

# Building Networks of Support for Caregivers



*Creating an international network of  
volunteers that support  
caregivers through respite.*

**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.



**JOIN US**

**For Information, Contact**

**VISIT [www.restprogram.org](http://www.restprogram.org)**