

## ABOUT US

A Mother's Rest is a non-profit which exclusively serves parents and caregivers of children/adults with extra needs. Based out of Afton, VA, we coordinate & fund bed & breakfast respite retreats nationwide, all year long. The basic need for uninterrupted sleep and time away is something most parents ignore. A Mother's Rest makes respite AVAILABLE & AFFORDABLE to all extra-needs parents. We believe the very best way to support these children is to take care of their parents' emotional and physical health.

## SERVICES WE PROVIDE

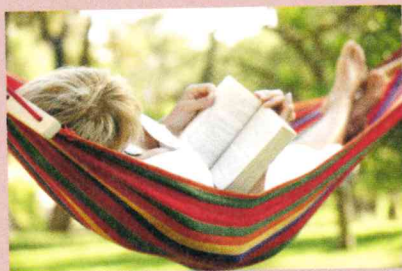
- Year round, coordinated retreats for parents and other caregivers of children with extra needs
- National network of B&B Inn partners
- Retreats just for Dads
- Mommy & Me trips with your "typical" children
- Adoption prep and post adoption retreats
- Summer Camp grants for children and adults with disabilities
- Material & financial aid for struggling Virginia special needs families through the Raising Appalachia program

## RELAX WITH US

Not sure if you're eligible to participate? Just ask! Choose one of our already-scheduled events, or contact us to design your own! You tell us where, when, and who....we'll do the planning, you do the sharing and fundraising.

## HOW YOU CAN HELP

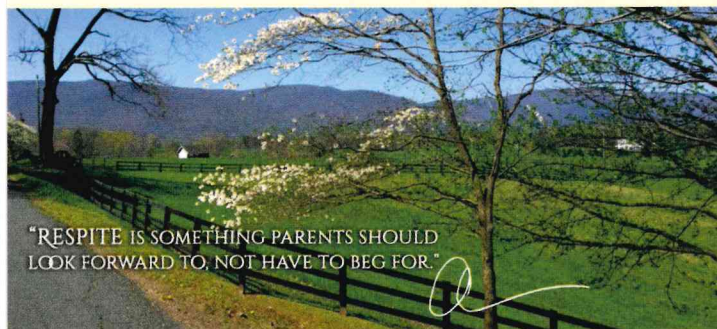
We rely on funding from corporate sponsors, small business support, church & civic group donations, & individual giving to make these retreats possible. Sponsor a retreat, make a donation, volunteer, host a weekend at your inn, buy a gift certificate, or share on social media.



GIFT CERTIFICATES AVAILABLE

Registered 501c3, ID 81-4965846

## YOU CAN'T POUR FROM AN EMPTY CUP



Parents of children with extra needs rarely  
put enough effort into their own health.  
Self-care is just as important as  
self-sacrifice.



RETREATS FOR PARENTS  
OF CHILDREN WITH EXTRA NEEDS

Affordable. Everywhere. Often.  
[amothersrest.org](http://amothersrest.org)