



“Coaching, Advocacy, Resiliency, Alliances”

Dear Friend,

Bruce and I are thrilled to share with you our first newsletter for the CARA Disability Center. CARA Family Disability Center has been created in order to join with families with children or adult children with developmental disabilities, who are wanting to create and enjoy amazing lives. Resilient families have an increased capacity to advocate, network with others, fully engage with their family member with a disability and adapt to the multitude of challenges that parents or other primary caregivers provide ongoingly. When a family is supported this results in better outcomes for the individual with a disability. Research indicates that resilient parents are more participatory with their family member with a disability, and this involvement results in a higher quality of life for both caregivers and children and adults with developmental disabilities.

The CARA Family Disability Center is now available to provide parent coaching to a families wanting to increase their well-being and effectiveness in supporting their child or adult with a developmental disability. Coaching is best summarized as

Coaching can be done in person, on a phone call, through skyping or video conferencing. A free half hour consultation to learn about coaching is available by contacting us at carafamilydisabilitycenter@gmail.com. A full coaching series is 10 sessions, with each session conducted for 50 minutes. Coaching is provided by a certified Parent Coaching Institute Coach. Coaching provides a structure for the parent to take ownership of their inherent strengths and create a vision for their family. An empowered parent, equipped with clarity of vision along with understanding the needs of their family member with a disability can contribute expertise and knowledge to the professionals.

In addition, our Family Decision Making Guide Process is created to facilitate you during essential decision times in which you are faced with decisions for or with your family member with a developmental disability. This process was the result of thesis research about family resiliency and best practices in supporting persons with disabilities.

It would be our privilege to be of assistance to your family or friends! If you would like to learn more about coaching, The Family Decision Making Process, or would like to schedule one of our presentations, please contact us at 860-515-8792, by email or thru Facebook (CARA Family Disability Center). Website coming soon!

With Appreciation and Support,

Pat Tyler & Bruce Garrison