



Rest, renewal, and relationships  
for children with intellectual  
disabilities and their families

Jill's House is committed to meeting your family's need for respite. The Family Support Team is here to come alongside you to empower your family throughout your normal, every-day life. Our goal is to provide support and intentional encouragement to each member of your family, ensuring that each person feels seen and known.

## JOIN THE JILL'S HOUSE PARENT FACEBOOK PAGE



Need a safe space to connect with parents just like you? The Jill's House Parent page is a private, safe, and encouraging place to share information. This space is a reliable way to keep in touch with other Jill's House parents who understand and care for one another's unique families.

**TO JOIN, GO TO:**  
[facebook.com/groups/JillsHouseFamilies](https://facebook.com/groups/JillsHouseFamilies)

## CONNECT WITH US



[deonne.snare@jillshouse.org](mailto:deonne.snare@jillshouse.org)



(703) 639 - 5660



[jillshouse.org](http://jillshouse.org)



# FAMILY SUPPORT

Conversations to encourage  
Community to support





## WE HEAR YOU WE SEE YOU WE UNDERSTAND

Jill's House recognizes the unique challenges you face as a parent and/or caregiver of a child, adolescent, or young adult with intellectual disabilities.

- Feeling guilty about not being able to give your other children enough time and attention
- Infrequent date nights with your spouse or evenings to reconnect with friends and family
- A never-ending sea of paperwork from the doctor's office and school
- Difficulty finding balance and time to rest and recharge

**JILL'S HOUSE IS FOR YOU.**



[JILLSHOUSE.ORG](http://JILLSHOUSE.ORG)

## WHAT WE DO

- Celebrate you and your family through special events
- Build strong and reliable community relationships
- Offer practical assistance and valuable resources



“**The retreat is really special. I've never experienced anything like it. This is a peace that I haven't felt in a really long time. I'm as relaxed as I am probably ever going to be. I got to share my feelings with other parents who know, they KNOW, while being surrounded by people who know and love my kids was transformational. I don't have to explain my feelings or why my son is behaving the way he is. Everyone just gets it. Jill's House gets it. THANK YOU for everything and everyone who made the retreat possible.**”

# WAYS TO CONNECT

### RETREATS:

Experience a community that understands the unique challenges faced through a weekend of respite, speakers, and special activities. Family retreats, single moms retreats, dads retreats, and moms retreats - a place for everyone to belong.

### MOMS & DADS SOCIALS

Grab a meal, a cup of coffee, or go on an excursion. Time for dads to connect with dads and moms with moms, building meaningful connections in a stress-free environment.

### PARENT SUPPORT GROUPS:

Gather together with other parents to listen to speakers and share in each other's common concerns and triumphs.

### COMMUNITY WOMEN'S BIBLE STUDY

Connect with other moms to study the Bible and grow together through the exploration of God's word.

### SPECIAL EVENTS:

Celebrate with us at family holiday parties, community events, and seminars - keep an eye out for event announcements!