

# RELAX RENEW RESTORE

**April 7 - 9, 2017**

**A Weekend  
Respite  
for Moms  
with children on  
the autism spectrum**

The weekend includes a (modest) private room, all meals, and opportunities for rest, relaxation, discussions with other women, massage, reiki, art activities, prayer, yoga, quiet reflection, and walking the grounds. All activities are optional.

Our venue is the Center of Renewal on the campus of Stella Niagara near Lewiston, NY.

You qualify to attend the retreat if you have one or more children diagnosed with an autism spectrum disorder.

Note that single moms and women with low incomes will be given priority.

Suggested donation is \$15. If your application is accepted, you can bring your donation to the program.

Some help with transportation may be available.

After the deadline, you will receive a letter letting you know if your application is accepted plus additional details, such as what to pack.

For an application or more information:

**716 893- 0931**

Or visit our website: [womensrespite.wordpress.com](http://womensrespite.wordpress.com)

Application Deadline: March 23, 2017

Send to: Women's Respite Program  
1301 Ferry Ave • Niagara Falls • NY • 14301



The Women's Respite Program has been serving women in Western New York for 28 years. The Programs we provide are designed to give a few days of rest to women who need time off from their stressful lives. For the April weekend we received assistance from the Many Faces of Mercy Giving Circle.

