

Get Creative About Respite, A Parent's Guide

[Take time to read "Get Creative About Respite, A Parent's Guide"](#) from Connecticut Lifespan Respite Coalition (CLRC) is designed to help families who care for a family member with special needs. This booklet is a tool that provides ideas and resources for breaks in caregiving, also known as respite, that you may not have noticed in your community.

The Connecticut Lifespan Respite Coalition (CLRC) was a non-profit organization working to improve availability of, access to, and quality of respite care in the state of Connecticut.

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