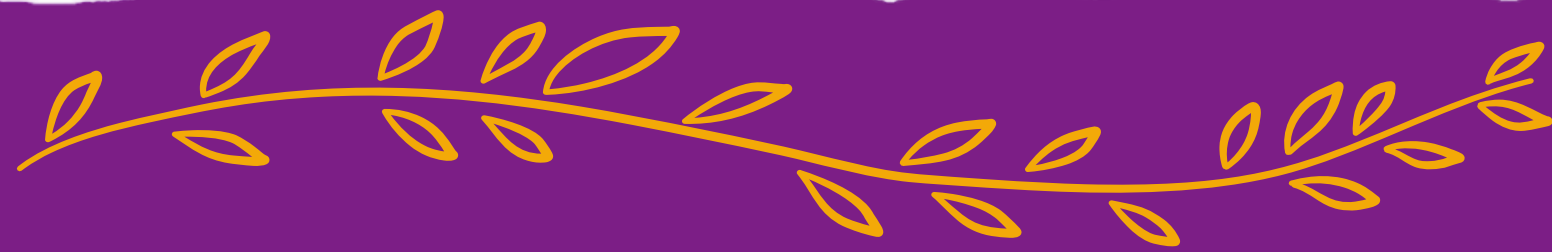


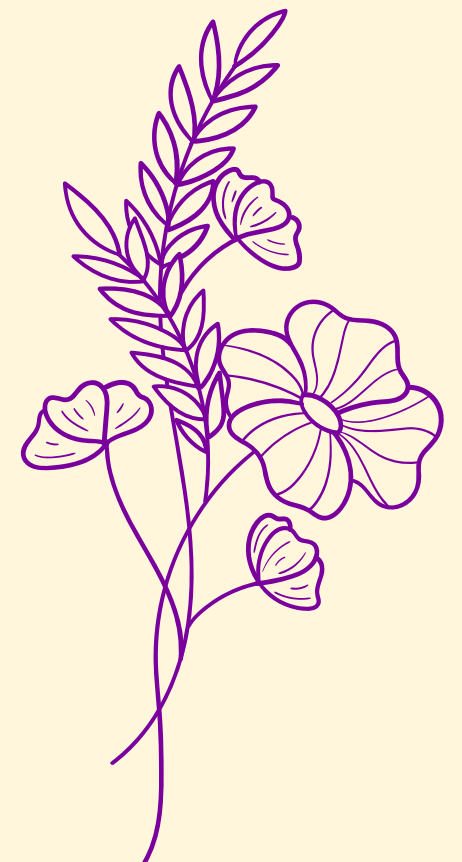
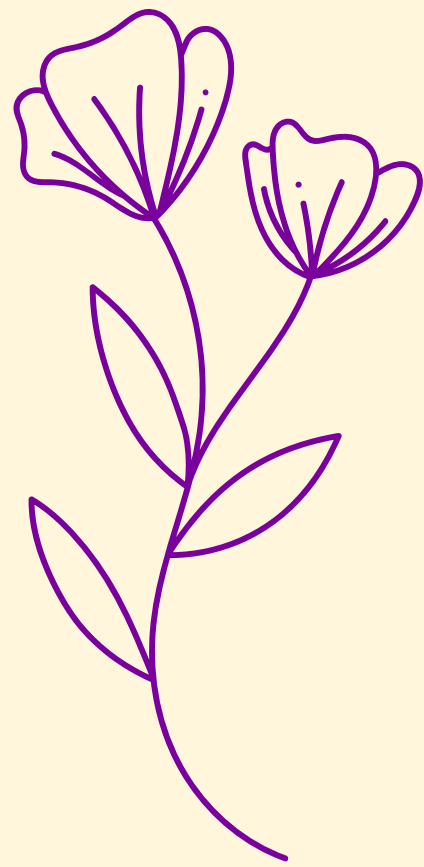


SOMCAN





Established in 2000, SOMCAN is a multi-issue and multi-strategy organization that nurtures the lives of youth, families, individuals and workers. We work on a wide range of issues—from tenant rights to community planning to Filipino language access to workers rights to environmental justice—and provide culturally competent direct services ranging from tenant counseling to workforce development to coordinating health and wellness activities.



programs

Tenants

Workers

Akbay

SIGLA



Provides support & referral:

- eviction, harassments, rent increase, roommate issues and getting landlords to repair issues with unit
- information on tenant rights
- pro-bono or low cost tenant lawyers



Provides support & referral:

- creating or updating resumes
- job search and application
- understanding work rights
- serves immigrant workers and people of all ages
- free or low-cost legal service



Provides support & referral:

- school
- affordable housing
- apply for general assistance
- immigration
- personal enrichment
- development workshops or activities



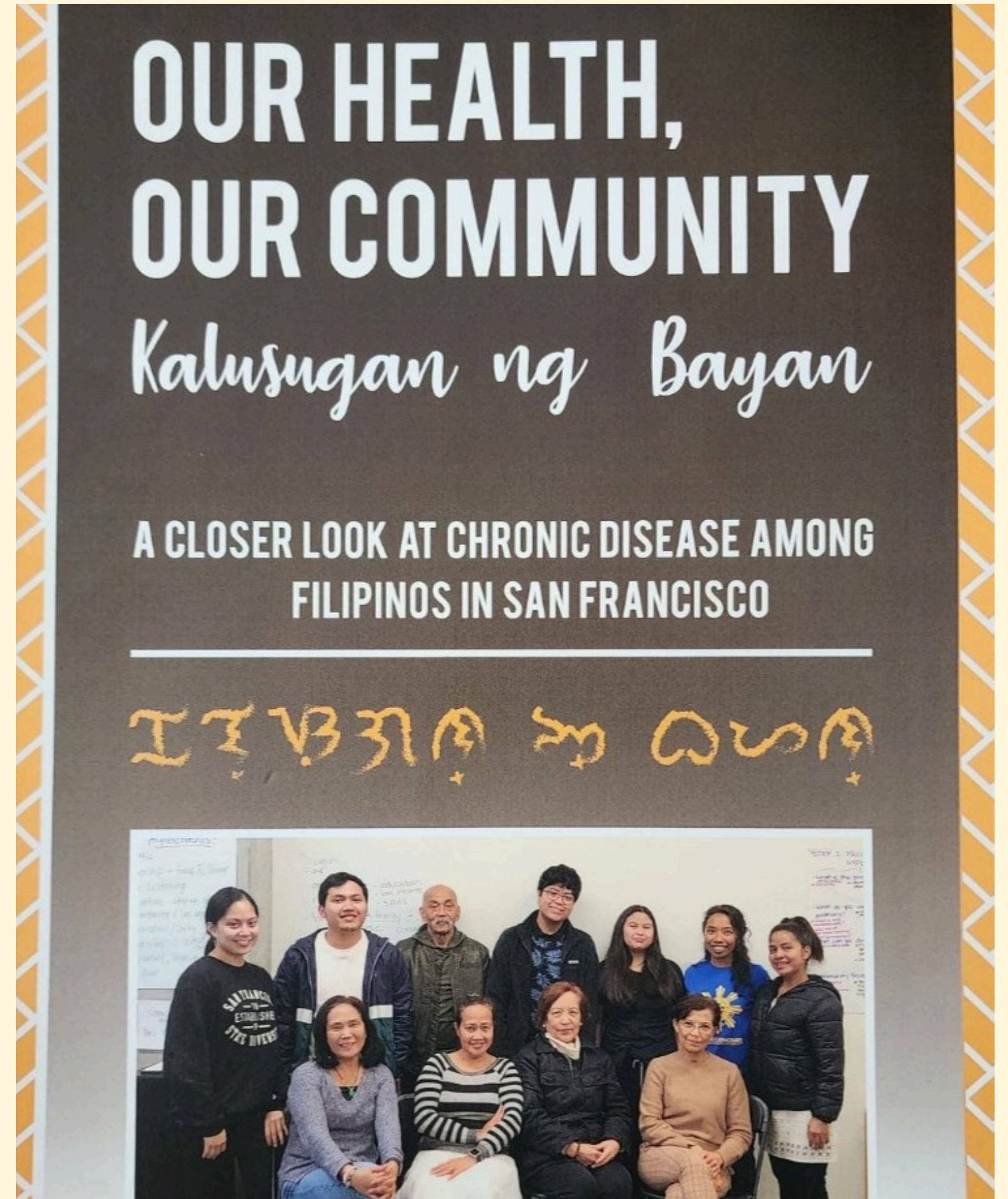
- policy and advocacy efforts
- health and wellness activities
- leadership skills

SIGLA PROGRAM GOALS

- ✦ To improve well-being of Filipinos in San Francisco
- ✦ To address the community's chronic health issues such as hypertension, cardiovascular diseases, Type 2 diabetes, and improve built environmental conditions that contributes to them

POPULATION SERVED

- ✦ Filipinos in San Francisco
- ✦ Filipinos are experiencing these health conditions at a disproportionate rate



Leadership Development & Advocacy



A BRAND NEW PARK IS COMING TO SOMA!

@ 11th & Natoma

JOIN US FOR COMMUNITY MEETING #2 TO DISCUSS THE FUTURE PARK

7/20/22 @ 5:30pm
LINK TO MEETING
<https://bit.ly/11thandnatomamtg2>



WE WANT TO HEAR FROM YOU!

ACTIVE COMMUNITIES PLAN (ACP)

Please give your input on the SFMTA's Active Communities Plan (ACP).

This plan informs active transportation network investments, prioritizes projects over the next decade, and recommends new policies and programs to support active transportation including pedestrian safety.

When: FEBRUARY 29, 2024
Where: SENTRO FILIPINO 814 MISSION ST., SF
Time: 5:30PM - 7PM
Food and refreshments provided

For more info, please contact David Woo at david@somapilipinas.org

Education &

Outreach



Pistahan Festival



Bessie Carmichael Back to School Night



WELLNESS WORKSHOPS WITH SOMCAN



DANCING OUR NATURE Dance Class

Dancing is one of the greatest ways to lift the spirit and reduce stress that can impact our blood sugar and hormone levels. This session will begin with a gentle warm-up to loosen and open the body for dancing. We will create expressive movement, taking cues from traditional Pilipino dance forms that reflect the environment in which they were created and our own imaginations.

COMMUNITY WELL

Wednesday, November 15, 2023
78 Ocean Avenue, SF
6:00 - 7:00 pm



TRICIA ONG
Bodyworker, Birthkeeper,
Movement Artist

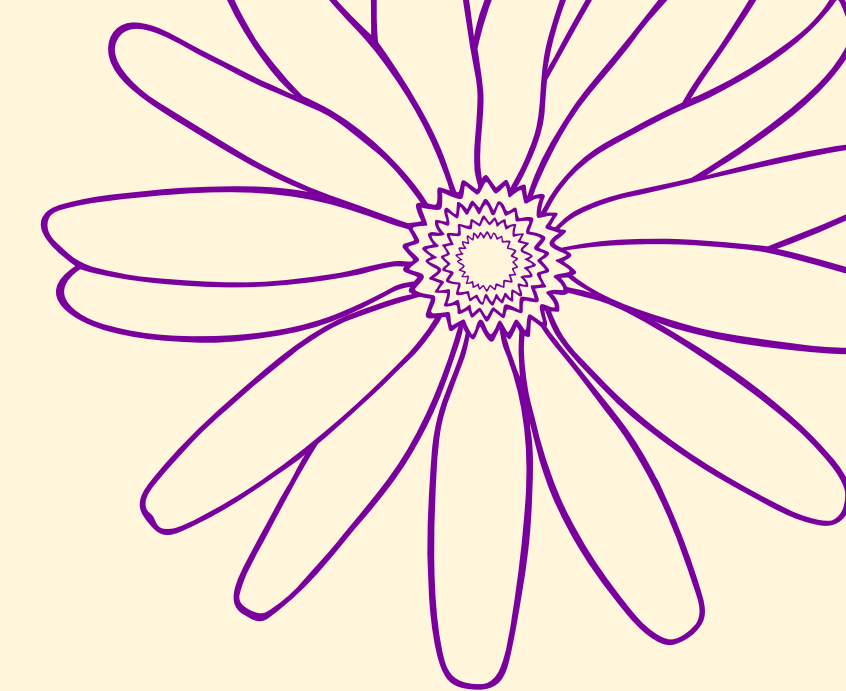
LIMITADO PARA MAKASALI

Kailangan magparehistro sa:
<https://forms.gle/XyX2KDMModfewjAM8>



This project was made possible with funding by www.sodatax-sf.org

Ang proyektong ito ay naging posible sa pagpopondo ng www.sodatax-sf.org





PILIPINAS



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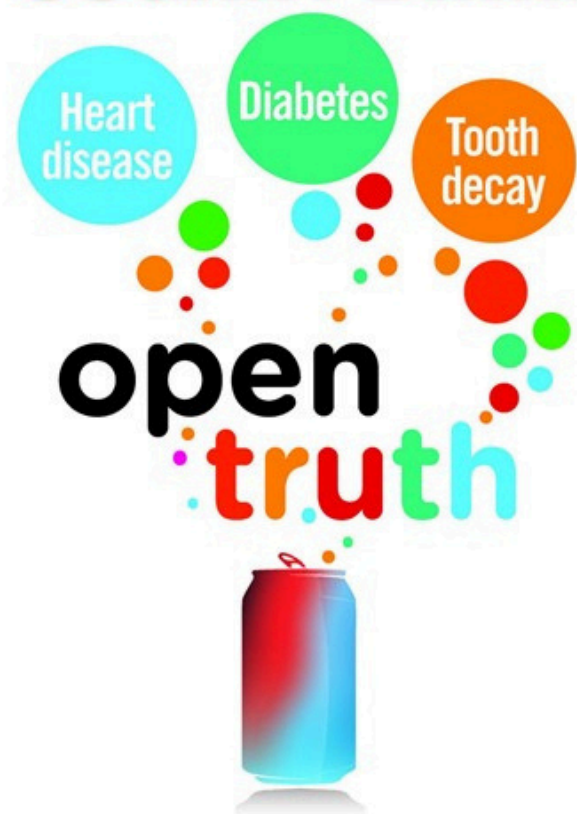
SIGLATHON

RUN AND WALK



This project was made possible with funding by www.sodatax-sf.org

SUGARY DRINKS ARE MAKING US SICK



The sugary drinks industry targets young people, parents, and communities of color to increase profits and brand loyalty despite scientific evidence that links sugary drinks to chronic diseases including **type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, tooth decay, and gout.**

THIS PROJECT WAS MADE POSSIBLE WITH FUNDING BY WWW.SODATAX-SF.ORG



Nagdudulot sa atin ng sakit ang mga inuming madaming asukal!



Pinupuntirya ng industriya ng mga inuming madaming asukal ang kabataan, mga magulang at mga iba't ibang lahi ng komunidad upang tumaas ang kanilang kita/ tubo at katapatan sa kanilang tatak/ produkto kahit na may siyentipikong ebidensiya na nag uugnay sa inuming madaming asukal sa talamak na sakit kasama dito ang **type 2 na diyabetes, sakit sa puso, sakit sa bato, sakit sa atay, pagkasira ng ngipin at gout.**

ANG PROYEKTONG ITO AY NAGING POSIBLE DAHIL SA PAGPOPONDO NG WWW.SODATAX-SF.ORG



Ang proyektong ay naging posible dahil sa pagpopondo ng www.sodatax-sf.org



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