

MISSION

Our mission is to improve the overall well-being and quality of life for individuals impacted by trauma and PTSD, which includes children, families, Veterans, and first responders and their families. We aim to achieve this by providing access to healthcare, vocational training, education, safe housing, and other necessary resources.



We are pleased to share that we have partnered with multiple community agencies. It is an honor to have collaborated with respected organizations throughout South Texas.



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NuevaLuzFoundation



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A 501(c)(3) Nonprofit Organization

"A guiding light for
those affected by
trauma & PTSD"



Don't just treat... Educate.

The Nueva Luz Foundation is committed to programs that strengthen not only the individual but also the family unit and support successful interactions with the community. Furthermore, our programs are a foundation of our core values that foster strength, empowerment, and leadership focus. Our organization takes pride in educating the community and implementing it as a means of empowerment used to offer all clients control and power over their situation.



Our Philosophy



Understand, Cope, and Prevail.

The Nueva Luz Foundation's philosophy is grounded in believing that all persons can prevail if offered the right information, opportunity, and support.

- ✓ Veterans
- ✓ Families & care givers of the Veterans
- ✓ Youth
- ✓ Individuals / Families
- ✓ First Responders



Our trainings!

- **Peer facilitation & Biofeedback:**

- Advanced Trauma Training on Polyvagal Theory
- Heart Rate Variability for Wellness and Prevention
- Heart Rate Variability: Train the Trainer
- Trauma-Informed Peer Facilitator Certification

- **Training for first responders:**

- First Responders: Understanding the impact**
- Behavioral Health Preparedness Training**
- Cooperative Incident Preparedness Training**
- Self-Care & Vicarious Trauma
 - For professionals working with clients in distress

- **Children & Trauma:**

- For Educators and Professionals who work in the school system
- For Attorneys who represent children and guardians
- Trauma Basics for Spouses and Families of First Responders

- **Basic Overview of PTSD:**

- For military Veterans and their families
 - This training is available to Veterans and their families at no cost through our nonprofit: The Nueva Luz Foundation
- For professionals who work with Veterans and their families**
- For Domestic Violence Service Providers and advocates
 - Professionals who work with victims of crime who are affected by trauma and PTSD

