

Hang Time

NEW RESPITE PROGRAM FOR TEENS

*Does your teen have specific medical needs that require a nurse or specialized behavioral needs?
Have you tried a traditional babysitter?
Did it not go as well as you hoped?*

**Check Out
Hang Time!** ↪



For families of children with a disability, respite is vital for health and well-being. Hang Time events provide this essential respite, with opportunity for social engagement with other teens. Activities, food, and fun are coordinated in an inclusive setting so parents and caregivers can take time to rest and recharge.

A group of volunteers will be available to assist. Trained staff at each event include a medical professional, behavioral specialist, and two staff members to ensure all needs are met.

WHO ATTENDS

Participants (13-21 years old) must have an intellectual or developmental disability, delay, or special health care need (medical, physical, sensory, or social-emotional), but cannot be using the DD waiver. They must reside in the home with either their parents or guardians. At this time, we cannot accept high behavior needs. Teen siblings are encouraged to attend too so the entire family can enjoy the program!

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WHEN
Once a month
for 2.5 hours



**SIGN UP
TODAY!**

» Contact respitoprograms@tre.org to learn more or find the enrollment forms at [tre.org/services/break-time](https://www.tre.org/services/break-time)
Questions? Contact Sarah at snolan@tre.org or (719) 338-1718

All participation must be confirmed prior to sessions by Hang Time Staff. There is no capability for unscheduled drop-offs or crisis respite.

A donation of \$10 is requested but no family will be turned away for inability to pay



Empowering People. Strengthening Families. Building Inclusive Communities.

(719) 380-1100 | www.tre.org



Volunteers attend an orientation with TRE staff and are prepared to work with children with and without a diagnosis.