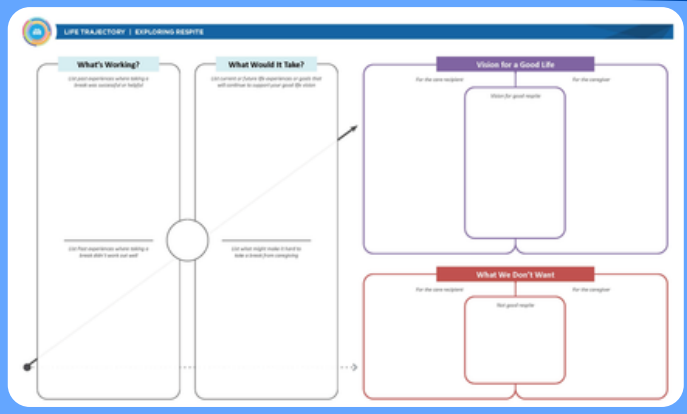
LIVE

CHARTING THE LIFECOURSE

Respite

A Break from Caregiving

Good respite planning starts with a clear vision.
Knowing what good respite looks like for you and your loved one helps guide decisions, ensuring each choice moves you closer to that vision.



- Learn strategies to plan for respite
- Discover practical tools to support caregivers
- Explore ways to take meaningful breaks

Wednesday: December 2
9:00 AM – 10:00 AM

Register Now

Via: ZOOM

1-Hour DODD CEU Available

Presented by:



Barbara Sapharas
CtLC Ambassador, and LifeCourse Nexus Trainer and Coach

Angie Chapple:
A CtLC Ambassador with 33 years in special education

FAMILY RESOURCE NETWORK OF OHIO
Ohio's Official Hub for Charting the LifeCourse

Ohio
Department of Education & Workforce
Department of Developmental Disabilities