

# 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](http://www.upcap.org)

**\*\*Registration open to paid, non-paid and informal caregivers\*\***

