

# Support Groups FAMILIAS HISPANAS The Arc



## Who we are?



The Arc is a 501 (c) 3 non-profit organization founded in 1984. The Arc promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.

**Our support group meets every 2nd Saturday of the month from 10 to 12 pm**

Lugar: BakerRipley, formerly Neighborhood Center  
4410 Navigation Blvd. Houston, Texas 77011

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## Our Programs & Services:

### Information, Referral, and Public Awareness

The Arc offers an extensive referral network information and assistance to families seeking disability-related information on the general public.

### Legislative, Systematic and Educational Advocacy

The Arc advocates at the national, state and local levels for appropriately funded community-based services for all people with disabilities. The Arc's Right to Learn program provides educational support for students ages 3 to 21 and their families to help them navigate the special education system.

### Respite Service

Out of the home weekend services are available to provides a short-term relief to primary caregiver. Guest enjoy a variety of community of events and activities.

### Training for Family, Professionals and the Community

The Arc Offers conferences, trainings and support for families, professionals and the community on best practices in education, transition, adult services and organizational change. Many trainings are offered in English and Spanish, and can be customized in need and audience.

### Socialization and Recreation Programs

The Arc coordinates community-based weekend activities, day and overnight camps, in-state and out-of-state vacations, and monthly dances (including our annual Holiday Gala), offering participants the opportunity to develop friendships, explore the community, visit new places and develop new skills.

## Support Groups



The Arc assists in the formation and facilitation of support groups for parents and self-advocates, and arranges for speakers to address relevant topics of interest to participants in these group.

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**Objective:** Inform our community in their native language (Spanish) about available resources, and legislative changes that impact our community in order for each parent in the possible extension is able to advocate and intervene for the educational needs of their children as effectively as possible.

The group is divided into two sections; the first for families for families with children of school ages 3-21 years and for families with children 18 years and older.

**Reservation is required to provide childcare for children**