

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.

**TRAINING
OPPORTUNITY!**



Upcoming REST Training Location

March 28th, 9 am - 5 pm

Ulster County DSS



Co-sponsored by the Ulster County Office for the Aging and Jewish Family Services

For Information, Contact

**Jewish Family Services at 845-338-2980
or call 845-340-3456**

Support for this program provided by the New York State Caregiving and Respite Coalition and the New York State Office for the Aging



www.restprogram.org

