

# 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**



**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

**Where:** Group #1 Starting March 26 Tuesday at 10 am

Nusenda Training Center  
4100 Pan American Freeway

Group #2 Starting March 26 Tuesday at 1:30 pm

Palmilla Senior Living  
10301 Golf Course Rd NW

Group #3 Starting March 26 Tuesday at 10 am

Holy Cross Lutheran Church  
6901 Wyoming NE

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

Distributed by



For more information, contact:

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