

Club de Lectura

¿Acompaña usted a padres y familias en su desarrollo? ¿Es facilitador, educador, visitador del hogar, voluntario o líder comunitario? Entonces esta experiencia es para usted.

MARIAN
ROJAS
ESTAPÉ

RECUPERA
TU MENTE,
RECONQUISTA
TU VIDA



Le invitamos a participar en nuestro Club de Lectura en Español, una serie diseñada para fortalecer su crecimiento personal y profesional, compartimos herramientas e información que apoya su aprendizaje. Exploraremos el libro "**Recupera tu mente, reconquista tu vida**", de la reconocida psiquiatra **Marian Rojas Estapé**, una obra que nos guía a comprender el funcionamiento de nuestra mente y emociones, y cómo esto impacta en nuestra vida diaria y en nuestro rol como agentes de apoyo a familias.

¡Únase a esta experiencia de aprendizaje y crecimiento compartido!
Le esperamos en esta comunidad que conecta, aprende y transforma.

¿Qué encontrará en este Club de Lectura?

Facilitadoras



Brenda U.
Walker



Amanda
Casian

Sesiones virtuales



¿Cuándo nos reuniremos? Otoño 2025

Miércoles | 12:00 a 2:00 pm

1 y 15 de octubre

5 y 19 de noviembre

3 y 17 de diciembre



¡Inscríbese hoy!

Academia de Formación de OPEC

Las solicitudes de adaptación relacionadas con una discapacidad deben realizarse antes del 15 de septiembre del 2025 en: opec@oregonstate.edu

¿Necesita ayuda para inscribirse? Envíe un correo electrónico a: opec@oregonstate.edu



Oregon State
University



Book Club

Do you support parents and families in their development? Are you a facilitator, educator, home visitor, volunteer, or community leader? Then this experience is for you.



We invite you to participate in our Book Club in Spanish, a series designed to strengthen your personal and professional growth. We share tools and information to support your learning. We will explore the book **"Restore Your Mind, Rebuild Your Life"** by renowned psychiatrist **Marian Rojas Estapé**, a work that guides us to understand the functioning of our mind and emotions, and how this impacts our daily lives and our role as family support workers.

Join this shared learning and growth experience!

We look forward to seeing you in this community that connects, learns, and transforms.



What will you find in this Book Club?

Facilitators



Brenda U.
Walker



Amanda
Casian

Virtual sessions



When will we meet? Fall 2025

Wednesday | 12:00 to 2:00 pm

October 1 and 15

November 5 and 19

December 3 and 17



- **A safe and welcoming space** where you can reflect and share experiences with other leaders like you.
- **In-depth learning** about how emotions, dopamine, stress, and behavioral patterns influence our decisions and relationships.
- **Practical tools** to improve your self-care and emotional leadership, and strengthen your ability to support parents and families, caregivers, and others.
- **Guided conversations** with OPEC team members, focused on applying what you've learned to your daily work with families and communities.

Sign Up Today!

OPEC Training Academy

Accommodation requests related to a disability must be submitted by September 15, 2025, to opec@oregonstate.edu.

Need help registering?

Email opec@oregonstate.edu



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