

News

October 27, 2023

Sana, Sana, Colita de Rana: Celebrate Ten Years of Healing Together

South San Francisco – San Mateo County Health will host a health forum and cultural fair focusing on the Latino/a/x community on Saturday, Nov. 4.

The 10th annual Sana Sana, Colita de Rana event will take place from 11 a.m. to 3 p.m. at South San Francisco High School, 400 B St. ([Google map link.](#))

With Latinos comprising more than a quarter of San Mateo County residents, activities will be led in Spanish; English interpretation will be available for main events.

County Health and partners will offer free health screenings as well as information on how to access behavioral health services.

The family-friendly event includes music, food and raffles as well as healing sessions, which consist of meditations, deep breathing, and sharing mental health resources or “platicas” and access to dozens of resource booths staffed by community-based organizations.

Sana, Sana is co-sponsored by San Mateo County Health Behavioral Health and Recovery Services’ Latino/a/x Collaborative, the Office of Diversity & Equity, Spirituality Initiative, Native Indigenous People’s Initiative and ALAS (Ayudando Latinos A Soñar).

Sana, Sana, Colita de Rana (heal, heal, little frog’s tail) is an endearing phrase based on a common children’s rhyme in Spanish about a little frog’s tail healing to offer comfort and build resilience.

This expression is commonly used in many Latino/a/x communities to offer consolation when one, specifically a child, has fallen or gotten hurt. The phrase continues with “if you don’t heal today, you will heal tomorrow.” At its core, this message is meant to offer relentless encouragement that, things will get better tomorrow.

This year’s Sana, Sana will be dedicated to the memory of Hector Robles-Moncada, co-chair and co-leader of the 1st, 2nd, and 3rd Sana, Sana events.

Robles-Moncada empowered the community by demonstrating the importance of embracing your culture with pride and that within your culture there is healing.

“As a previous co-chair we are honored to carry on Hector’s efforts and mission as we celebrate a decade of community building through this year’s theme, ‘10 Años Sanando Juntos / Ten

Years of Healing Together.’ This special event for our Latino community not only promotes good health and also elevates all of the services that are available to our community,” said, Ziomara Ochoa, deputy director of Behavioral Health and Recovery Services.

The keynote speaker will be Dra. Estela Garcia. Dra. Garcia has received numerous leadership recognition awards for her commitment to serving the Chicano/a and Latino/a/x community. Garcia currently sits on the board of directors for Instituto Familiar de la Raza, which provides community mental health and wellness services for the San Francisco Latino community.

For more information, visit the [Sana, Sana, Colita de Rana](#) page.

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