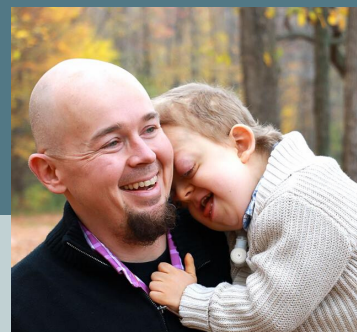




Join our community

At David's Refuge, our goal every day is to help prevent caregiver burnout. We are a community of compassion, understanding and inclusion. We are the community that comes alongside caregivers on their journey to offer encouragement, grace and strength. We live out our values with love, hope and joy. We are always excited to welcome new families to our community and we encourage you to engage with all of the programs that feel right for you!



Our Mission

To provide respite, resources and support to parents and guardians of children with special needs or life-threatening medical conditions where they will be refreshed, restored and renewed in their roles as caregiver.



Respite

Restoring balance to the lives of caregivers by offering time to rejuvenate, relax and renew

Weekend Respite

Our respite weekends encourage couples and single parents to take a breath and pour into themselves. This restorative time, helps caregivers to develop stronger relationships, families and communities.

- **Group Weekend** - Couples or single parents go away for two night with other caregivers. The weekend offers time on their own as well as time to connect with others who share a similar journey
- **New in 2022 - Respite Stay Reimbursement** - Couples or single parents can go away on their own and be reimbursed up to \$400 for lodging and meals.

Caregiver Night Out

Once per year David's Refuge will reimburse up to \$50 for caregivers to have a night out...or take-out in! It is an opportunity for unplug for a few hours and enjoy time together.



Events

David's Refuge hosts a variety of events throughout the year, both virtually and in person. Event types vary and range from ones for the whole family to just caregivers and everything in between.

Online/Social Media

Caregivers can connect with the David's Refuge community through a variety of social media channels, including a private Facebook page. We also offer a monthly newsletter and a robust website with resources.

Community

Connecting caregivers and fostering a deeper level of connection, understanding and compassion



Wellness

Helping caregivers understand that pouring into their wellness journey is one of the greatest gifts they can give themselves and their family

Wellness Initiative

Year round support with 5 different areas of focus: physical, emotional, spiritual, social and financial. This program includes a monthly newsletter as well as virtual and in person offerings through the year.

Mental Health Support

David's Refuge has partnered with CNY Mental Health Counseling to offer support to caregivers and their families. Programs include, individual counseling, couples counseling, a caregiver support group and a support group for typical siblings. In 2022 we will launch a podcast for caregivers as well as a half day couples retreat.



www.davidsrefuge.org

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