



Stress-Busting for Family Caregivers of Individuals With Dementia

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 **Dementia**.

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

Tuesdays from 1:00 pm to 2:30 pm

- Oct 5: Getting Started in Stress-Busting
- Oct 12: Effects on the Mind, Body and Spirit
- Oct 19: Caregiver Stress and Relaxation
- Oct 26: Challenging Behaviors
- Nov 2: Grief, Loss and Depression
- Nov 9: Coping with Stress
- Nov 16: Positive Thinking
- Nov 23: Taking Care of You: Healthy Living
- Nov 30: Choosing a Path to Wellness

Call

385.468.3280

to sign up
or visit

slco.org/caregiver
for more information

