



MEDIA ADVISORY

February 10, 2022

TRE to host young adults with disabilities at The Arc for superheroes theme event

Air Force Academy cadets will help out at event for young adults with intellectual and developmental disabilities

The Resource Exchange (TRE) will host its fun new program, “Gathering Time” at The Arc Pikes Peak Region Saturday, February 12th! Gathering Time is a unique opportunity for teens and young adults with intellectual and developmental disabilities to connect with their peers in a welcoming setting while their parents and caregivers receive vital respite time. Area volunteers, including Air Force Academy cadets, will be helping out at this event!

WHAT: The Resource Exchange “Gathering Time” Event

WHEN: Saturday, February 12, 2022

11:00 AM-1:00 PM: Teens and young adults will gather with peers their age with intellectual and developmental disabilities. The theme is ‘superheroes’ so visuals will include participants making capes and enjoying movie theater-themed snacks.

WHERE: The Arc Pikes Peak Region 12 N. Meade Ave. Colorado Springs, CO 80909

EVENT CONTACT: Sarah Nolan, Respite Programs Specialist, can be reached prior to or at the event at snolan@tre.org or (719) 338-1718.

OF NOTE:

- During the pandemic, many programs like these have been scaled back or eliminated altogether due to limited staffing or funding. TRE has hosted a similar program called “Break Time” for many years for children with intellectual and developmental disabilities. In 2022, TRE launched “Gathering Time” to respond to the needs of young adults ages 18-35.
- Respite is vital for the mental health of the entire family. Programs like these provide essential respite for families and caregivers to take a break and recharge while those in their care also benefit from social connection and fun!
- For reference -- <https://www.tre.org/services/break-time/>

Advocating for independence and inclusion, The Resource Exchange (TRE) partners with children and adults who have a variety of disabilities, delays, mental health or long-term care needs. We do this using a person-centered approach in coordinating care, promoting choices, and collaborating with community partners.

Julie White, Marketing and Communications Manager

The Resource Exchange

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