



Respite Request

This overnight, trauma-informed program is designed for an individual who may be experiencing an emotional crisis. This means something different to everyone: things such as a loss of a job, a miscarriage, needing a break from family, divorce, transition of home situation, etc.... The individual (guest) is able to stay with us in our respite program for 6 nights and 7 days. The intention of this program is to allow the guest to rest, take a breath, regroup and recharge their batteries so that they are able to get back to the essentials of work, family, life, etc.

While staying on-site, guests are able to participate in free peer support groups, community activities and more.

All respite requests will be put on our wait list. Once we have a bed available, we will reach out to offer respite based on the direct needs of individuals on the list. We ask that you stay connected every 2 days to keep us updated on your current situation.

Name:

Date:

Best Contact (Phone, email, preferred times):

Referral Source information:

Reason for requesting respite:

Received by(MPS Staff name):

****Please deliver to Shay Carroll-Residential Director @MPS or email to: Shay@MonadnockPSA.org**