



# REST COMPANION TRAINING

REST (Respite Education and Support Tools) – a professionally created, interactive respite care training program – will be offered:

DATE:	April 11, 2018	April 12, 2018
TIME:	9 am - 4 pm (Companion Course) 9 am - 1 pm (Essentials Course)	9 am - 4 pm (Companion Course) 9 am - 1 pm (Essentials Course)
LOCATION:	Our Redeemer Lutheran Church 825 Golf Rd SW Pine City, MN	Lakes & Pines CAC, Inc 1700 Maple Ave E Mora, MN

*Respite is planned or emergency care provide to a child or adult with a special need in order to give temporary relief to the family caregiver. As a REST Companion, you give the gift of your time to provide a valuable service. You will spend one-on-one time with a child or adult doing a variety of activities, from playing a board game and assisting with daily tasks, to reading books or helping someone learn to communicate.*

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## REST Registration Form

*Please provide the following information.*

Date of workshop you'd like to attend: \_\_\_\_\_

Participant's Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Are you currently providing respite care?     Yes     No

Have you provided respite care in the past?     Yes     No



Creating an international network of organizations that prepares individuals to support caregivers through respite.