



Pause is a grassroots, community initiative that was created to provide parents and other full-time caregivers of children with special needs a break. Currently in its second year of programming, Pause has gained huge momentum in the community, with family enrollment growing over 400% in the first 18 months.

Pause offers families of children with physical, mental, developmental, medical, behavioral and/or learning challenges, access to a broad range of support options maximizing the use of community resources and family support networks. On the current menu of options, Pause provides: respite, free family fun, caregiver networking/resourcing and community service events to help families with tangible needs.

This initiative is so important for our community. Nationally, 22% of families have one or more children with an identified disability. These families can spend 40 additional hours in their week caring for a child with complex needs and most of these families live in isolation with little to no help. Giving these parents a break is critical and has been proven to increase family functioning and caregiver stress which in turn helps keep the family intact. Our vision is to have PAUSE be supported by the community where local dollars from businesses, churches and private citizens are used to sustain it. We have seen this model work since the inception of PAUSE and believe that our communities can and will continue to reach out and support parents of kids with special needs in this manner.

When families receive a diagnosis that they weren't expecting, everything that they knew to be true and everything they had dreamed for their family changes. We believe that if we walk alongside the family and provide consistent support that is unique to their needs while also partnering with them to grow their natural support system, we can change the trajectory of how their life can look.

Together we can reach families one step at a time...**rest. support. community. fun.**

For more information contact us:

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Find us on 

Pause for Parents, Play for Kids

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