



Our Future

Rooted in Identity





OurFuture Rooted in Identity

Ana's Story

When Ana first came to El Futuro, she was exhausted and overwhelmed. A recent immigrant and mother, she carried trauma, isolation, and the constant fear that she might not be strong enough for her children.

At El Futuro, Ana found something she had not experienced in the healthcare system before—care in her own language, people who understood her culture, and a therapist who helped her slowly rebuild trust in herself. Session by session, she began to feel steadier and more hopeful.

Today, Ana says the future feels different. Her healing has become a foundation for her children which proves that when one person finds support, an entire family can grow stronger.



OurFuture

Nurtured by Community





Our Future Nurtured by Community

Marilu's Story

Twenty years ago, Marilu felt like she was drowning.

A young immigrant mother, she was trying to hold her family together while navigating her husband's addiction and the isolation of living far from home. When she came to El Futuro, she was barely holding on.

But she kept showing up to therapy, parenting groups, and psychoeducation to understand addiction.

One night, after a difficult session, her therapist noticed she was wearing running shoes. On a cold, dark evening, Marilu was heading out for a run, choosing to take care of herself.

Today, Marilu works as a Community Mental Health Worker at El Futuro. The woman who once came seeking help now helps others build resilience, emotional intelligence, and hope.



Our Future

Powered by Resilience





OurFuture Powered by Resilience

Samuel's Story

Samuel is a bright eighth grader, but for years anxiety made school feel overwhelming. When assignments piled up, Samuel felt ashamed to ask for help. Soon his body began reacting: stomach pain, sleepless nights, and constant worry. Teachers saw a quiet student who struggled to focus.

At El Futuro, Samuel's therapist worked with both Samuel and his mother, understanding that healing happens across generations.

Samuel learned practical tools to calm his body, challenge anxious thoughts, and break big tasks into manageable steps. His mother gained support for her own anxiety and confidence to advocate for Samuel at school.

Now, Samuel is beginning to feel comfortable in his own skin again.

At El Futuro, the goal isn't just helping one child succeed. It's helping an entire family build a healthier future.