



# Caring Futures

*A community of sharing & strength*

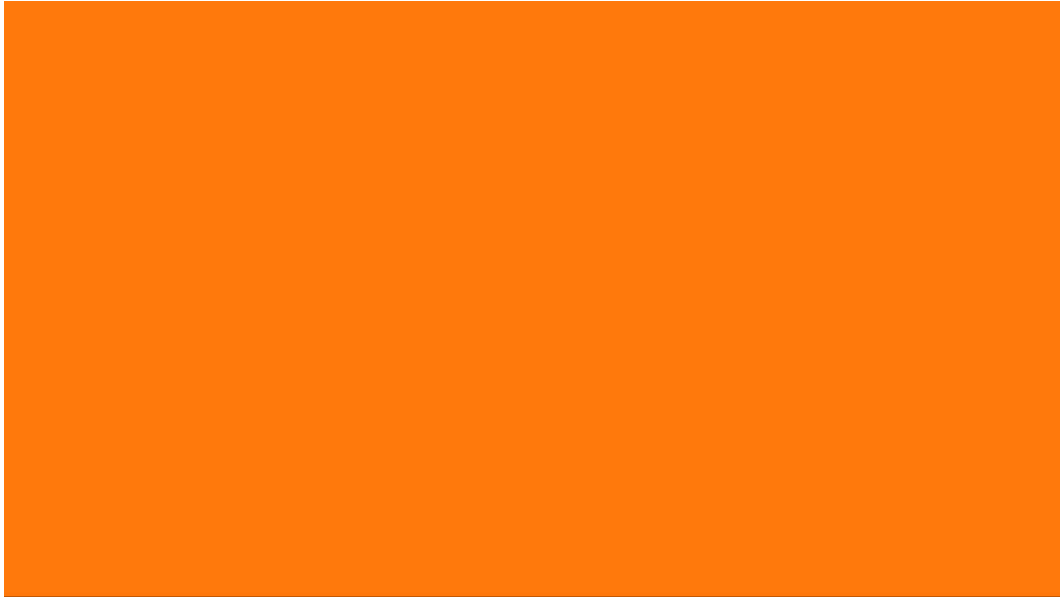
***Support, skills and community for parents and caregivers of adults with disabilities.***



Dear Clients, Family Members, and Caregivers,

The Arc of San Diego is proud to announce our partnership with The Arc of California for the launch of Caring Futures. A program offering critical assistance, resources, and a supportive community for caregivers and family members of adults with developmental disabilities.

CLASS SERIES  
**The Future  
is Now**



[Sign Up Here!](#)

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## What is Caring Futures?

Caring Futures is a groundbreaking initiative aimed at providing comprehensive support, resources, and education to caregivers throughout California. As an organization dedicated to enhancing the lives of individuals with disabilities and their families, we believe that supporting caregivers is a pivotal step in ensuring a better future for everyone.

**CARING  
CONVERSATIONS**  
*Insights, tips and expert  
advice for caregivers*



With the holidays approaching, our next **Caring Conversations** webinar will be relevant for many families. Join a conversation about ***Being a Caregiver Through Holiday Stress:***

**Ways to Prepare Yourself, Your Family, and Your Family Member with a Disability** between parent-educator Felisa Strickland and special guest Lina Rodas, MSW, LCSW. It's coming up **Wednesday, December 13 at 11:00 a.m.**

[Register for Caring Conversations Here!](#)

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## En Español También

Este programa será ofrecido en español bajo el nombre, **Futuros y Esperanza**, e invitamos a todos nuestros socios de habla hispana a asistir.

# Futuros y Esperanza

*Una comunidad de intercambio y fortaleza*

[Ver en Español](#)

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Visit the websites today to register for classes and join the private **Facebook Group** exclusively for parents and family caregivers.

We encourage you to spread the word and join us in making Caring Futures a success. Together, we can build a brighter future for caregivers and the individuals they support.

Thank you for your continued trust and support!

***The Arc of San Diego***

*Please contact Alba Sanchez if you have any questions:  
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[More Information](#)



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