



Get to Know Us

Científicamente Feliz

Who We Are

Científicamente Feliz is a social initiative that seeks to develop healthy skills and habits that promote emotional and mental well-being among youth.

Through lessons on:

- The Science of Happiness
- Positive Psychology
- Emotional Intelligence



We seek to promote youth participation in issues that affect mental health.

How do we do it?

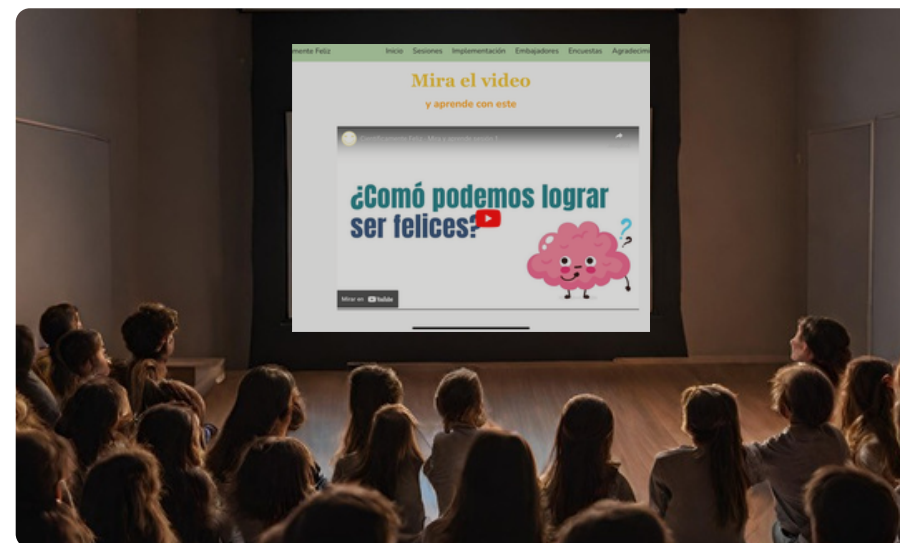
Via the website:

www.cientificamentefeliz.org

Using the corresponding method of implementation:

Facilitators

Watch and learn



Numerary

+2700
participants

8
volunteers

Alliances

- "My Best Years" Retirement Home
- Preparatory School 7, Units I & II (UANL)
- CECATI 192
- Educating to Transform
- Formar para Transformar
- Papalote Children's Museum



Territories



Sec #23 Francisco I Madero

Location: 64280 Fracc, Av. Alfonso Reyes, Bernardo Reyes, 64280 Monterrey, N.L..

Sec #62 Mariano Azuela

Location: Robles 101, Escobedo Residencial, 66057 Monterrey, N.L

Watch and learn

Theoretical

Socialization

Practice

Videos ranging from
7 to 12 minutes

Share

- Opinions
- Experiences
- Suggestions

Scientifically proven activities
that contribute to well-being



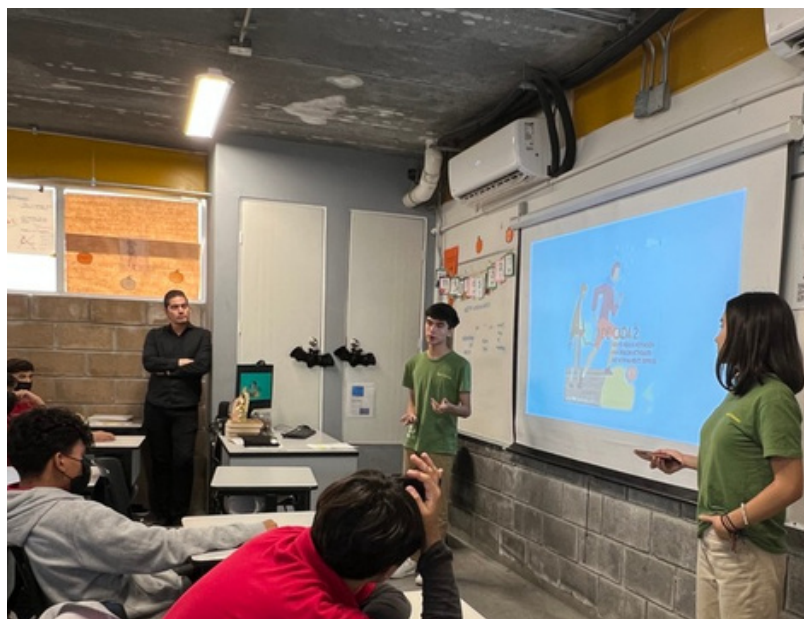
Ambassadors



They are young people interested in learning and contributing to their own well-being and that of others through social action activities.

We do so in a way that actively involves the student community itself in the development of the initiative, with the aim of fostering a sense of belonging and contributing to their own well-being.







Contact Us

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WEBSITE

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