



Stress-Busting for Family Caregivers of Individuals With Chronic Illness

The Stress Busting Program for Family Caregivers is an evidence-based 9-part program that provides support for family or other non-professional caregivers who care for individuals with a **Chronic Illness**.

The program is free, but a **reservation is required**. Each participant receives a free workbook and materials. As this program is evidence based, all participants must start on week one. Attendees are unable to bring the person they care for with them to workshops. Thank you for your understanding. Reasonable ADA Accommodations available upon request.

The Nine Workshops:

Location

Virtual—Online WebEx

Mondays from 10:00 am to 11:30 am

- Sep 20: Getting Started in Stress-Busting
- Sep 27: Effects on the Mind, Body and Spirit
- Oct 4: Caregiver Stress and Relaxation
- Oct 11: Facing Challenges
- Oct 18: Grief, Loss and Depression
- Oct 25: Coping with Stress
- Nov 1: Positive Thinking
- Nov 8: Taking Care of You: Healthy Living
- Nov 15: Choosing a Path to Wellness

Call

385.468.3280

to sign up
or visit

slco.org/caregiver
for more information

