

IMPACT

Grace Fellowship Church provides respite afternoons for families affected by disability called Rest Day. It takes many volunteers in different areas to make the afternoon fun-filled for the kids as we dance, do crafts, and play games! Parents can enjoy a free afternoon to do what they please and then we send families home with a meal at the end of the afternoon. We hold a few Rest Day events per year.

INSTRUCTIONS

Step 1: Reach out to restday@gfc.org to let us know about your group wanting to serve.

Step 2: Register everyone using the registration link on this page:
<https://www.gfc.org/disabilities>

Step 3: Let us know how it went! Please give us your feedback by filling out this [form](#) so we can continue to improve your serving experience. If you have any questions, please email gracecares@gfc.org.

SUGGESTED ITEMS

Food items for their take home dinner varies with each event. Contact us for more details.

FUN IDEAS

- Bring your kids and family along to serve with you.
- Go to dinner and debrief with your family or group.