

APRIL 2-16, 2026

THE ARC OF TEXAS

VIRTUAL SUPPORT GROUP

ADULTS NAVIGATING FAMILY DISABILITY

We understand that the dynamic of being a family member who is non-disabled can be challenging and isolating. This April, The Arc of Texas will provide a safe and supportive space where adult family members of people with disabilities can come together to engage in interactive, educational discussions, share experiences, offer advice, and provide emotional support to one another.



Led by The Arc of Texas Master Pooled Trust's social work team, this five-session virtual support group is limited to seven to 10 family members of people with disabilities who can attend at least three of the five sessions (Noon-1:30 p.m. CST on April 2, 6, 9, 13, and 16).

Interested? Submit an interest form at tinyurl.com/supportgroupform.

Questions? Contact careconnect@thearcoftexas.org.
Sessions are supervised by The Arc of Texas' Education and Outreach Manager, Ashley Melero, MSW.

SUBMIT INTEREST FORM

Scan QR code or visit
tinyurl.com/supportgroupform



The Arc of Texas

MASTER POOLED

trust