



Newsletter



**Amigos de
San Cristóbal**
Fundación Comunitaria

JUNE 2026



Together, we make a difference!



Over the past few months, at **Amigos de San Cristóbal, A.C.**, we have continued to strengthen our commitment to the organizations, communities, and individuals working daily to build a more just, inclusive, and participatory region.

This newsletter highlights some of the gatherings, lessons learned, and actions that defined our journey during the second quarter of the year: celebrating the achievements of partner organizations; capacity-building and institutional strengthening processes; follow-up visits to partner groups; spaces for collective reflection; and the alliances that continue to expand our opportunities for advocacy and collaboration.

We are also thrilled to share the release of our 2025 Annual Report, a document that captures the results of a particularly significant year in which we celebrated two decades of community work. We also met the May 31st deadline for submitting our transparency report to the SAT (Mexico's tax authority) as an authorized donor recipient.

Every workshop, meeting, visit, and gathering reminds us that change is built upon relationships of trust, collaboration, and shared commitment. Because today, more than ever, we remain convinced that by standing together—and working through networks—we make a difference.

Gratitude and commitment



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Project follow-up and monitoring



MID-YEAR VISITS

Throughout the month of June, our colleague **Mónica Rodríguez** carried out field visits to the projects. The observations gathered during these visits will help complement the information submitted by the organizations in their mid-year reports. Some of the organizations visited included:

❁ **Tierra Roja Cuxtitali Centro Comunitario, A.C.**

During the visit to the project **“The Big House: Tierra Roja Cuxtitali, a space for learning, coexistence, and building paths toward peace and dignity”**, Mónica participated in a session where **children learned about healthy eating** through pizza making, combining play, creativity, and teamwork.

In addition to cooking, the participants shared responsibilities, decorated their pizza boxes, spent time together, and developed life skills in an environment of trust and joy.

Mothers highlighted that **Tierra Roja** benefits not only their children but also themselves by providing **spaces for learning, community participation, and social interaction**. Likewise, youth volunteers continue to strengthen the project's networks of support and accompaniment.



❖ Sanando Heridas, A.C.

On this occasion, the visit took place at **Sor Juana Inés de la Cruz** Preschool in the community of Los Llanos, where we joined a day of oral health activities alongside 33 tsotsil girls and boys.

Through games and oversized educational materials, the education team taught **the correct tooth-brushing technique and the importance of caring for their teeth**. Best of all, the activities were conducted in the children's **own language**, creating an atmosphere of trust, participation, and laughter.

A significant community achievement is that, thanks to previous workshops with mothers and fathers, the children's snacks are no longer processed foods. Instead, they now enjoy healthy homemade options such as fruit, oatmeal, and beans.

At the end of the session, each child took home a toothbrush, toothpaste, educational materials, and a delicious apple.



❖ Ixchel, Acompañamiento Médico y Logístico, A.C.

The monitoring visit took place in Huixtán during the **municipality's Health Fair**, where the Ixchel team carried out **early prostate cancer detection activities for men over the age of 40 from local communities.**

During the event, **47 men received rapid screening tests, promoting a culture of prevention and health care.** In addition, the team provided clear and accessible information on the topic using educational materials in Indigenous languages and the valuable **support of a Tsotsil/Tseltal interpreter.**

Fortunately, no positive results were detected that day. The collaboration with the Huixtán Health Sector also opens **new opportunities to bring these services to more communities throughout the municipality.**



❖ Mujeres Transformando Mundos, A.C. (MUTRAM)

Among medicinal plants, shared knowledge, and collective learning, a monitoring visit was conducted to the project **“Intergenerational Training of Community Facilitators for Health and Territorial Defense”** in Comitán.

During the herbal medicine recipe book workshop, **women from the Colibrís and Florecillas groups** shared ancestral knowledge about the use of **medicinal plants**, strengthening the intergenerational transmission of knowledge and promoting community autonomy.

The collective creation of the recipe book represents a tangible outcome and a **valuable tool for preserving traditional medicine, encouraging self-care, and recognizing the role of women as guardians and knowledge multipliers within their communities.**

Active participation, increased confidence among the participants, enthusiasm for learning, and a willingness to share experiences and replicate these lessons in their communities were evident throughout the workshop.



❖ Hogar Comunitario, Yach'il Antzetic, A.C.

Talking about sexuality, consent, and respectful relationships is also a way of **preventing violence**.

During the monitoring visit to the project “**New Women: Comprehensive Development Free from Violence for Indigenous Maya Women**”, Mónica accompanied the Hogar Comunitario team during a workshop held for students at Technical Secondary School No. 153 in Mitontic.

Through participatory **activities and discussions about gender roles, personal boundaries, emotions, and the changes that occur during adolescence**, the young participants were provided with a safe space to express their questions, share experiences, and strengthen the skills needed to build healthier and more respectful relationships.

It was inspiring to witness the trust that adolescents have developed with the prevention team, **the result of years of consistent work in schools throughout the region, creating spaces for dialogue, listening, and support.**



❖ Promedios de Comunicación Comunitaria, A.C. (Cinetiqueta)

Imagination, play, and teamwork came together during this monitoring visit, which included a preparation session for the “**Cinetiqueta: Cinema in the Neighborhoods**” project.

Children and youth from **Semillero 257** participated in playful activities designed to review the stages of film production, explore the sounds of their surroundings, and make collective decisions about the creation of their next short film, which will address soft drink consumption and its effects on health.

Through community cinema, **participants strengthen their creativity, develop artistic skills, and reflect on the issues affecting their communities**, transforming their experiences and voices into stories that deserve to be told.



❖ Sinergia Consultora Social, A.C.

This session of the project “**Clay Moons: Intercultural Menstrual Dignity**” took place with girls from Revolución Mexicana Elementary School in Amatenango del Valle.

Through reflection activities, messages of self-confidence, and a clay workshop guided by a local artisan, the participants shared their experiences, **questions, and feelings about menstruation in a safe and respectful environment.**

During the workshop, the girls created clay figures inspired by the uterus, connecting learning with a cultural practice that is part of their daily lives. They also shared messages such as, “It is good to talk about menstruation so we are not afraid when it happens,” and “We should not feel ashamed to talk about what happens to us.”

Teachers and school administrators noted that **topics that were once considered taboo can now be discussed with greater openness and confidence.**



❖ **Formación y Capacitación, A.C. (FOCA)**

During this visit, a session of the project **“Continuity and Development in the Training of Midwives for Community Health: Guiding Hands, Living Midwifery Practices”** was observed.

Midwives, apprentices, and families from seven municipalities in Chiapas shared experiences, knowledge, and practices related to birth accompaniment, integrating both traditional and professional midwifery approaches.

Through the exchange of experiences and the reenactment of different birth care scenarios, **participants reflected on the importance of care, privacy, emotional support, and collective work during childbirth.**

The participation of midwives with decades of experience, along with the interest shown by younger generations—including an 11-year-old girl from a family of midwives— demonstrates that these ancestral practices remain alive and continue to be passed down from one generation to the next.



✿ Sakil Nichim Antsetik, A.C.

The first monitoring visit took us to the community of Chancolom, in San Juan Cancuc, where Mónica followed up on the project “**Living Roots: Weaving Herbal Knowledge**”.

This third herbal medicine workshop brought together **19 participants** —women and men of different ages— who shared knowledge, experiences, and ancestral practices related to the use of medicinal plants.

During the session, **participants prepared and exchanged tinctures, oils, and syrups made from local plants while** strengthening the intergenerational exchange of knowledge.

These spaces strengthen community midwifery, honor the knowledge of traditional midwives, and promote autonomy and community-based approaches to health and well-being.



❖ El Camino de Los Altos, A.C.

During the visit to the project **“Weaving to Live: Sustainable Supplies for the Textile Art School”**, a natural dyeing workshop was observed, facilitated by Mary, a Tsotsil artisan from San Juan Chamula, who shared her knowledge with women from San Andrés Larráinzar and Oxchuc.

Through the use of **natural fibers, dye plants, and traditional techniques**, participants learned dyeing processes that strengthen their artisanal skills and help preserve textile knowledge. In addition, women from new communities had the opportunity to observe and learn about the process, opening pathways for future participation.

The session also highlighted **the importance of collective learning, the transmission of knowledge in the Tsotsil language, and the spaces for community gathering that accompany these processes**. Each color obtained is unique, just like the stories and experiences of the women participating in this project.



❖ **Cultura de los Indios Mayas, A.C. (Sna Jtz'ibajom)**

During the visit to the project **“Cosmocultural and Educational Mayan Teaching-Learning Processes for Children and Youth in Tselal and Tsotsil Communities of the Highlands of Chiapas”**, a Tsotsil literacy session was observed in **Santiago El Pinar**, where children and youth learn and strengthen their mother tongue through games, reading, and collective creation.

Through participatory **activities, writing exercises, and educational materials developed within the community context**, students build literacy skills while recovering words, stories, and knowledge that form part of their cultural identity.

The enthusiasm, participation, and joy of the group reflect the importance of creating spaces where Indigenous languages are lived, written, and passed on to new generations.



❖ Granja y talleres para personas con capacidades diferentes, Ángeles de Amor, A.C.

During the mid-year monitoring visit, **progress in the community garden** was observed, along with the active participation of young people in productive activities and the continuity of **workshops that strengthen their autonomy, skills, and social interaction.**

The commitment of the work team, volunteers, and families is also noteworthy, as they make it possible for this space to continue serving as a place for learning and capacity building.

This project continues to consolidate itself as a space of inclusion, learning, and hope **for more than 25 adults with disabilities.**





Alliances



PARTNERSHIPS AND STRATEGIC ALLIANCES

❖ Presentation of Tseinan's results

At the breakfast event “**Transforming Smiles**”, organized by **Tseinan A.C.**, we witnessed work that truly transforms lives.

They shared their efforts **in support of children and families living with cleft lip and palate (CLP)**, reminding us that every smile matters. This space also helped strengthen ties with institutions committed to health and social well-being.

We extend our deepest recognition to the entire **Tseinan A.C.** team for their dedication, commitment, and the meaningful impact they generate in our region. Without a doubt, it is an organization that inspires and embraces network-based collaboration to go further.



❖ 11th Anniversary of Tierra Roja Cuxtitali

On Saturday, May 23, **we accompanied Tierra Roja Cuxtitali** in celebrating its 11th anniversary. We joined the team, families, children, adolescents, and supporters in a day full of activities and celebration. The event included a product and food market, a games fair, guided tours of the center, live music and dancing, a children's theater performance, aerial silks, and workshops for mothers, children, and adolescents.

It is undoubtedly a great source of joy to see this organization sustaining its work uninterrupted for 11 years. Over time, the civil association has grown and strengthened, both in its trained and committed team and in its educational strategies adapted to the realities of the families it serves.

★ Thank you for making us
part of this beautiful journey. ★



❖ 20th Anniversary of Cántaro Azul

On June 26, **we accompanied Cántaro Azul A.C. in celebrating its 20th anniversary**, a space to recognize two decades of work for access to safe water, hygiene, and sanitation in communities and schools across Chiapas.

Throughout these years, the organization has promoted safe water projects, community water management, education, training, and emergency response, contributing to improving the living conditions of thousands of people. One of the key learnings from this gathering was the confirmation that deep transformations are never built alone. Families, communities, water committees, schools, institutions, donors, and organizations have come together to make this path possible.



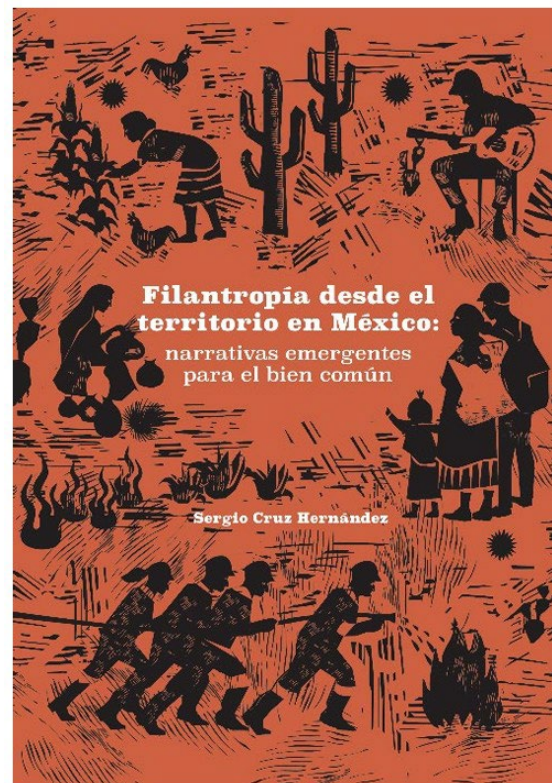
Collaboration, alliances, and community water management are essential to building a more just and dignified future for everyone.

Congratulations to Cántaro Azul on these 20 years of work and commitment.

✿ Participatory research

In 2025, **CASO** (Center for the Strengthening of Solidarity Action, A.C.), in collaboration with the Autonomous University of Baja California (**UABC**), continued a study on the relationships between donors and communities through a qualitative diagnosis of resource mobilization strategies. The aim was to design a **“Qualitative Tool to Make Visible Intangible Community Contributions”**, contributing to the construction of more horizontal, equitable, and symmetrical relationships between donors and communities.

The tool includes **seven sections**, each with a set of perceptions, as well as suggested actions and guiding questions for donor engagement. In 2026, the objective is to implement this tool in community foundations across northern, central, and southern Mexico in order to assess its usefulness. **Amigos de San Cristóbal** was selected as one of the organizations participating in this research and validating this new monitoring instrument. Additionally, in 2026 the book **“Philanthropy from the Territory in Mexico: Emerging Narratives for the Common Good”** by **Sergio Cruz Hernández** was published, aiming to contribute to the discussion on different ways of understanding philanthropy.





Strengthening



Workshop on monitoring, evaluation, and SMART indicators

Blending theory and practice, at the beginning of May we made progress in the development of **monitoring and evaluation indicators** aimed at more effectively tracking goals, results, and impact. The workshop was facilitated by our consultant **Gerardo González**, where participating organizations engaged in a rich exercise exploring these topics and applied them to real situations from their own projects. From our side, we continue to strengthen the capacities of civil society organizations.



Workshop on human trafficking in migration contexts

As a community foundation, it is always important to understand the context in which organizations work and the challenges faced across territories. For this reason, we attended the workshop **“Detection, Referral, and Protection of Women and Girls Victims of Human Trafficking in Migration Contexts”**, delivered by the International Organization for Migration (OIM) and organized in coordination with FOCA (Training and Capacity Building, A.C.), implementing partner of the project in Mexico.

The workshop was aimed at civil society organizations in Chiapas and addressed inter-institutional collaboration between prosecutors’ offices, organizations, and international agencies to combat human trafficking in migration contexts.

It was a collective learning space where we strengthened practical tools to identify warning signs, learn about reporting channels, and reinforce the protection of women and girls who may be exposed to these situations in the communities where our projects are implemented.



Fundraising workshop with ICF

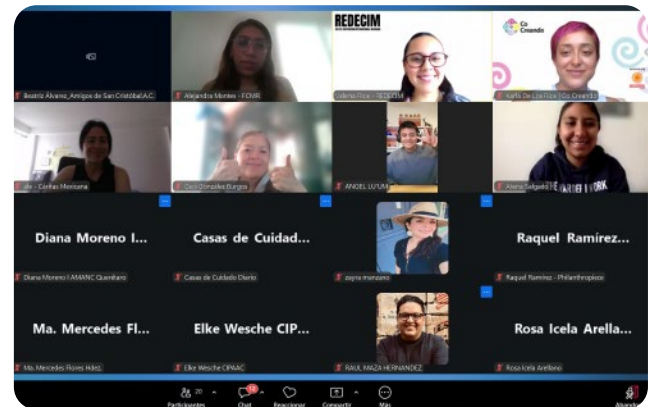
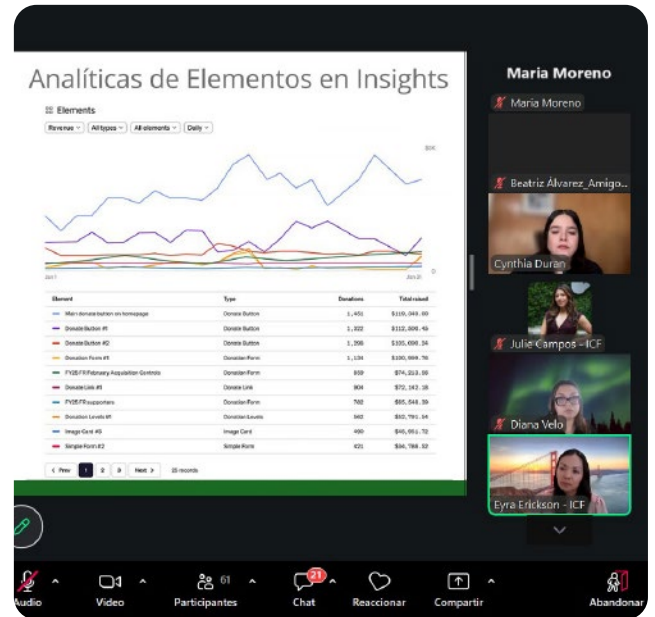
At the beginning of June, we participated in a workshop delivered by the **International Community Foundation** (ICF). The webinar was facilitated by Diana Velo, Grants Manager, and Cynthia Durán, Marketing & Communications Manager.

During the session, participants learned how to structure a Letter of Intent (LOI), including common mistakes and practical examples, as well as recommendations for using AI tools in its preparation. The workshop also introduced the opportunities offered by Fundraise Up, as well as other innovative fundraising tools recently integrated into the platform.

REDECIM workshop

At the end of June, we participated in a training organized by REDECIM (Mexican Network for International Cooperation) titled **“From Idea to Project: Design and Structuring of Social Initiatives”**. The workshop focused on how to manage and administer resources, people, funding, and time.

It reviewed the different phases of a project—diagnosis, design, implementation, and evaluation—and explored different ways to measure results in order to assess the extent to which planned objectives were achieved.



At the end of the day, the key message was that it is not about working more, but about working with intention, focus, and impact measurement.



Transparency

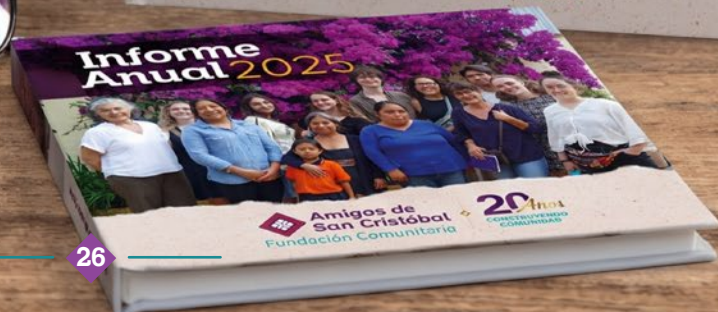


Publication of the 2025 Annual Report

At the end of May, our 2025 **Annual Report** was released. This year was especially meaningful, as **we celebrated 20 years** of walking alongside the community, transforming challenges into significant achievements and results. Two decades that remind us that when we come together, nothing is impossible. Although the report was not printed, it was widely distributed through mass emails and social media to the general public and our donors. **Thank you to every person who has been part of these 20 years of history.** This achievement belongs to all of us. You can read the report at the following link:



linktr.ee/amigosdesc





Donate



2026 Membership Renewal Campaign

From now on you can **purchase or renew your membership with Amigos de San Cristóbal, A.C.**

It is a way of belonging, of contributing to our cause in a symbolic way, and of supporting projects.

- 1 • **Individual** (\$300 pesos once a year) and family (\$500 pesos annually).
- 2 • **Small companies** (\$2,500 pesos per year).
- 3 • **Residents of Spain** or countries with euro currency (€15 euros per year, individual membership and €25 euros per year, family membership).
- 4 • **U.S. residents** (\$15 dollars per year, individual membership and \$25 dollars per year, family membership).

For more information, contact us



967 678 3374



amigosdesc.org/membresias

Become a powerful change maker

Fundación Comunitaria
amigos
de San Cristóbal, A.C.

Donate, inspire, and transform!

You can be part of this solidarity movement to transform the lives of hundreds of families in Los Altos de Chiapas, A.C.!

Get your membership

Friend partner	Family friend
€15 USD	€25 USD

ANNUAL MEMBERSHIP

At **Amigos de San Cristóbal, A.C.**, we raise funds and accompany local organizations so that their projects become realities that transform lives.

Here are the projects supported in 2026:
<https://amigosdesc.org/proyectos2026/>

Other ways to donate:

If you live in the **U.S.** and would like to donate to Amigos de San Cristóbal's projects while receiving a tax deduction, you can do so through our fundraising allies:



ICF (International Community Foundation)

<https://icfdn.org/donate/?form=FUNLFVZHDSJ>



MEF (Maya Educational Foundation)

<https://mayaedufound.org/amigos-de-san-cristobal/>

They will ensure your donation is tax-deductible in the U.S.

You can also donate from Mexico or other countries through:



bit.ly/PayPalAmigosSC



bit.ly/Amigos45642

Your donation is more than money, it's the hope for a more just and sustainable future for hundreds of families.

JOIN US AS A AMIGO COMPANY

Join the group of entrepreneurs that is
already transforming their environment



Generate impact and social responsibility with the support of Amigos de San Cristobal A.C. As a Amigo Company, you will be part of a community of companies, social investors, in Los Altos de Chiapas that contribute to the improvement of the living conditions of our community.

AMIGO COMPANIES 2026





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