

Stress-Busting Program for Family Caregivers™



Do you provide care for a loved one with a chronic illness?

You Are Not Alone

- We know caregiving can be stressful
- This program will:
 - Provide education and support
 - Teach stress management techniques
 - Help caregivers develop coping strategies
- Program available at no cost



Information

Who: Family caregivers of a loved one with a chronic illness

What: Multi-component program

- Meets 90 minutes/week for 9 weeks
- Groups of up to 8 people

When: All classes listed below start Wednesday, March 28

Where: Choose a convenient location

- Lovelace Westside, 10501 Golf Course Rd NW (at McMahan), 10 am
- Palo Duro Senior Center, 5221 Palo Duro (near San Mateo and Comanche), 10 am
- First Unitarian Church, 3701 Carlisle NE (at Comanche), 1:30 pm

*"I was at a very low point in my life. This program saved my life."
Participant*



For more information, contact:

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www.caregiverstressbusters.org