

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

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

