

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.



Caregiver Exchange is hosting a FREE Training

Did You Know? Respite care provides temporary relief to family caregivers. Would you like to learn more about becoming a volunteer respite companion and receive training based on a nationally recognized program? Join us at:

St Peter's Episcopal Church, 314 Division St., Carson City
Friday, October 21 from 5:30 pm - 8:30 pm*
and Saturday, Oct 22, from 8:30am - 1:30pm*

For Information, Contact

Dr. Deb Cash, Leader Caregiver Exchange

nvdebcash41@yahoo.com or 775-882-1534

* attend both the Friday and Saturday sessions for program completion



www.restprogram.org

