



Self-care/Respite Scholarships

Virginia Family Network is a grassroots network for parents and caregivers of children or youth with mental health or co-occurring needs that support one another in navigating the system, becoming more resilient and informing the child serving systems to ensure an easier path for the families that follow. As part of this goal, we are happy to be able to provide a lottery for one-time respite or self-care scholarships for parents/caregivers. As parents and caregivers, we know it's hard to stay at your best for your child, especially one with special needs, all the time. With summer coming, please consider taking advantage of our scholarships to find time for yourself, to focus on resting and recharging so you are at your best to support your family. Funds can be used to cover direct childcare, summer camps, trips, classes, and many other ways to help you focus and recharge, you just need to tell us how it will help you! To apply please complete and submit this application. Funds are available to all parents or caregivers of children and youth aged 3-20 who have a diagnosed mental health condition that live in Virginia. Scholarships will be provided as reimbursement to approved recipients up to \$200. The scholarship submission period is May 1 – 31, 2018. Forty recipients will be selected at random via lottery for scholarships. Notification of awards will come the first week of June. Recipients must spend funds by August 31st and submit receipts for reimbursement no later than September 15th (postmark dates following will not be accepted). Think big, think about what works for you and make sure to make it happen!

Name: _____ Date: _____

Phone: _____ Email: _____

Address: _____

Age of Child: _____ Child's Diagnosis: _____

How do you plan to use the scholarship? Please be specific as the item listed will be those authorized for reimbursement (up to \$200).

Please submit completed applications to [Sarah Wilson, swilson@namivirginia.org](mailto:swilson@namivirginia.org).