

# Building Networks of Support for Caregivers



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

**REST, Respite Education and Support Tools,**  
is a nationally-recognized interactive two-day  
Train-the-Trainer course that prepares those  
who will train respite care workers  
in their own communities.



## REST Training Information

**Spanish Language  
Materials  
available for  
Bilingual Trainers!**



**January 23-24, 2018  
9:00 a.m. — 5:00 p.m.**

Mount Calvary Lutheran Church  
**308 Mount Calvary Drive  
San Antonio, TX 78209**

**Training Fee: \$595  
(Fee includes lunch and snacks)**

Register today! <http://restprogram.org/events-page/>

 **For Information, Contact** 

Lois Sheaffer, National Director of REST at  
[lsheaffer@restprogram.org](mailto:lsheaffer@restprogram.org) or  
630-397-5655.

Kelly Fitzgerald, REST Training Development  
Manager at [kfitzgerald@restprogram.org](mailto:kfitzgerald@restprogram.org) or  
630-397-5658.

For more information, visit

**www.restprogram.org**