



# REST DAY



## A RESPITE TIME FOR FAMILIES AFFECTED BY DISABILITY

Grace Fellowship Church | 9505 Deereco Road, Timonium, MD 21093

Fall - Oct. 1 | Christmas - Dec. 3 | Valentines - Feb. 4 | Spring - Apr. 1

1-4 p.m. (families/kids) | 11:30 a.m. - 4:30 p.m. (volunteers)

This is a time to give rest, encouragement, support, and to love to families affected by disability through a respite afternoon for individual with disabilities and their siblings! Caregivers from around the community will provide this service. All individuals under 21 are welcome! Upon the conclusion of our time, families will be given a meal to take home with you to extend this time of rest!

## REST DAY REGISTRATION

**\*\*\* REGISTRATION for REST Day begins 1 month prior to the event.**

Links to the online registration forms can be found at

[www.gfc.org/restday](http://www.gfc.org/restday).

If you do not have access to a computer please give us a call. No registrations for REST DAY will be accepted the week prior to each rest day or the day of as walk-ins. THANK YOU!

**THIS IS FIRST COME, FIRST SERVE SO...**

Do not hesitate to register your children for this respite time!

**Registration closes one week prior to event or until spots are full.**

## REST DAY VOLUNTEERS

Volunteers are needed from 11:30-4:30 PM. For more information on how to volunteer at

REST Day, please visit [www.gfc.org/restday](http://www.gfc.org/restday).

**Registration closes one week prior to event or until spots are full.**

## CONTACT US

If you have any questions or would like more information, please contact the Disabilities Ministry at Grace Fellowship Church at

**(410) 561-8424 ext. 155 or e-mail [restday@gfc.org](mailto:restday@gfc.org)**