



Our Mission

Improve the quality of life of the Maya-indigenous communities of Palajunoj Valley Quetzaltenango, Guatemala by delivering comprehensive, high quality, and affordable health care and educational services.

Our Vision

Partner with local and international peer organizations and leaders to advance the health, nutrition, and educational development of the 10 rural communities of Palajunoj Valley Quetzaltenango, Guatemala.

Fiscal sponsorship with the U.S. based 501(c)3 organization Inter-American Health Alliance (IAHA), earn charitable-contribution deduction for taxes with donation www.interamericanhealth.org



PRIMEROS PASOS "First Steps"

is a Guatemalan women-led non-profit organization that has provided comprehensive health care to the rural communities of Palajunoj Valley since 2002. This region experiences disparities in health outcomes and healthcare access, including high rates of child malnutrition and chronic poverty.

During the Covid-19 pandemic, Primeros Pasos was the only clinic in the region that kept its doors open, bravely providing a variety of medical services with priority to primary and women's healthcare, as well as nutritional and dental services to over 4,000 patients. Primeros Pasos also offers a versatile service-learning program to train Guatemalan medical students and international volunteer-interns.

We count on the generosity of our global community to directly build healthy futures for children, mothers-to-be, and entire families. Your gift, big or small, creates life-long impacts!



PRIMEROS PASOS TEAM

Top Row: Diana De Leon Soto, (Nutrition Recuperation Outreach Program Director), Dra. Laura Sigüenza (Medical Program Director), Marta Istazuy (Dental Assistant)

Bottom Row: Dra Francia Angel (Dental Program Director), Guadalupe Ixcot (Financial Coordinator), Maria Jose Chajon (Director of Development & Partnerships and Volunteer Coordinator), Scarlet Samayoa (General Director) Doña Flory (Cleaning Assistant)

OUR PROGRAMS

Medical & Dental Care



Annual Cost: **\$40,380**
Beneficiaries: **3,700+**

Primeros Pasos is the only source of reliable, low-cost medical & dental services in the region. Services include primary & prenatal care with ultrasound & prenatal vitamins, birth control access, women's health & nutritional services. The dental program specializes in pediatric dentistry, helping children maintain beautiful smiles & healthy nutrition!

Nutritional Outreach



Annual Cost: **\$19,314**
Beneficiaries: **300**

The program targets pregnant women, their newborns, & mothers with children under 2 years to prevent chronic malnutrition. Six women's groups meet bi-monthly for workshops on health education, training & supplies for their home vegetable gardens, & cooking lessons utilizing their healthy harvest! Beneficiaries receive free quarterly food kits and nutritional, medical, & dental check-ups!

School-Based Health



Annual Cost: **\$13,860**
Beneficiaries: **200+**

The Medical-Dental Mobile Clinics travel to the most isolated & underserved communities of the region where transportation is limited. Partnering with the community elementary school, mobile clinics deliver free medical, dental, & nutritional services, medications, & engaging health education to school-aged children & their families throughout the year.

Service Learning



Annual Cost: **\$8,309**
Beneficiaries: **70+**

Primeros Pasos serves as the rural health rotation to groups of Guatemalan 4th-year medical students as well as international medical, public health, & nutritional science students & professional interns. Together, we learn & tackle complex health disparities to deliver quality care while developing the future health leaders of Guatemala, North America, & Europe!



WAYS TO GIVE

Simple & Easy!

★ **Amazon Smile**

Use instead of normal Amazon & a percentage of every Amazon purchase is donated to Primeros Pasos through its American 501(c)3 charity IAHA!

Login on www.smile.amazon.com & select to support the organization Inter-American Health Alliance (IAHA)

★ **Show Your Monthly Support!**

Register to automatically donate to Primeros Pasos each month \$5,10,15,20. Any gift, big or small, will go a long way!

www.classy.org/campaign/your-monthly-support-is-hope/c346076

★ **Benevity Company Donation Matching** Your company can match your donation through the Benevity Causes Portal!

Register on www.benevity.com & search Primeros Pasos/Inter-American Health Alliance (ID: 840-201021313)

★ **Donate any time on the Primeros Pasos website!** www.primerospasos.org

★ **Become an official partner of Primeros Pasos!** Help fund a specific program!

★ **Purchase nut butters from our partner YumButter!** A percentage of their profits helps fund our Nutritional Outreach Program! www.yumbutter.com

OTHER WAYS TO SUPPORT OUR WORK:

★ Help Primeros Pasos connect with other organizations and businesses!

★ Throw a fundraiser!

★ Volunteer with us! See our website for opportunities!

★ Contact: development@primerospasos.org

★ Stay connected via:

Facebook @AsociacionPrimerosPasos

Instagram @Primeros_Pasos

Twitter @PrimerosPasosGT

LinkedIn

