

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 **PLEASE CALL TO REGISTER**



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

Group #1 Starting July 12 Thursday at 10 a.m.

Nusenda Training Center at 4100 Pan American Freeway

Group #2 Starting July 10 Tuesday at 10 a.m.

Lovelace Westside Hospital at 10501 Golf Course Rd NW
Mesa Grande Room (on ground level)

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

Participant



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Developed at
UT HEALTH
SCIENCE CENTER
SAN ANTONIO

For more information, contact:

Sharon Lewis 830-377-1484
slewis2@unm.edu
www.caregiverstressbusters.org