

HEART & SOL COLLECTIVE 

Sol Connection



AUTUMN EQUINOX

Working in harmony, supporting one another through the exchange of time and energy, fosters unity and mutual care, while also inviting rest and reflection as the world moves toward a period of decline and renewal.

22 SEPTEMBER 2024

VOL. 1 ISSUE 3

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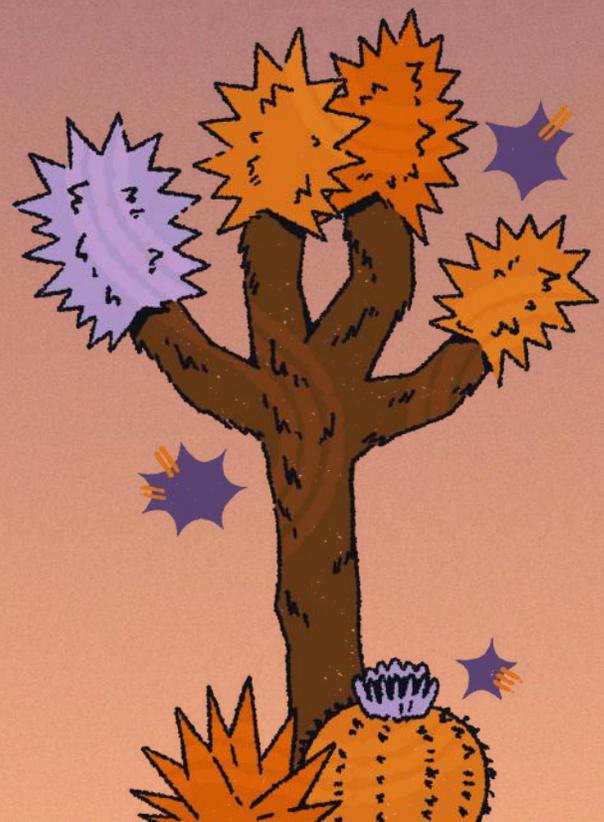
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PHOTOGRAPHY

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Reflecting on Pregnancy, Loss, and Birth Experiences in Clark County



Click to View the
2024

ANNUAL REPORT



Co-Founder's Corner

Autum in the Desert

By Kaleigh Mancha &
Rikki Jenkins

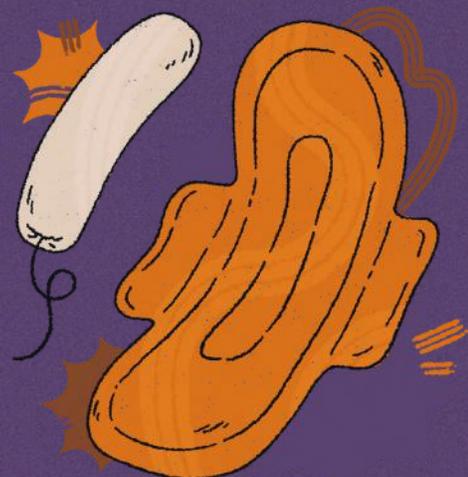
Autumn in the desert is a slow, but very welcomed goodbye to the scorching heat of Summer. Romantic sunsets and cool nights here we come.

At Heart & Sol Collective summer was full of momentum and abundance (which we're excited to share with you all!) AND we're more than ready to begin to slow down as we honor the successes of the year, surrounded by our loved ones and community.

We've spent all summer planning our 4th anniversary party and would love to see you all there! Flowers are the symbol for 4th anniversaries, so our theme is "Community In Bloom". We want to give people their flowers while they're here, congratulating and loving on them.

You can find more information about the event [HERE!](#)

After our 2nd issue, we held a social media fundraiser for the Period Pantry we launched in March and raised \$480 in a few days, which kept the pantry stocked for most the summer. We are grateful for those who continue to donate and support the Solidarity Fridge's Projects efforts to address period poverty and food insecurity.



We also hosted our 2nd reproductive health workshop on Perimenopause with guest speakers Martha Drohobyczer with Alternatives for Women and Dawn Douglas and Maticia Sudah with the Menopothecary. It was a beautiful, informative event where we normalized and destigmatized conversations around ascending into menopause. We plan to continue offering interactive, community led, gender inclusive and children friendly reproductive health workshops every equinox and solstice. Topics we'll feature upcoming include: lactation, premenstrual dysphoric disorder (PMDD), PCOS, perinatal mental health & more! Tell us what kind of reproductive conversations you want have in community.



In honor of Black Breastfeeding Week, we co-hosted our annual human milk donor drive alongside Semaj Bruce and the Southern NV Breastfeeding Coalition. The event was packed with parents, babies and birthworkers laughing and connecting. Everyone present also enjoyed sound healing from Yoga Haven, which all the littles present absolutely loved!

In addition to workshops fundraising and event planning we have worked with more than 30 families through a peer led, parenting support group through the Mama Mentorship Program, a collaboration with the City of Las Vegas. In June we offered our 2nd round of Trauma Informed Training with local yoga teachers, doulas, midwives and our 1st ever intern. This training will be offered again in the Fall, with all proceeds going back to our mutual aid fund!

Speaking of interns... check out Brandi Anderson's article in this issue. She's our 1st intern ever, but not our last!



We have partnered with the UNLV School of Public Health and will be interviewing interns in October 2024 to start working with us in January 2025. Providing a place to gain real world experience and give back to community is such an honor for us, we look forward to welcoming students into our organization.

Rikki and I recently presented the results of our “Pregnancy, Loss and Birth Experiences” Survey at the NV Maternal Child Health conference this month. You can learn more about our findings from the survey and how we intend to continue to address maternal health disparities on our website. One way we desire to continue making strides is to offer Trauma Informed Trainings to perinatal professionals and community members. In August we provided, alongside Obodo Collective, a Cultural Responsive Trauma Informed Care Training to the UNLV EARN FS Family Navigators.

The Family Navigators are a group of graduate students trained to provide case management and are participating in research and programming within the Historic West Side.

We also updated our website AND transitioned to a mutual aid model. What does this mean? We want to be as sustainable as possible, invite community members to join us in and create opportunities for receiving and giving. Our updated website has a donation section where people can donate to labor doula services or perinatal mental health services, along with a provider’s tab listing doulas and mental health therapists we have personally vetted and trained.





So many amazing updates and impactful work was completed this summer. We want to thank all the people who made these experiences and connections possible.

One of our organizational values is REST so we're taking all of December off to do just that.

With that being said, happy holidays & may you have a safe, joyful New Year!

See you in 2025!

**Con Amor,
Kaleigh Mancha and
Rikki Jenkins**





PRENATAL CONSULTS

THIS CONSULT IS PERFECT FOR THE LAST TRIMESTER OF PREGNANCY. WE WILL GO OVER THE BASICS OF LACTATION, DISCUSSING YOUR FEEDING GOALS, AND ANSWER ANY QUESTIONS.



LACTATION 101

THIS CLASS IS FOR PREGNANT PEOPLE, PARTNERS, AND ANY ONE WHO WANTS TO LEARN THE BASICS OF LACTATION!



LACTATION CONSULTS

AN ASSESSMENT OF THE BREASTFEEDING DYAD WILL BE COMPLETED AS WELL AS A DETAILED FEEDING PLAN THAT INCLUDES COMFORT MEASURES AND POSITIONING ADJUSTMENTS.



WWW.LATCHLASVEGAS.COM
702-530-7665

FOLLOW SOCIAL MEDIA
@LATCHLASVEGAS

Birth Stories

WELCOMING BABY AMORA REIGN JENKINS

By Rikki Jenkins (she/her)



With this pregnancy I really wanted to be surrounded by community and have an empowered birth experience. After losing our first baby and having our rainbow baby in the hospital, we had a traumatic experience, felt like we had no choices, and no autonomy. That experience is what fueled my passion and career for birth work, but it also made me never want to have kids again.



After 6 years of learning and healing, my partner and I decided to have another baby. We also decided that having a vaginal birth after a cesarean (VBAC) at home with a midwife would be the best for our family. This time we had the privilege to be able to choose our birth team that made us feel supported every step of the way.

We interviewed different midwives, and while we loved them all we felt a big connection to Camila. I wish everyone could experience the midwifery model of care. It was drastically different from the medical model of care. We had monthly prenatals that were 2 hours long. Every single one of our thoughts and fears as a family was addressed and validated. We spent time getting to know each other. This made us feel safe in trusting our midwife during birth.

An important part of this journey was making sure that my partner was included in every aspect of the birth as birth partners are typically left out.

We also had the privilege of having doula support from our friend, Kaleigh. With our doula, we took the time to talk and heal from our past birth experiences.

An important part of this journey was making sure that my partner was included in every aspect of the birth as birth partners are typically left out.

Something that we never actually did before and we were able to release those traumas to make way for a positive birth experience with this baby.

Our ancestors definitely were with us as I was laboring. I felt like my partner and birth team knew exactly when and what to do. I'm grateful our oldest daughter got to witness what full autonomy in birth looked like & that I could model that for her.

After two days of laboring and trying to get the baby to engage we decided to transfer to the hospital. I felt worried about transferring due to hospitals not always being supportive of transfers. While I know and teach about advocacy, it's exhausting to have to do that, especially in labor. I was pleasantly surprised to meet the laborist who was supportive of being a transfer and gave me options of continuing to labor or opt for a cesarean.



Ultimately, I felt empowered in opting for a repeat cesarean. We felt much confirmation because the baby's heart rate dropped right after deciding. The laborist followed our birth plan down to every detail and asked us our preferences before going back to the OR.

I was allowed to have my husband and midwife in the room with me. I was allowed to do skin to skin, keep my placenta, the drapes were lowered so we can see the baby being born, and we were able to take pictures.

There's still a lot of grieving of the home birth we wanted but didn't have. There's so many layers of emotions, both comforting & heartbreaking to know we did everything we could during pregnancy and labor to have a home birth. It's also the birth I feel we really needed.

My biggest lesson is how you're supported during pregnancy, birth, and postpartum matters.



YOU'RE INVITED TO

Community in Bloom

Heart and Sol Collective's Anniversary Party

OCTOBER

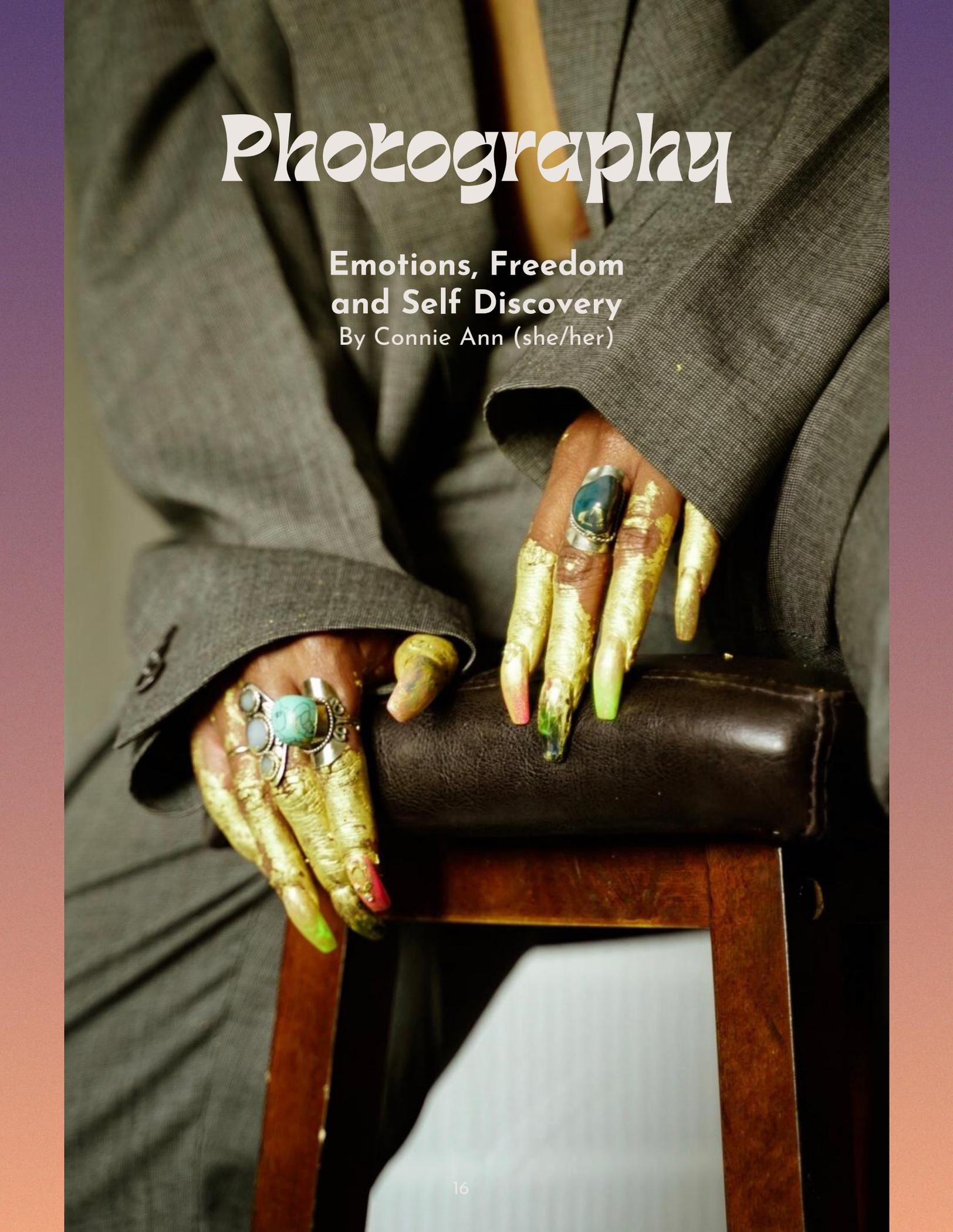
FRIDAY

18

5PM -8PM

Bottega Exchange
6675 South Tenaya Way,
Suite 200, Las Vegas, NV

[Purchase tickets here!](#)



Photography

**Emotions, Freedom
and Self Discovery**

By Connie Ann (she/her)

*As a Las Vegas-based
photographer and visual artist, I
have been honing my craft for
10 years. My work encapsulates
emotions that words don't
always allow.*



I believe in capturing the aesthetics of individuals, with the understanding that each person possesses a unique quality that shines through.



While beauty is an element of my work, I find deeper connections in moments shaped by uncommon perspectives.





Photography serves as my medium of freedom, allowing me to immortalize visions across time and space. It's a journey of self-discovery within the natural and unnatural essence of life.







*My ongoing body of work
includes:*

*Contrast, Light, &
Shadow*

Raw Portraiture

Motherhood

Fashion Editorial

Landscape

Cinematography

Documentary

Connect with Connie Ann

IG: @conomatic

Website:

www.conomatics.com

Breastfeeding with Maj BREASTFEEDING

LACTATION
CONSULTATIONS
&
HUMAN MILK
DONATIONS

www.BreastfeedingwithMaj.com

Lactation Consultations provide comprehensive breastfeeding education counseling, support, clinical management and interventions that are provided to a person during their prenatal, perinatal or postnatal periods. It supports the initiation, maintenance and continuation of breastfeeding assisting with an individuals lactation challenges and feeding challenges with infants.



Semaj Bruce, IBCLC
International Board Certified Lactation Consultant



Cultivating Connected Living

THERAPIST: RACHEL JOHNSON, LCSW



Welcome to a safe space for you and your family as you navigate challenges, find support, and increase safety in the relationships you enjoy. Navigating parenting challenges, relational challenges, and life stressors can be overwhelming alone. The approach to best support you comes from developing a safe and trusting relationship to empower you to find your community and your desired healing journey.

THERAPY SERVICES:

- Individual Therapy Family
- Therapy Child & Adolescent
- Therapy Group Therapy
-

Learn more about Rachel
Johnson, LCSW at
www.cultivatingconnectedliving.com

Contact Me:

Phone: 702-708-2124 Email:
rachel@cultivatingconnectedliving.com





National Spotlight

Vegas' Indigenous (Birth) Culture

By Kaleigh Mancha (she/her)

We were on PBS.
YES, THE PBS!! [@nativereport](#)
to be exact. At the beginning of
this year an Indigenous
reporter, Carly Jones of the
Ojibwe Peoples, at PBS reached
out to see if I was available to
discuss decolonizing mental
health & birthwork in Las
Vegas.

OH MY GOODNESS! I never
position myself an expert and
definitely believe we have an
amazing community of people
doing this work. People I love
working alongside. I shared the
names of Indigenous people,
who are supporting our
community by reviving,
reclaiming and embodying



Indigenous practices in birth keeping.

On July 9th I was honored to gather with Victoria Flores @[birth.as.ceremony](#) Iveth Balant @[grandiosamatriz](#) , Indigenous elders, parents & littles at The Giving Garden . The Giving Garden is part of the Solidarity Fridge Project, an Indigenous led space focused on food sovereignty, stewarded by Victoria. We gathered to share remedios for pregnancy & postpartum that had been passed down to us and created a cuaderno to keep in the garden. Yvonne Hawk Verjan,

an elder and journalist with Indian Voices & Co- Founder of Changing Spirits, led us through prayer and ritual. Space was held for sacred stories of remembrance, birth and parenting and we shared a meal made with intention.

The episode we're featured in will air the 2nd week of February 2025 and is part of a larger series highlighting Indigenous culture, food, heritage, art and advocacy. I'm feeling so grateful and VERY humbled for the opportunity to shine a light on the work we're doing in Las Vegas to decolonize birth work and mental health.



MENU OF SERVICES

Concept by : Monica Cuevas
Email: baringpetalslv@gmail.com

PERSONAL DEVELOPMENT CIRCLES

- *Women's Circles*
- *Men's Circles*
- *Children's Circles*

GRIEVING CIRCLES

- *Baby Loss Circles*
- *Pet Loss Circles*
- *Heartbreak Circles*

CELEBRATORY CIRCLES

- *Birthday Circles*
- *Coming of Age Circles*
- *First Moon Circles - Start of Young Girl's Bleed*
- *Menopausal Circles*
- *Bridal Blessing Circles*
- *Baby Blessing Circles*
- *New Mama Blessing Circles*
- *Abuela Blessings*

HEALING EDUCATION CIRCLES

- *Better You, Better Educator*
Personal Development meets Professional Development
- Teacher Wellness Circles/SEL in the Classroom



KIDS CORNER

Kids Corner offers tailored life coaching for teens, fostering hope, excitement, and commitment to personal success. Our services help young people navigate unique challenges and build a resilient mindset for the future.

We offer:

- Personalized guidance for each teen
- Support in overcoming challenges
- Advocacy training for school issues

FB: [Kids Corner LV](#)

IG: [@kidscornerlifecoaching](#)

Website: kidscornerlv.com

HEART & SOL COLLECTIVE

T-Shirt Fundraiser

All proceeds will go towards our continued efforts of birth justice & combating the maternal health crisis.



[CLICK HERE TO GET YOURS TODAY!!](#)

Poem

MASKS

FROM DOMESTIC
VIOLENCE TO TEACHER
WELLNESS

By Monica Cuevas, (she/her)
2024



Monica is a Latina, former educator (K-12), and the Academic Success Coordinator at a higher ed institution in Nevada. She graduated from UNLV and received the “Teacher of the Year” award twice in a row. She recently became a certified Women’s Circle Facilitator, and is the founder of Baring Petals LV. Her passion is implementing holistic advising and curating spaces that inspire healing for ALL individuals. Her vision is to redefine what teacher wellness means to make a positive impact in the world - specifically in Education.

She believes in HEALING THE WORLD THROUGH
EDUCATION.

MASKS

Sweating, hot, and suffocating.

Snap! On it goes.

A show of pretending that all is going to get better.

Inhale, exhale.

Car rests as the song ends.

In the house I go.

YELLING, FEAR, NEGLECT.

BRUISES that cover my supple skin, And remove the luster of
the engagement ring.

Moon out.

Praying hard.

Tossing and turning.

Birds wake up with the Sun.

Sweating, hot, and suffocating.

Snap! On it goes.

A show of pretending that all is exceptional.

Inhale, exhale.

Car rests as the song ends. In the school I go.

HUGS, LEARNING, GUIDANCE, EMPATHY, SAFETY,
NURTURING, LETTERS, NUMBERS, DREAMS.

LOVE that covers the bruises,

And inspires me to take off the opaque ring.

LOVE that motivates me to leave the masks behind.
LOVE that stops me from pouring from an empty glass.
LOVE that restores my faith.
LOVE that guides me to prioritizes my wellness.
Moon out.
Praying.
Grounded.
Birds sing to the rising Sun.

Sweating, hot, and suffocating. Glowing, Smiling, Refreshed.
Snap! The only snap today is from the bra that has no
positive effects on the female body,
But it is a way for society to control women.
... that is a story for later.
A show of inner glow and authenticity.
Inhale, exhale.
Car rests as the song ends.
In the school I go.
A commitment to nurture my soul and add luster into the
lives of innocent pupils.

Upcoming Events



BOARDING SCHOOL REMEMBRANCE Memorial & Teach-in

Monday, September 30th
6:30pm - 8:30pm
Signup for location



A time to honor the children who lost their lives, support those still healing from their experiences at residential schools, and bring awareness to the history and ongoing violence of settler colonialism.



SUPPORT SURVIVORS

DOMESTIC VIOLENCE AWARENESS MONTH
+ SELF DEFENSE CLASSES

WEDNESDAY, OCTOBER 16TH
6 TO 8 PM

INTER-TRIBAL COUNCIL OF NEVADA
2920 S RAINBOW #160 LAS VEGAS, NV 89146

WEDNESDAY, OCTOBER 30TH
7 TO 9 PM

DOWNTOWN CONTAINER PARK
707 E FREMONT ST, LAS VEGAS, NV 89101



GRANT WRITING + RESEARCH

VOLUME 2 : STEP BY STEP GUIDE



TUESDAY, OCTOBER 1ST

10:00 AM - 12:00 PM

6655 W SAHARA #B100
LAS VEGAS, NV 89146

👉 SIGNUP LINK IN BIO | MASKS REQUIRED



INNOVATION
Behavioral Health Solutions, LLC
The Offices of Dr. Soaira Leon-Villa, PhD

MONTHLY WOMEN'S SUPPORT GROUP & GROUNDING SESSION

A two part gathering for an open space of understanding and healing from violent trauma

Part 1. Support Group | 11am
Facilitated by @Dr.Sandrleonvilla



Part 2. Practice Sesh | 1:30pm
Reiki by @tinatealeaf | Yoga by @akirawellness

Location: Signup for more info*

Date: Sunday, Oct. 6th • 11am - 3pm



Food & Wellness

Cocinar es un acto de amor
Cooking is an act of love

Pozoloe Rojo

By Luis Perez Gutierrez
(he/him)

IG: [@cheflouies_veganfood_](https://www.instagram.com/cheflouies_veganfood_)

Luis is a local plant-based chef also known as Chef Louie. He offers catering services and has often been the food vendor for Heart & Sol's Reproductive Health Workshops at The Giving Garden. Luis was born in Guadalajara, Jalisco & Mexican culture plays a big role in his personal and professional life, especially in the way he cooks! Looking to try some of his food? You can find him cooking delicious eats at Down 2 Earth Plant Based Cuisine located in Town Square.

Where did you learn this recipe?

I learned this recipe from my mother Raquel Gutierrez after learning to recreate my favorite Mexican dishes while switching into a Plant Based lifestyle.

What significance does this recipe have for you?

This recipe means a lot to me because it reminds me of growing up and enjoying food with my family and our family gatherings, whether it be a Christmas party or a birthday celebration pozole was always on the menu.





INGREDIENTS

- 12 New Mexico red chilies
- 3 Dried Guajillo chilies
- 1 bunch fresh oregano
- 10 garlic cloves
- 3 bay leaves
- 1 1/2 lbs Oyster Mushrooms
- 2 Cans Jackfruit
- 1 large onion quartered
- 2 table spoons salt
- 8 cups water
- 8 Cups veggie broth

INGREDIENTS FOR GARNISH

- 1 Bunch Of Cilantro
- 1 White Onions Diced
- 1 Bunch Radish Sliced
- 3 Limes
- 1/2 Red Cabbage Shredded

HOW TO PREPARE

1. Boil chilies in medium pot with half an onion for 15 minutes .
2. Blend chilies, onion, 7 garlic cloves , oregano and 2 cups of water until smooth
3. Drain and rinse Hominy in cold water then boil in large pot with veggie broth , water , 2 garlic cloves, half an onion and bay leaves (Boil for 1 1/2 hours -2 hours)
4. Drain and rinse Jackfruit with cold water .
5. Shred jackfruit and Oyster mushrooms then cook on skillet and add 1 tables spoon of salt
6. At 1 hour of boiling Hominy add the blended chilies , Oyster mushrooms and Jackfruit to the pot .
7. Cook until Hominy is tender. Add salt to taste



Do you shop at Smith's?

We would appreciate your support! Please add Heart and Sol Collective to your account for the "inspire donations" plan? You can either search for our name or use our number NU842. It's as easy as that. You can give while you shop for your groceries.

Signing up is free and easy!

1. Go to SmithsFoodandDrug.com/inspire
2. Sign into your digital account or choose "Create an Account" and fill in the information.
3. Click Inspiring Donations.
4. Enter our organization's number "NU842" or type in Heart and Sol Collective. Finally, ensure you've clicked "Save"



If you are using an app

1. Open the settings in the app
2. Click rewards
3. Click Inspiring Donations
4. Enter our organization's number "NU842" or type in Heart and Sol Collective. Finally, ensure you've clicked "Save"

Then, every time you shop at Smith's with your Rewards Card, they donate 0.5% of your total order to our nonprofit.*

THANK YOU!

Feel free to email any questions to:
hello@heartandsolcollective.org

Reproductive Justice

BECOMING

By Brandi Anderson (she/her)

A Wife and mother of three (Emerald, Sage, Lloyd III). I am a graduate student at The University of Arizona Global Campus studying public health, specializing in health care administration. I have a bachelor's in Biology with a minor in Biochemistry and a Graduate Certificate in Biomedical Sciences. I'm a co-author of a girl's empowerment book "Beyond Beautiful: A Girl's Guide to Studying, self-care, and Staying Focused During Difficult Times". I've worked as a certified nurse aide for about 5 years and a health inspector for 18 months. In my spare time, I love to spend time with family, dance, sing, play games, and watch movies.



As I finish up my master's, I have connected with Heart and Sol by way of Ednalyna, who was my doula. I chose Heart and Sol for my practicum site because of their mission and values. Heart and Sol aligned with my mission in life—to serve others and make positive change.



During my first pregnancy, at 36 weeks, I started showing signs of preeclampsia, and I had no idea what that was. I was having contractions all morning and afternoon but was consistent enough to be in labor. That evening, I went into the hospital to get checked, and I was told to pee in a cup. They checked my cervix, no dilation, but the cervix was soft. The nurse said she was going to admit me and induce me. I asked why, and she told me I had preeclampsia.

Once admitted, the resident will explain the situation. I was freaking out! The resident later explained that the baby was becoming toxic to me and that I was at risk for severe seizures and stroke.

He stated that my blood pressure was extremely high and that I had protein in my urine. He then explained that delivery was the best option, hence the induction, which consisted of magnesium sulfate, Pitocin, and a catheter. I was able to deliver the next day around noon with no complications. After learning about preeclampsia and how fatal it could be, I was so grateful that the baby and I made it.

I chose Heart and Sol, which are individuals coming together from different backgrounds, life experiences, and education with like minds, intentionality, and compassion to serve the community. Very admirable!

Upcoming Events

ONE YEAR OF GENOCIDE
ONE YEAR OF RESISTANCE

INTERNATIONAL DAY OF ACTION

OCTOBER 5
SATURDAY AT 2 PM
3449 S. SAMMY DAVIS JR DR
FREE PARKING AVAILABLE

صمود في الصالون
in the
Salon الصالون

WE WELCOME YOU INTO OUR GALLERY FEATURING ART SPANNING FROM THE HEART OF LAS VEGAS TO THE SOUL OF PALESTINE.

JOIN US TO CELEBRATE THE SPIRIT OF GLOBAL SOLIDARITY THROUGH THE EYES OF ARTISTS UNITED BY THEIR SHARED VISION OF LOVE AND FREEDOM.

ART EXHIBIT:
NOV 9 - NOV 21
KALEIDOSCOPE STUDIOS
ARTS DISTRICT, LV

OPENING RECEPTION:
SATURDAY, NOV 9TH
FOOD, MUSIC, POETRY
& CULTURAL SHARING

FROM THE PEOPLE TO THE PEOPLE

BROUGHT TO YOU BY FIFTH SUN PROJECT AND NEVADANS FOR PALESTINIAN LIBERATION

Las Vegas' 1st Women Led & Oriented
Free Self Defense + Awareness Class

Register Now

Learn to Defend Your Rights, Family, & Community

@freeselfdefenselv | freeselfdefenselv@gmail.com

October 6, 2024
8am - 3pm

TEJIDO

★ a community sewing & skill-sharing event ★

bring a project + your sewing machine (if you have one!)

7317 Lattimore Drive, Las Vegas NV

Do It For The Culture

QUEZTAL VISIONS

Artist: Juan Quetzal, AKA
Quetzal Visions.
(He/Him)
[IG @QuetzalVisions](#)



I would call my art style a psychedelic tribal experience. Much of my work is deeply rooted in visionary art with significant influences from my indigenous heritage. My work serves as a tool for self-exploration and decolonization. Within my work I explore the spirit and my cultural heritage. As I dive deeper into my identity with each piece, these elements remain central, reflecting my ongoing journey.

I use a variety of mediums. For painting, I primarily use acrylics. In sculpture, I work with polymer and terracotta clays. For regalia making, I utilize various fabrics and sewing machines, and for other 3D items, I incorporate recycled materials like cardboard and cellophane. The mediums I use have changed over time. At one point in my life my focus was on words. I would perform at open mics and poetry slams. I would spend literal hours of my day just writing to get all my balled up emotions out. Currently, I focus on more physical forms of art.



Art has been a survival mechanism for me in a world that often demands conformity. From a young age, I was inspired by my family. I loved looking at my mother's calligraphy work. My uncle taught me that it is okay to paint on walls. My nino always had some of the craziest Chicano tattoos. School attempted to teach me that you will grow up to be poor and lost if you become an artist. Despite this, art remained a constant in my life. Art has been a form of therapy for me. It has allowed me to understand myself better and it continues to act as a form of healing and self-discovery.

Art has been crucial in my journey to decolonize and reconnect with my heritage. My first ceramics class felt spiritually significant, revealing a deep, and innate connection to clay. I felt that creating vases and sculptural works came naturally. Over time I discovered that the tribes I descend from created beautiful clay works.



It pushed me to dive deeper into my heritage with the Tigua, Piro, Tarahumara, Mazawas, Otomis and Nahuas peoples. As the years have gone on, art has brought me to creating regalia, dancing in Calpulli Tlatelolco and becoming a member of the Nuwu Art Collective. Art has literally assisted me in reconnecting with my indigenous heritage, all while fueling my spirit.

One of my biggest influences has been my Wife, Xochil Xitlalli. When I first moved to Las Vegas, she reminded me how important the arts are. As soon as I settled in, she encouraged me to pick up the paint brush. I can say the past decade has been focused on creating and promoting culture in some way, shape or form. So for that I give so much thanks and gratitude to my partner.

To all artists out there, believe wholeheartedly in your work. Embrace your identity as an artist and trust in yourself. Your belief will nurture your growth and development.





Juan Cuevas, known as Quetzal Visions, is a visionary artist with indigenous roots from Mexico and the Southwest. His work delves into cultural identity, spirituality, and ancestral practices through painting, sculpture, digital media, altar making, regalia making, dance, and interactive installations. With a clinical background, Quetzal creates art aimed at subconscious healing. A self-taught artist, he is a core member of the Nuwu Art Collective and Calpulli Tlatelolco. His work has been showcased at the Mexican Consulate, Mayors Gallery, Meow Wolf, and various festivals. Quetzal also hosts workshops and cultural events, and is a resident artist with the Love Yourself Foundation and Malinalli Productions.



Ongoing Events

Provided by Free Self Defense LV



Every Monday | 7PM

MF Monday: Open Mic Night

Hola Habibi | 1115 S Casino Center Blvd., Las Vegas, NV

Follow [@pigeonhatcollective](#) & [@habibisvegas](#) for more details

Every 2nd & 4th Wednesday | 10AM

Explore & Learn Playgroups: Children 12-36 months

Healthy Living Institute | [901 S Rancho Ln. #180](#), Las Vegas, NV

Sign-Up Today!

Every Wednesday | 11:30AM

Vegas Milk Lounge: Breastfeeding Support Group

Healthy Living Institute | [901 S Rancho Ln. #180](#), Las Vegas, NV

Sign-Up Today!

Every 3rd Thursday | 8AM - Supplies Last

Food Pantry at UUCLV

UUC | [3616 E Lake Mead Blvd](#), Las Vegas, NV

Follow [@uuclv](#) for more details

Every 3rd Thursday | 11AM

Mommy Care Club: Postpartum Support Group

Healthy Living Institute | [901 S Rancho Ln. #180](#), Las Vegas, NV

Sign-Up Today!

Every Friday | 3PM-8PM

North Las Vegas Artisan & Farmers Market

Craig Ranch Regional Park | , Las Vegas, NV

Follow [@farmtotablefarmersmarket](#) for more details

Ongoing Events

Provided by Free Self Defense LV



Every Saturday | 9AM-12PM
Prevail Marketplace Farmers Market
Cornerstone Park | 1600 Wigwam Pkwy, Henderson, NV
Follow @prevailmarketplacellc for more details

Every Saturday thru 10/12 | 3PM-4PM
Artificial Intelligence: Basic for Youths 10-18 years old
East Las Vegas Community Center | 250 N Eastern Ave., Las Vegas, NV
Follow @thestoryofseantory for more details

Every Saturday | 9AM-2PM
Summerlin's Farmers Market
Downtown Summerlin | 1980 Festival Plaza Dr., Las, Vegas, NV
Follow @lasvegasfarmersmarketllc for more details

Every Sunday | Various Times
Mutual Aid Volunteer Food Prep
Various Locations | Volunteer Signup
Follow @fifthsunproject & @thesolidarityfridge for more details,
dates, & locations

Every Last Sunday | 7AM-10AM
Craig Ranch Regional Park Farmers Market
Craig Ranch Regional Park | 628 W Craig Rd, Las Vegas, NV
Follow @gardenfarms for more details

Mutual Aid

BUILDING NEW SYSTEMS TOGETHER

By Brenda Hernandez, she/her

Health disparities among undocumented Latinos in the United States existed prior to the COVID-19 pandemic; however, since 2020, these issues have been exacerbated, with significant barriers persisting. Primary care is often inaccessible due to a lack of health insurance and limited access to low-cost or free services. As a result, there is an overutilization of emergency healthcare services. Moreover, language barriers contribute to the substandard quality of care received by this population (Kisa & Kisa, 2024). Furthermore, the U.S. experienced the highest increase in premature deaths during the pandemic, with the premature excess death rate being three times higher for people of color compared to white or Asian populations (Telesford, Wager, Amin, & Cox, 2023).

An important aspect of this issue is the prevalence of medical racism and its impact on marginalized communities, particularly queer and trans undocumented immigrants. The socioeconomic landscape disproportionately affects these individuals, and there are limited resources available to address their specific needs. Existing resources are often shaped by capitalistic, colonial, and white supremacist frameworks, making interactions with these systems toxic, harmful, and, in some cases, deadly. Systemic change appears nearly impossible, and efforts toward reform are often seen as idealistic. A potential solution to this problem is the integration of a mutual aid approach.

The concept of mutual aid is not new; however, during the COVID-19 pandemic, there was a resurgence of mutual aid efforts across the country. Mutual aid is defined as “a form of political participation in which people take responsibility for caring for one another and changing political conditions, not just through symbolic acts or putting pressure on their representatives in government, but by actually building new social relations that are more survivable” (Spade, 2020, p. 136). Many governments social programs originate from mutual aid efforts, with one of the most prevalent examples being the free school meals program for low-income students. This program has its roots in the Black Panther Party’s survival programs, which offered free breakfast, ambulance services, medical clinics, transportation assistance for elderly individuals, and a school that provided a liberatory curriculum –all organized by community members for their own communities (Dean, 2020).

Mutual aid emphasizes collaboration



within communities to create autonomous systems where people can access basic needs while building a shared understanding of the conditions they face (Dean, 2020).

Mutual Aid in Las Vegas

Mutual aid is about communities coming together to support one another in times of need. It’s not charity—it’s people taking care of each other and creating systems that meet real needs. Mutual aid efforts look different in each community, shaped by the unique challenges people face. Here in Las Vegas, grassroots organizations like Heart and Sol Collective, The Solidarity Fridge, and Fifth Sun Project,

are leading the way in providing crucial resources for our most vulnerable neighbors.



These groups are filling gaps where traditional services fall short.

From distributing food to those who need it most, to offering support and solidarity to undocumented communities, to offering lactation classes to birth workers, these organizations are a lifeline for many. I've had the privilege of working with these groups in different ways, and I've seen firsthand how they collaborate to address the real issues facing our city.

But we can't do it alone. Mutual aid thrives when more people

get involved, whether that means donating, volunteering, or sharing resources. Every bit helps, and together, we can build systems of care that don't rely on institutions that are harmful and leave people behind.

Why Join Mutual Aid?

Mutual aid is about more than just giving—it's about reshaping how we care for each other. It's based on principles of solidarity, not charity, meaning that we're all in this together. When you get involved in mutual aid, you're part of a movement that's decolonizing the way we think about resources and pushing back against capitalism's harmful effects on our communities.

Every effort matters and you don't have to be an expert—just someone who cares about building a better future. Whether it's attending a free workshop or teach in, delivering food, organizing supplies, donating money, or helping spread the word, your participation makes a difference.

Also, financial contributions can also go a long way in ensuring these organizations have the resources they need to continue their work.

Join us in reimagining what's possible and help create a more just, caring Las Vegas.

Want to get involved?

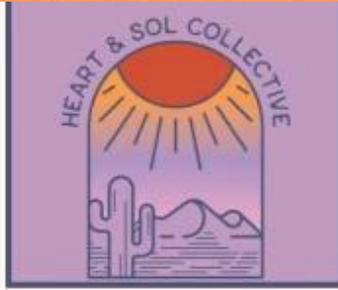
In our magazine, we have offered a good starting point. Check out the events from these local organizations that are doing powerful work:

- [Heart and Sol Collective](#)
- [The Solidarity Fridge](#)
- [Obodo Collective](#)
- [Fifth Sun Project](#)
- [Her 38 Roses](#)
- [morethana.hashtag](#)
- [Mojada, Inc](#)
- [Free Self Defense LV](#)
- [Las Vegas Street Medics](#)
- [Las Vegas Liberation](#)

You can support these organizations by donating, volunteering, or sharing their efforts with others. Reach out to them to learn how you can contribute.

Together, we can ensure that our community is cared for and supported. Mutual aid is how we survive and thrive—so let's show up for each other and build the foundation of new systems that are empathetic, inclusive, and liberatory. These are the systems we all deserve





JOIN OUR BOARD!

Join us in our mission to increase positive birth outcomes and create the community we strived for when we began our parent journey!

Email us at
hello@heartandsolcollective.org



WWW.HEARTANDSOLCOLLECTIVE.ORG



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