



ART

PHOTOGRAPHY



SIN

FRONTIERAS



CAMPAIGNING



PERSONAL  
DEVELOPMENT



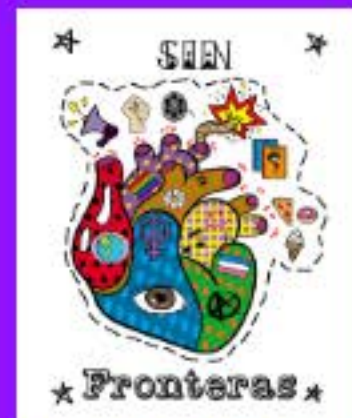
THEATRE

TRIPS  
IN  
LONDON





# SIN FRONTERAS



## Who are we?

Sin Fronteras – meaning 'No Limits' – is a project to support young Latin American girls aged 14 to 21. In Sin Fronteras we weave trust, mutual support and we value our diversity.

## What do we do and how?

Through art, dance, music and other creative means, we explore themes to strengthen our self-esteem, acquire skills and develop our potential.

Sin Fronteras carries out programs in cycles of **10 weeks**, including (usually on Saturdays) workshops/informative sessions of:

- Art (e.g. paint, music, photography, social media)
- Wellbeing, self-esteem, sports activities and mental health
- Our rights as young people/women, creating campaigns and activism
- Visits to museums, theatres and other spaces of entertainment and youth gathering

## Why we do it?

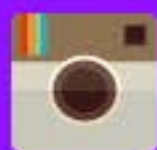
We seek to create safe spaces that enable us to develop and grow as migrant young women, so that these achievements are reflected in the community that we are part of. We know that our empowerment, empowers our community.

## How to sign up?

LAWRS program for Latin American young women & girls (14-21 years) is free, you just have to call / send a message or email to Tamya to get more information & register..



[www.facebook.com/sinfronteraslondon](https://www.facebook.com/sinfronteraslondon)



[@sin\\_fronteras\\_lowrs](https://www.instagram.com/sin_fronteras_lowrs)



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