



# The Arc of the Glades

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*Achieve with us.*

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To: All ESE student caregivers

From: Debbie Lee-Thomasset, Executive Director

Re: Self-Care Saturday

The Arc of The Glades, serving individuals with intellectual and developmental disabilities since 1977, has received a grant and will be providing a free service to caregivers.

If your loved one is between the ages of 14-22, and has an intellectual or developmental disability, you can be eligible for **FREE Respite Care!!** Respite is a program designed to give caregivers a much-needed break to relieve stress and help promote mental well-being. Our program will operate on Saturdays, from 10am-2pm.

The program will provide games, crafts, movies, computer activities and more. Lunch will be provided. While we do the activities, caregivers will have the opportunity to go and do whatever it is that would help them relieve stress.

What you need to do to qualify:

1. Get a copy of your loved one's current IEP. Please make sure it is the entire document.
2. Bring, mail or email the IEP to the contact information listed above.

Make sure your contact information (name and phone number) is provided with the IEP.

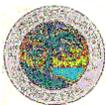
Once the IEP is received, it will be reviewed. If the individual qualifies and we can meet their needs. You will be contacted to arrange for the intake paperwork to be completed.



United Way of Palm Beach County



Town of Palm Beach United Way



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*For people with intellectual and developmental disabilities*