

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.



Upcoming REST Training Location

August 11, 2018 8AM to Noon

Pinnacle Lutheran Church

250 Pinnacle Rd

Rochester NY 14623

For Information, Contact

Karla Simmons

kesbts@aol.com

585.281.3142



www.restprogram.org

