

Mothers Retreat Registration

Name: _____

Address: _____

City/Zipcode: _____

Daytime Phone Number: _____

Evening Phone Number: _____

Child's name and date of birth: _____

Child served by VMRC: Yes No

FRN's Service Area: Amador, Calaveras, San Joaquin, Stanislaus, and Tuolumne Counties.

Mark One:

_____ I reside in FRN's service area and I am enclosing the registration fee of \$10.00.

_____ I do not reside in FRN's service area and I am enclosing the registration fee of \$20.00

Seating is limited and registrations will be handled on a first come, first served basis. We regret that no refunds can be given; however, substitutions are welcome. If you require special accommodations, please contact FRN by January 13, 2012.

Make check out to: Family Resource Network

Please send completed registration form and payment no later than January 20, 2012 to:

Family Resource Network
5250 Claremont Ave., Suite 148
Stockton, CA 95207

**Questions? Call FRN at 472-3674
or 800-847-3030**

The Mothers Retreat is an opportunity for Mothers to come together to recognize and celebrate the challenges and joys of raising a child with special needs.

Participants had this to say about last year's Mothers Retreat:

- ◆ *"This event is the one I look forward to all year. After a trying year, it gives me a fresh start."*
- ◆ *"I met other mothers dealing with similar issues so I now know I'm not alone."*
- ◆ *"This is an integral part of my sanity."*
- ◆ *"A relaxing and wonderful day."*
- ◆ *"Can't wait for next year!"*

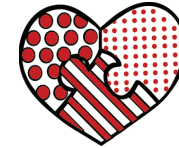
Bring Pictures of Your Child!

The Mothers Retreat is the perfect place to share stories about your child, so be sure to bring a picture to show to other Moms. It's ok to brag!! We'll be posting your pictures on the Wall of Fame during the event, but don't worry, you'll be taking your pictures home with you.

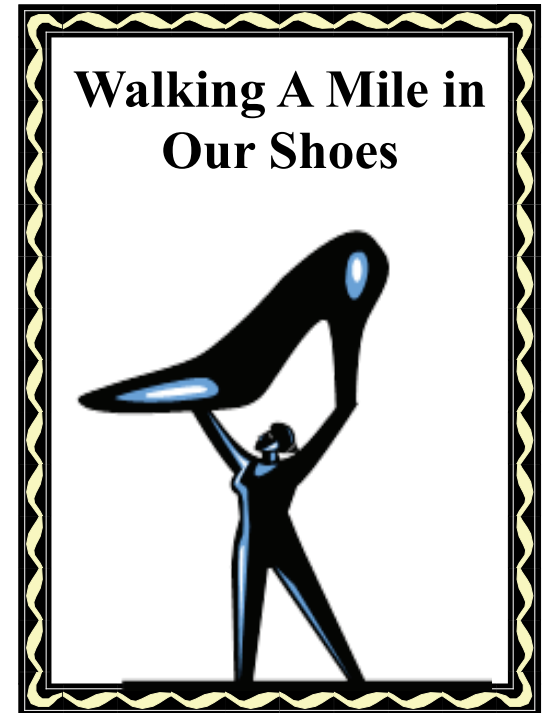


SHOP TIL YOU DROP!!!

Since many Moms love to shop, FRN will be offering handmade craft items for sale. Proceeds will benefit FRN.



Family Resource
Network
proudly presents its
**14th Annual
Mothers Retreat**



**Saturday, February 4, 2012
Registration and continental
breakfast begin at 9:30 a.m.**

**Workshop hours are
10:00 a.m. to 3:00 p.m.**

**San Joaquin County Office of Education
Wentworth Education Center
2707 Transworld Drive, Stockton, CA
Chartville 1 Conference Room**

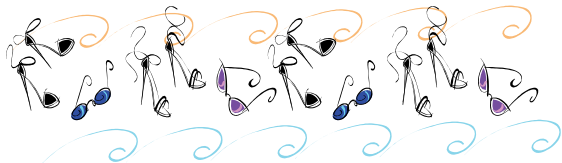
About the Day: Family Resource Network offers a day of relaxation and fun for Mothers raising children with special needs. We will be celebrating the different “walks” we take in our journeys as Mothers. The day will provide an opportunity for Mothers to meet other Mothers, and spend some time on themselves. The day will include some pampering, music, fun, prizes, and lots of food.

Attendees: Funding restrictions limit attendees to the **primary** female caregiver, be that mother, grandmother, aunt, etc.

What to wear: Casual, **comfortable clothing**, including **comfortable shoes**.

Refreshments: There will be a continental breakfast, a buffet lunch and an afternoon snack. The lunch includes vegetarian choices.

If you require special accommodations, please contact Family Resource Network no later than January 13th.



The Mothers Retreat is sponsored by Family Resource Network a 501(c) 3 non-profit organization supported by grants for California Department of Developmental Services, Valley Mountain Regional Center, Parents Helping Parents, and private donations. San Joaquin SELPA is an additional cosponsor of this event. FRN extends its thanks to its grantors and benefactors. FRN is located at 5250 Claremont Ave., Suite 148, Stockton, CA 95207. Info on FRN is available at www.frcn.org.

**San Joaquin County Office of Education
Wentworth Education Center
2707 Transworld Drive, Stockton, CA
Chartville 1 Conference Room**

This year's retreat is located at San Joaquin County Office of Education's Education Service Center, 2707 Transworld Drive in Stockton. The Wentworth Education Center is located at the corner of Transworld Drive and Giannecchini Lane.

From North: Take Hwy 99 South to Arch Rd exit. Turn right on Arch, right on Qantas and left on Transworld. The last building on the right is 2707 Transworld Dr.

From South: Take Hwy 99 North to Arch Rd exit. Turn left on Arch Rd, right on Qantas and left on Transworld. The last building on the right is 2707 Transworld Dr.

If the parking lot is full, there is an additional parking lot across the street.



**Hope You Can
Join Us!**



Using a QR app, snap a picture of this and you can see FRN's upcoming workshops.

Let's Get Ready to
ZUMBA!!!



Zumba is a Latin-inspired dance fitness program that involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance steps. We will have a Zumba instructor showing us all the moves. You might want to bring a small towel in case you work up a sweat. Be sure to wear appropriate shoes.



Book Exchange

If you have any books that you no longer need at your home, bring them to exchange. This is a great way to get a start on your Spring cleaning! Any books that are not claimed by the end of the day will be donated to Stockton's Friends of the Library program.