



**Wellness on Wadsworth  
4045 Wadsworth  
Suite 80  
Wheat Ridge**

**Saturdays: January 23  
February 13, 27  
March 13, 27**

**9:00 a.m.—1:00 p.m.**

## ***Respite for Children***

*“The Respite program gives parents an opportunity to take a break from the stresses of parenting.”*

**Respite will include food and fun (for the children) and learning new skills and activities.**

**RSVP: 303.423.2269 or [janeh@jcmh.org](mailto:janeh@jcmh.org)  
(by Friday noon prior to Saturday’s program)**