayamotion Team wants to express heartfelt appreciation. **Tona Dansie**, your IT, Web and creative brilliance have been invaluable. **Nettie**, your incredible design captures the artistic expression of Mayamotion. **Tangia Al-awaji Estrada**, from **Tangia Renee PR**, thank you for guiding us in our rebrand journey and pointing the way toward a bright and bold future!



*“Never look for a psychological explanation unless every effort to find a cultural one has been exhausted.”*

*— Margaret Mead*

# PALABRA

To our community, as we bid farewell to the 2023 year, we extend our gratitude, de corazón, for joining us in this **Impact Report**, your trust and unwavering support empower us to navigate the uncharted waters of **healing** and **justice**.

The Mayamotion familia thanks you for taking the time to join us in the **celebration** of our collective journey. Your time spent reflecting on the accomplishments and shared moments is a gift we deeply appreciate. As we step into the canvas of **2024**, we carry the torch of healing social justice, weaving threads of bold conversations, joy, and **community** into the fabric of our work. The forthcoming year promises new chapters of growth and possibility, and we're thrilled to embark on this continued journey with you. **Together**, let's create a future where the echoes of our shared endeavors resonate even more brightly!

**¡Aquí estamos y no nos vamos!**



To connect, please reach out to us at:

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