



Resource Workshop **Because you need a break too**

Join us for an informative workshop on respite care options for children and youth with special needs. Learn about different types of respite, available funding, and how to find and hire support workers. Whether you're a parent, caregiver, or community member, this session will provide practical tools, resources, and guidance to help you care for yourself while ensuring your loved one receives quality care.

When & Where

October 15, November 12, 2026

11 a.m. - 12:30 p.m.

Virtual, on MS Teams

Registration

**The group is free. Register online
for your chosen date:**

October 15

bit.ly/Break_Oct15



November 12

bit.ly/Break_Nov12

