

Mothers Retreat Registration

Name: _____

Address: _____

City/Zip Code: _____

Daytime Phone Number: _____

Evening Phone Number: _____

Child's name and date of birth: _____

Child served by VMRC: Yes No

FRN's Service Area: Amador, Calaveras, San Joaquin, Stanislaus, and Tuolumne Counties.

Mark One:

____ I reside in FRN's service area and I am enclosing the registration fee of \$10.00.

____ I do not reside in FRN's service area and I am enclosing the registration fee of \$75.00.

Seating is limited and registrations will be handled on a first come, first served basis. We regret that no refunds can be given; however, substitutions are welcome, but that person must be a mother or primary caregiver.

If you require special accommodations, please contact FRN by February 14, 2020.

A Spanish interpreter will be available

Make check out to: Family Resource Network

Please send completed registration form and payment no later than February 14, 2020:

Family Resource Network
5250 Claremont Ave., Suite 148
Stockton, CA 95207

**Questions? Call FRN at 472-3674
or 800-847-3030**

(Please return this section with your payment)



The Mothers Retreat is an opportunity for Mothers to come together to recognize and celebrate the challenges and joys of raising a child with special needs.

Participants had this to say about last year's Mothers Retreat:

"I loved it! Always empowered and fulfilled!"

"This is my release that I look forward to every year!"

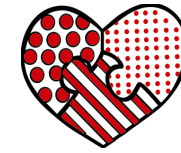
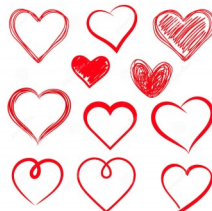
"Much needed and greatly appreciated."

"Will definitely come again next year!"



Bring Pictures of Your Child!

The Mothers Retreat is the perfect place to share stories about your child, so be sure to bring a picture to show to other Moms. It's ok to brag!! We'll be posting your pictures on the wall at the event, but don't worry, you'll be taking your pictures home with you.



Family Resource
Network
proudly presents its

22nd Annual Mothers Retreat



*Put on your own
oxygen mask first
before assisting others*

LEAP YEAR DAY!!

Saturday, February 29, 2020

Registration and continental
breakfast begin at 9:30 a.m.

Workshop hours are
10:00 a.m. to 3:00 p.m.

San Joaquin County Office of Education
Wentworth Education Center
2707 Transworld Drive, Stockton, CA
Burwood 1 Conference Room

About the Day: When you fly on an airplane, the flight attendant instructs you to put your oxygen mask on first, before helping others. Why is this important? Because if you run out of oxygen, you can't help anyone else with their oxygen mask.

This is an important concept for those of us who run around taking care of everything and everyone else except ourselves. As mothers of children with special needs, we often live this life all day, every day.

Please join us as we look at ways we can put on our own oxygen mask first, whether on a plane, at home, with our community or anywhere in life. Planned are activities to learn more about yourself, which will help you remember that taking care of yourself is the most powerful way to begin to take care of others who need you.

Family Resource Network offers a day of relaxation and fun for Mothers raising children with special needs. The day will provide an opportunity for Mothers to meet other Mothers, and spend some time on themselves. The day will include great discussion, games, music, fun, prizes, and lots of food.

Attendees: Funding restrictions limit attendees to the **primary** female caregiver, be that mother, grandmother, aunt, etc.

What to wear: Casual, **comfortable clothing**, including **comfortable shoes**.

Refreshments: There will be a continental breakfast, a buffet lunch and an afternoon snack. The lunch includes vegetarian choices.

No Children Please

We recognize that lack of child care or having a nursing baby may inhibit your ability to attend. As mothers, we wish to be supportive of each other, but mothers who have attended previous FRN Mothers Retreats have requested that this be a child-free event, therefore no children, including infants, will be allowed.

No exceptions.

**San Joaquin County Office of Education
Wentworth Education Center
2707 Transworld Drive, Stockton, CA
Burwood1 Conference Room**

This year's retreat is located at San Joaquin County Office of Education's Education Service Center, 2707 Transworld Drive in Stockton. The Wentworth Education Center is located at the corner of Transworld Drive and Giannecchini Lane.

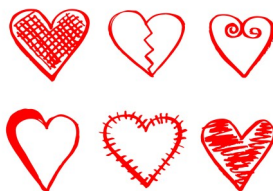
From North: Take Hwy 99 South to Arch Rd exit. Turn right on Arch, right on Qantas and left on Transworld. The last building on the right is 2707 Transworld Dr.

From South: Take Hwy 99 North to Arch Rd exit. Turn left on Arch Rd, right on Qantas and left on Transworld. The last building on the right is 2707 Transworld Dr.

If the parking lot is full, you may use the parking lot with solar panels that is located across the street.



*Hope You Can
Join Us!*



Book Exchange

If you have any books or gently used puzzles that you no longer need at your home, bring them to exchange. This is a great way to get a start on your Spring cleaning! Any items that are not claimed by the end of the day will be donated to Stockton's Friends of the Library program.



The Mothers Retreat is sponsored by Family Resource Network, a 501(c) 3 non-profit organization supported by grants from California Department of Developmental Services, Valley Mountain Regional Center and private donations. San Joaquin SELPA is an additional cosponsor of this event.

FRN is grateful to the agencies and individuals whose sponsorship and donations make the Mothers Retreat possible. If you or someone you know would like to donate an item to be used as a door prize please contact FRN staff. Items such as store gift cards, bubble bath, food treats, etc. would make wonderful prizes for the Moms. FRN extends its thanks to its grantors and benefactors. FRN is located at 5250 Claremont Ave., Suite 148, Stockton, CA 95207. Info on FRN is available at www.frcn.org.