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More Than a Festival: El Futuro's Kermes Creates Spaces of Belonging and Healing

DURHAM, NC - [El Futuro](#), North Carolina's leading provider of bilingual and culturally responsive mental health services, announces its annual Latino Cultural Festival: Kermes event. The celebration will take place on Sunday, September 28, 2025 from 4pm to 7pmEST at El Futuro's Therapeutic Green Space in Durham, NC.

The Kermes event is designed to bring the Latine community together in a lively, outdoor festival-like atmosphere that offers families the opportunity to celebrate their cultures while also promoting mental wellness, creativity, connection with others as part of their healing journey. The event will feature a wide array of cultural displays and many family-friendly activities. These activities provide an opportunity for the community to connect with other Latino families over culture, increasing their sense of belonging and reducing isolation, stress and depression.

"To me, this event is a reminder that I'm not alone, that I'm healing alongside many other people, one step at a time. This is a celebration of myself and everything I have achieved, so far," said Lucia Álvarez* after attending El Futuro's Kermés last year. "Our kids played all of the games, we watched the dances, and I got a hand-made blouse from Oaxaca, Mexico! And we all got to try a Tluayuda, which we'd never had before."

Indeed, the Latino Cultural Festival: Kermés is for everyone, bringing together people from all walks to celebrate the vibrant Latino community of the Triangle. Like Lucia said, the Kermes is more than a festival; it is a space of belonging where culture, language, and traditions are lifted up as sources of pride and healing.

"We are thrilled to host this event and bring together such a diverse group of organizations and community members," said El Futuro Executive Director, Luke Smith, MD. "Our goal is to provide a joyful and supportive environment where families can celebrate, learn, and grow together."

About El Futuro:

El Futuro is North Carolina's premier provider of bilingual and culturally responsive mental health services. For over 21 years, El Futuro has been a trusted resource, offering therapy,



psychiatry, substance use treatment, and case management to over 3,000 Latino youth and adults annually. With a dedicated bilingual team of professionals, El Futuro is committed to improving the mental health and well-being of the communities they serve.

*names have been changed to ensure the privacy of El Futuro's clients

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