

40

AÑOS



OCTOBER  
NOVEMBER

NEWSLETTER

October and November 2025

# Message from Our Director

As we approach Christmas and the end of the year is already upon us, I would like to take this opportunity to thank all of our volunteers, allies, donors, and friends of VIFAC, for a 2025 marked by generosity and commitment to the cause of women and life. Thank you for helping make this mission grow and for putting your heart into every action.

Pope Leo reminds us of the importance of shelters—such as VIFAC—in his message for the most recent World Day of the Poor:

“We are all called to create new signs of hope that bear witness to Christian charity (...) through institutions created to express welcome toward the weakest and most marginalized. Increasingly, signs of hope today are shelters, communities for minors, listening and welcoming centers, soup kitchens for the poor, hostels (...): so many signs, often hidden, which we may not notice, yet are so important in shaking us out of indifference and motivating commitment in the many forms of volunteer service.”

May the birth of Christ grant us the grace to be those signs of hope that shake indifference and inspire others to join in the many forms of volunteer service. Living life with a spirit of service is truly worthwhile!

We can only express our gratitude for your generosity and ask you to continue supporting VIFAC with hope.

*Lucía Suárez*

-Lic. Lucía Suárez Méndez  
Director, VIFAC Guadalajara



# VIFAC MOVIL

During this two-month period, we carried out several outreach days for pregnant women in the outskirts of Guadalajara, yielding meaningful results for many women and their families. We partnered with the municipalities of Tonalá, Tlaquepaque, and Zapopan, bringing support to their most vulnerable neighborhoods with a higher presence of pregnant women.

Every Thursday, we visit a different community, allowing us to provide the monthly follow-up every expectant mother deserves. At each outreach day, we offer our main services: medical care, psychological support, a formative talk to strengthen their journey toward motherhood, and food assistance. We approach them with the hope of accompanying their process, reminding them that they are not alone.

We will continue building these spaces of care, love, and support, always committed to the well-being of every woman and every new life that begins.



# October activities

In October, we joined all civil society organizations at the Eighth Annual Forum of CSOs, a space where we shared experiences and learned from one another. We enjoyed enriching working groups and shared proposals that strengthen our mission and encourage us to grow together.



We joyfully welcomed the Prevention Department of the Zapopan City Council and their entire team, who visited our facilities to strengthen collaboration and unite efforts in favor of women and families most in need. During their visit, they learned firsthand about our work, the services we provide, and the impact of our actions.

This visit marks an important step toward bringing our VIFAC Mobile unit to the neighborhoods of Zapopan that need it most, offering support, guidance, and accompaniment. We deeply appreciate their willingness and commitment. We are happy to build a safer and more supportive future together.



# Conferences for Our Adoptive Families



## CONFERENCIAS FORMATIVAS VIFAC

"LA ESCUCHA ES EL CAMINO: CRIANDO CON CONSCIENCIA Y CONEXIÓN."

JUEVES

2 DE OCTUBRE

8:00 PM PRESENCIAL



LLEVAREMOS A CABO NUESTRA

**Primer Conferencia Formativa Mamás VIFAC**

ESPECIALISTA INVITADA **ARIANA ELIZONDO OROZCO**

EXPERTA EN EDUCACIÓN, NEUROFESARROLLO Y CRIANZA

UTILIZANDO COMO REFERENCIA EL LIBRO "DAR VOZ AL NIÑO" de Yvonne Laborda

LUGAR:

LA ANTIGUA GOLFO DE CORTÉS  
DIAGONAL GOLFO DE CORTÉS 4156, GOLFO DE  
CORTÉS, 44810 GUADALAJARA

That same month, we held our First Formative Conference for VIFAC Mothers, titled "Listening Is the Way: Raising with Awareness and Connection." We welcomed specialist Ariana Elizondo Orozco, an expert in education, neurodevelopment, and parenting, who offered valuable tools based on her professional experience. It was an enriching in-person gathering designed to strengthen the accompaniment and growth of our mothers.

We received recognition for obtaining the AIT CEMEFI Accreditation for Institutional Strength and Transparency.



# November Activities

## Breakfast for Our Volunteers

We celebrated a beautiful breakfast dedicated to our beloved volunteers—a special moment prepared to thank and embrace with heartfelt appreciation all those committed to the VIFAC cause. From the very beginning, the atmosphere was filled with smiles, warmth, and a special energy that only arises when women come together to help other women, united by a shared mission: serving with joy.

We had the honor of welcoming a special guest, Carla Fuentes, who led the session “The Complex Development of Human Sexuality.” Together, we reflected on the importance of understanding, interpreting, working with, and accompanying each person who needs us. We recognized that human development is multifactorial and that we cannot label or mistreat people based on what they feel.

Ideological rigidity can lead us away from charity; each case is unique and requires personalized attention. We left feeling happy, grateful, and with renewed hearts.

Thank you all for being an essential part of the VIFAC family!



# Annual Event

With that same spirit of joy and hope, we celebrated the **Pro-VIFAC Golf Tournament**, organized by **Universidad Panamericana Alumni**.

Seeing so many companies, players, and sponsors united for the cause of women and life fills us with hope and makes it possible to reach many more.

We extend our heartfelt thanks to the Universidad Panamericana for including VIFAC in their charity tournament and to our unconditional allies:

**ARANCIA, MEGA, CALIFORNIA CLOSETS, BACHOCO, AKRON, BODEGAS ELITE, KAAPEH, OHLALA, MONTORMEXA, TRACTO, MCM, JABONES IBARRA, DOOR CAPITAL, SHERATON BUGANVILIAS, JAIME IBIZA, THE DISTRICT, COMOTO, KUTRAL, IA PROYECTOS, and BODEGAS ÍCARO.**

To all of you, we say **THANK YOU** with the words of Pope Francis:

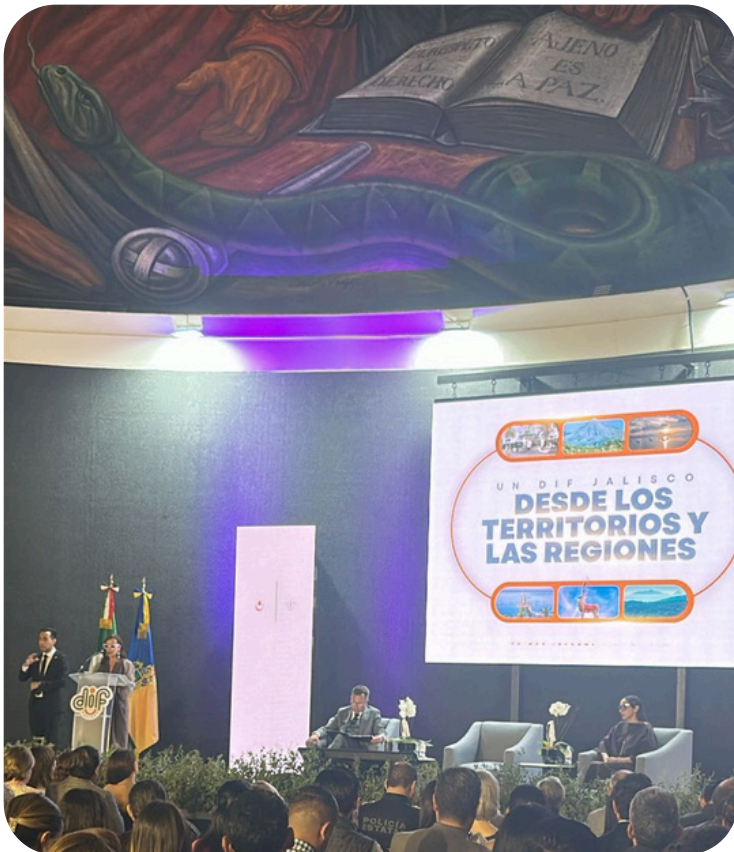
“You chose to dedicate your time, energy, and resources to dreaming and organizing this gathering. You could have chosen other things, but you decided to commit yourselves. To give the best of yourselves to make possible the miracle of multiplication—not only of bread, but of hope.”

Thank you all for walking alongside us.



# DIF Reports

We attended the State and Municipal DIF reports (Zapopan and Guadalajara), to which we were kindly invited. For us, it is always valuable to accompany these spaces, stay connected, and continue weaving networks that allow us to strengthen one another. We firmly believe in collaboration with civil authorities and in building alliances that promote the well-being of our communities.



# Allies with Heart

In this edition of our Allies with Heart section, we would like to give special thanks to Bungie, which, together with its collaborators, gathered a significant amount of food supplies that greatly strengthened our pantry. Their generosity and commitment deeply inspire us.

We also extend our gratitude to all the allies with heart who continue to donate clothing and in-kind support. Thank you for staying close, trusting our mission, and helping ensure that more women and families receive the support they need. Your solidarity makes a meaningful difference every day.

Thank you for your commitment—this serves as an example and inspiration for us to continue growing together.



**More hearts like yours, please.**

**Thank you for your commitment; all of this serves as an example and inspiration for us to continue growing together!**

# Infographic October & November

**48**

Women assisted  
in our shelter

**163**

Women assisted  
through VIFAC Movil

**39**

Children accompanying  
their mothers

Newborns under  
VIFAC's protection

**5**

**288**

Hours of psychological  
and psychiatric care

Hours of external medical  
and pediatric care

**270**

**20**

Women completing  
their Elementary  
education

**16**

Women completing  
their middle school  
education

**12**

Women completing  
their high school  
education

Thank you  
This is possible  
because of you!



**Vifac**<sup>MR</sup>

*Celebramos la Vida.*