

WELCOME TO "THE COTTAGE"



Enjoy the many porches and patios.

RELAX! REFRESH! RECHARGE!

WARNING:

THIS MAY BECOME HABIT FORMING!

First come, first served; wait list maintained. Group rates available for four or more. Car pool or drop off is recommended.

***GIFT CERTIFICATES AVAILABLE
FOR A FRIEND IN NEED***

Credit Cards Accepted

See you soon!

Deb



Enjoy a soak in one of the tubs.



Enjoy the gardens, fountain and in-ground pool, weather permitting.

**RELAX, REFRESH AND
RECHARGE!**

For reservations and registration contact:



FAMILY, CHILD, ADULT
BEHAVIOURAL THERAPY
COACHING &
COUNSELLING

DEBRA CHARLESWORTH
& ASSOCIATES
ADHD - ASD

Debra Charlesworth

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PREVENT COMPASSION BURNOUT

**DEBRA CHARLESWORTH
& ASSOCIATES**

Welcomes you to
"The Cottage"

***REST & RELAXATION
FOR***

CAREGIVING PROFESSIONALS



Enjoy Specialized "R&R"

This precious time is
designed especially for you,
and for the benefit of all!

R & R JUST FOR CAREGIVING PROFESSIONALS

What: Specialized R&R

A well deserved time to yourself...
To develop camaraderie, eat, sleep, talk, or not talk, laugh, sit and do nothing, walk, soak in a tub, read, watch a movie, listen to music, enjoy the gardens and porches, swim weather permitting, relax by the fire...

Why: Your work demands deep reserves of a very special energy – a harmony of body heart and mind. Your dedicated patience, clarity of thought, physical and emotional stamina, wisdom, resilience and your sense of humour help to make you the professional you are.

Specialized R&R is designed to lighten and brighten the relentless intensity of your daily work load, thus allowing you to recoup some of your depleted energy and recreate your harmony of body, heart and mind. It helps you to rediscover and to preserve the sometimes forgotten **you** – your greatest asset. As a therapist I speak from much experience. Come to "The Cottage"; your clients, co-workers and staff will thank you!

WHERE: So close to you –
at Deb's "Cottage" in Fenwick!

WHEN: Friday from 5:00 p.m. to
Saturday at 2:00 p.m.

HOW: Just do it!

BRING: twin size bedding or
sleeping bag, pillow, bath towel,
jammies, sweater, slippers, book,
magazine, bathing suit (seasonal).
Friends and /or relatives are fun
to bring too!



Enjoy one of the many places to sleep,
nap or relax .

Note: Everything is very informal.

MEALS PROVIDED:

Enjoy a relaxed home cooked
dinner and leisurely brunch.

You may bring a special treat
or snack to share if you wish.



Enjoy the cozy kitchen.



Enjoy home cooked meals by the fire.