



# JAFCO Children's Ability Center Hosts Mom's Wellness Retreat

Moms of children utilizing JAFCO Children's Ability Center's services come together for a day of mindfulness, empowerment and relaxation.

**S**unrise, FL – On July 31st, 2023, JAFCO held their quarterly Mom's Wellness Retreat at Illuminate Event Venue, giving moms who have children utilizing the services at the JAFCO Children's Ability Center a day of relaxation, mindfulness and a chance to connect with one another. The retreat was filled with sharing stories, movement, yoga, sound healing, inspirational art, meditation, and lessons on cultivating gratitude.

"The intention of the day was to provide an opportunity to connect with other moms, relax and reconnect with their breath, build a community and learn they have the tools for joy," said JAFCO Community Outreach Coordinator and Parent Support Specialist Linda Sachs.

The moms were encouraged to give themselves permission to enjoy the retreat and be embraced by their newfound support system. The JAFCO staff noticed, as the

day progressed, any initial hesitations slipped away and were replaced with laughter and warm hugs for one another.

This Mom's Wellness Retreat was just one of the many successful and memorable retreats put on by the Children's Ability Center. Starting years ago, the team has made this a quarterly tradition, leaving moms feeling rejuvenated, empowered and supported by their JAFCO extended family.

JAFCO is a 501(c) 3 nonprofit organization established in 1992 to provide services to abused and neglected children and those with developmental disabilities in South Florida.

The JAFCO Children's Ability Center serves all children from birth to age 22 who have been diagnosed with a Developmental Disability, developmental delays and those at risk. Among the list of life-changing services that JAFCO offers, the Children's Ability Center provides day, night and extended respite care, family support services, therapy services and 24-hour on-call crisis support.

## ABOUT JAFCO

JAFCO's mission is to provide care, safety and support to children and their families within the Jewish community and beyond who are impacted by abuse, neglect, trauma, or developmental disabilities...giving every child a place to belong. Visit [www.jafco.org](http://www.jafco.org).

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