



Alexander Sabala

CHW - Youth Leadership Program, Community
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Alexander Sabala is a bilingual Community Health Worker and passionate advocate for youth and families in North Carolina. His work centers on providing culturally responsive education, outreach, and resources that strengthen community wellness. Through his roles at El Centro Hispano, Alexander has developed and facilitated programs focused on Latinx identity, mental health, and family engagement, while also leading initiatives that expand access to care, education, and reduce stigma around emotional well-being. He has collaborated with schools, universities, and health organizations to ensure underserved communities receive meaningful support. Using education as a bridge for healing, empowerment, and resilience.

