

Let's make a future plan that's as individual as your child.



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

It's a concern of every caregiver: What happens when I can no longer take care of my adult family member with a disability? Enter Caring Futures. We provide resources and support for those caregivers and their families. Our program connects and guides caregivers, building a supportive and active community throughout California.

## Free Classes: Support Today, to Prepare for Tomorrow



### **The Future is Now:** *Designing a Support Plan for Your Adult Child or Family Member*

#### A SIX-WEEK LIVE ONLINE CLASS SERIES

- Small and welcoming learning environment.
- Create a comprehensive future planning guide with your adult child.
- Available in English and Spanish (ASL available on request).



### **Self-Care Matters:** *Well-Being for the Family Caregiver*

#### A TWO-WEEK LIVE ONLINE CLASS SERIES

- Small and welcoming group environment
- Tips, resources, and strategies for the well-being of caregivers.
- Available in English and Spanish (ASL available on request).

## Why Caring Futures?



#### CONNECTION

Meet other parents & caregivers who understand your journey. A strong community helps prevent isolation.



#### CLASSES

Develop a comprehensive planning guide for you and your adult child's future.



#### SELF-CARE

Rejuvenate and empower yourself, ensuring you're at your best for your loved ones.

## Get Involved: Visit [CaringFutures.org](https://CaringFutures.org)

- **SIGN UP** for our classes
- **EXPLORE** our Resource Library, full of helpful links
- **SHARE** information to build a supportive community

## Join Our Facebook Community

Engage with other caregivers, share your stories, and be a part of a community that understands your triumphs and challenges. [#CaringFutures](https://www.facebook.com/CaringFutures)

**CaringFutures**  
*A community of sharing & strength*