

# Break Time

TRE'S LONGEST-RUNNING RESPITE PROGRAM

Does your child have specific medical needs that require a nurse or specialized behavioral needs?

Have you tried a traditional babysitter?

Did it not go as well as you hoped?

Check Out  
Break Time!



*"Break Time gives my husband and me a much-needed break, and my kids love it. They get one on one attention, and it makes them feel valued."*

For families of children with a disability, respite is vital for health and well-being. Break Time events provide this essential respite. Activities, food, and fun are coordinated in an inclusive setting so parents and caregivers can take time to rest and recharge.

Volunteers are paired with participants to provide one-on-one care. Trained staff at each event include a medical professional, behavioral specialist, and two staff members to ensure all needs are met.

## WHO ATTENDS

Participants are three months to 21 years old with an intellectual or developmental disability, delay, or special health care need (medical, physical, sensory, or social-emotional).

Siblings are encouraged to attend too so the entire family can enjoy the program!

## WHEN & WHERE

- Three hours of care on select Friday evenings or Saturday afternoons
- Dates and locations vary to include Fountain, CO

**SIGN UP TODAY!**

Contact [respiteprograms@tre.org](mailto:respiteprograms@tre.org) to learn more or find the enrollment forms at [tre.org/services/break-time](http://tre.org/services/break-time)

Questions? Contact Sarah at [snolan@tre.org](mailto:snolan@tre.org) or (719) 338-1718

All participation must be confirmed prior to sessions by Break Time Staff. There is no capability for unscheduled drop-offs or crisis respite.

**A donation of \$10 is requested but no family will be turned away for inability to pay**

*Empowering People. Strengthening Families. Building Inclusive Communities.*



(719) 380-1100 | [www.tre.org](http://www.tre.org)

