



CAREGIVERS RETREAT: RECLAIM YOUR ENERGY & JOY FOR CAREGIVERS OF PEOPLE WITH INTELLECTUAL/ DEVELOPMENTAL DISABILITIES

You constantly pour into others—now it's time to refill your own cup. Join us for a **restorative Caregivers Retreat** to build sustainability and combat burnout and fatigue.

- ✓ Mindful workshops
- ✓ Heart-opening conversations
- ✓ Gentle walks and healing rituals



UNIVERSITY OF ROCHESTER
16 MAY 2026
1PM - 6PM

- ✓ Free and limited to 70 participants - **must be a caregiver of a person with IDD to register**
- ✓ Space is wheelchair accessible
- ✓ Light refreshments offered
- ✓ Parking provided
- ✓ Childcare provided for a limited amount of children: ages 3-8, 9-12, and 13-21 (first come first serve)

[Learn More](#) ➤

