

Become a REST Companion™



*Delivering education and
support to those offering
a break to caregivers.*

REST, Respite Education and Support Tools,
is a unique, interactive training program,
where you will receive the education and
tools needed to be confident and successful in
providing respite care to adults and children.



REST Training in Houghton!

**** NO COST TO ATTEND – REGISTRATION REQUIRED****

Thursday September 21 and Friday September 22, 2017
1:00 p.m. – 5:00 p.m. (Both Days required for certification)

Location: Copper Country Mental Health Institute
900 West Sharon Ave.
Houghton, MI 49931

For Information, Contact

1-800-338-7227

Dial 2-1-1 or visit us on the web at www.upcap.org

Registration open to paid, non-paid and informal caregivers

