**What is El Futuro?**

El Futuro is a nonprofit mental health clinic based in Durham, NC that serves a vibrant and resilient community of largely low-income, Spanish-speaking immigrants. Our mission is to nurture stronger families to live out their dreams. We provide bilingual and culturally-responsive mental health services including therapy, psychiatry, substance use treatment, and case management in a welcoming environment of healing and hope.

We were formed in 2005 by a team of young psychiatrists when they realized that there were no services available for the Spanish speaking population of North Carolina. Both the need and community investments have increased since then, and now El Futuro serves more than 2,500 (FY23) individuals and families each year.

**Where is El Futuro located?**

We have two clinics, one in Durham (2020 Chapel Hill Rd. Suite 23 Durham, NC 27707) and one in Siler City (401 N. Ivey Avenue Siler City, NC 27344).

**How does El Futuro measure its impact?**

With donor support, each year El Futuro has been able to grow to serve an average of **11% more clients than the prior year**. We measure improvements in function in social and familial roles (92% of clients see significant improvements) and clinical improvement or stabilization (85% of clients see significant improvements).

**How to get involved with El Futuro**

* **Visit** **us:** Grab a coffee at nearby Cocoa Cinnamon, then visit our therapeutic garden next door to our Durham clinic. Enjoy the creek and the flower and vegetable garden. Our Siler City clinic is also open for you to visit and explore our local services and events.
* **Make** **a monthly donation:** Monthly donors help us be flexible and creative with our services. It also helps us ensure consistency in the treatment our clients receive.
* **Join** **us to celebrate:** We host 3-5 community parties and fundraisers each year and would love for you to join us. Stay tuned for invitations through our website www.elfuturo-nc.org or on social networks. You can find us as @elfuturonc
* **Join**, **read and share our monthly e-newsletters:** You can sign up for our monthly newsletter through our website and learn more about the work we do
* **Consider** **volunteering** your time or expertise – we are always looking for passionate volunteers to move this mission forward and beyond.

**Programs and services our organization provides.**

We serve our community by offering groups to manage stress and anxiety, depression, parenting, ADHD and more!

We have an extended Network of Mental Health providers around NC, which we call it La Mesita. Through this program we offer mental health training so they can help Latino families around the state.

Also, at El Futuro we created a beautiful therapeutic garden where our community can come together and enjoy anytime. We have activities like the Jr. Gardening Club for kids and events like the Kermes, Community Fiesta to promote awareness and resilience.

**About our groups:** Our groups have such a high impact because people are affirmed by other people with similar lived experiences. The groups are extremely popular. Some of the groups are:

* Mente Sana: Exercises to control stress and emotions
* Lazos Fuertes: We have clases for parents with children dealing with early signs of susbtance abuse, also classes to learn how to help your children controling the balance of  digital devices at home
* Sin Ataduras: susbtance abuse group for adults and teens. We use a GoKart to raise awareness in teens about the use of alcohol and drugs and how this affects daily rutines like driving.
* ADHD Program: Classes for parents with children with ADHD
* DALE: An ongoing drop-in group for people with depression and anxiety
* Logrando la Calma: Yoga-based group to reduce stress and anxiety.

***If you need more information or a request for an interview, please contact Mary Hondermann,*** [***mhondermann@elfuturo-nc.org***](mailto:mhondermann@elfuturo-nc.org)