

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**

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PREVENT COMPASSION BURNOUT

**DEBRA CHARLESWORTH
& ASSOCIATES**

Welcomes you to

"The Cottage"

REST & RELAXATION

FOR

***MOTHERS OF FAMILY MEMBERS
WITH SPECIAL NEEDS***



Enjoy "guilt free" R&R. This precious time is designed especially for you, for the benefit of your entire family!

R & R JUST FOR MOTHERS OF FAMILY MEMBERS WITH SPECIAL NEEDS

What: Specialized R&R

A well deserved time to yourself... To bond with other moms, 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 family relies on your unending reserves of a very special energy – a harmony of body, heart and mind. Your loving patience, clarity of thought, physical and emotional stamina, wisdom and your sense of humour help to make you the specialized mother that you are.

Specialized R&R is designed to lighten and brighten the relentless intensity of your daily “mother 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** – you and your family's greatest gift. As a mother of children with special needs, I speak from much experience. Come to “The Cottage” to refresh and recharge; your family 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.