



The Exceptional Family Resource Center & SCDD San Diego Imperial invite you to an

**Online Training:
“All About Respite”
October 5th @ 6:30 p.m.**

**Join us for an overview of respite services provided
through the San Diego Regional Center.**

Our presenters are Moira Allbritton, Program Specialist with the Exceptional Family Resource Center and Mary Ellen Stives, Regional Manager of the State Council on Developmental Disabilities, San Diego Imperial Office.

The presentation will include:

- Information on how to request these important services.
- What respite can be used for.
- How to locate a respite provider.

Time will be allowed for questions.

[Register for this online Zoom meeting here.](#)

Meeting ID: 868 6674 4570 Passcode: 413008

Spanish Language Interpretation will be available.