

Respite to Recharge

10 HOURS OF FREE RESPITE CARE PER WEEK
FOR KIN CARING FOR RELATIVE CHILDREN



**Are you a kinship caregiving family
feeling overwhelmed by child rearing responsibilities
due to school, day care and summer camp closures?**

Get a well-deserved parenting break by joining the *Respite to Recharge* program! Low income **Fairfax County** residents, including those residing in **Falls Church** and **Fairfax City**, may be eligible to receive free respite services for 10 hours a week for 6 to 8 weeks.

You are encouraged to locate your own respite provider via family, friends and the community. A *Respite to Recharge* provider list is also available. Providers must be 18 years of age or older. Background checks will be conducted on all respite providers. Work schedule will be determined by you and the respite provider(s) you choose. You will need to work with respite providers to take personal health precautions for the safety of all.

Complete the interest form at
<https://bit.ly/2Xriihy>

For more information, <https://FormedFamiliesForward.org/respite-to-recharge>,
call (301) 246-0149 or email info@formedfamiliesforward.org

Respite to Recharge program is operated by nonprofit organization Formed Families Forward, with financial support from Healthy Minds Fairfax, Fairfax County.

