



RESPIRE SUPPORT OPPORTUNITIES at Extend-A-Family Waterloo Region



SEEDs (SUPPORTED EXTENDED EXPERIENCES AND DISCOVERIES)

SEEDs is a respite opportunity for adults we support to create their own adventures across Ontario and build lifelong memories! You can provide support and companionship on these adventures together.

TRADITIONAL RESPITE

Traditional Respite is an opportunity for a person with a disability to spend time away from home. It takes place in the respite provider's home. It's about relaxing, getting to know each other and having fun.



APARTMENT RESPITE

Interested in providing respite, but don't have space in your home?

With Apartment Respite, you can host a person in a rented 2-bedroom apartment in Waterloo Region.

**INTERESTED IN LEARNING MORE?
WE'D LOVE TO HEAR FROM YOU!**



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