



Stress-Busting for Family Caregivers

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 Condition**.

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

WebEx Virtual Meeting (Online)

Wednesdays from 3:00 PM to 4:30 PM

- May 26: Getting Started in Stress-Busting
- Jun 2: Effects on the Mind, Body and Spirit
- Jun 9: Caregiver Stress and Relaxation
- Jun 16: Facing Challenges
- Jun 23: Grief, Loss and Depression
- Jun 30: Coping with Stress
- Jul 7: Positive Thinking
- Jul 14: Taking Care of You: Healthy Living
- Jul 21: Choosing a Path to Wellness

Call

385.468.3280

to sign up
or visit

slco.org/caregiver
for more information

