



Two-Part

R.E.S.T. TRAINING

(Respite Education and Support Tools)

Vineyard Commons

October 20 & 27th

9:30-1:30

Vineyard Commons 6 Merlot Drive Highland NY 12528

Become a volunteer respite worker!

You will be trained to offer social respite to caregivers, allowing them a short break to do things outside of the home, such as doctor's appointments, shopping or time with friends.

This is a two-day training. You need to attend both days to become a volunteer.

To register for this training, please call the Office

For the Aging: 845-340-3456



Do you know a caregiver who could use a few hours to get things done but can't leave their loved one home alone?

Learn the three key steps to become an effective volunteer respite worker:

- ...Prepare
- ...Care
- ...Connect

**Vineyard Commons
Art Room**



FOR ADDITIONAL
INFORMATION CALL
JEWISH FAMILY SERVICES

208 Wall Street
Kingston, NY 12401
(845) 338-2980
www.jfsulster.org



