

DARTS The **Breathing Space**
Recharge and Take a Break



Are you a caregiver in need of a break?
If so, this group respite program may be right for you!

There are two locations available for The Breathing Space:

EAGAN

Where: Easter Lutheran Church
4545 Pilot Knob Road
Eagan, MN 55122

Occurs: 2nd & 4th Fridays

Time: 9:00AM - 1:00PM

WEST ST. PAUL

Where: Augustana Lutheran Church
1400 S Robert Street
West St. Paul, MN 55118

Occurs: 1st & 3rd Thursdays

Time: 9:00AM - 1:00PM

What: Group respite offers caregivers a needed break by providing supervision, socializing, and activities for the care receiver.

The program is designed for individuals with early- to mid- stage memory loss or other conditions that require some supervision.

This program is free and open to all! Pre-registration required.
Call **651-455-1560** to register.

Go to dartsconnects.org/caregiver-services to learn more!

Interested in volunteering for The Breathing Space?
Email volunteer@darts1.org or call 651-455-1560.

*The Breathing Space is supported by
a Minnesota Department of Human Services Live Well at Home Grant and Allina Health.*

DARTS

CREATING CONNECTIONS
THAT ENRICH AGING.