

Stress Busting for Family Caregivers

The Stress Busting Program for Family Caregivers is an evidence-based program that provides support for non-professional caregivers who are caring for individuals with a Chronic Illness. Each participant receives a free workbook and materials. All participants must start on week one. A Reservation is required for this program.

The Nine Workshops:

Taylorsville Senior Center

4743 S Plymouth View Drive

Monday Afternoons, 1:30 to 3:00 pm

- Sep 11: Getting Started in Stress-Busting
- Sep 18: Effects on the Mind, Body and Spirit
- Sep 25: Caregiver Stress and Relaxation
- Oct 1: Facing Challenges
- Oct 8: Grief, Loss and Depression
- Oct 15: Coping with Stress
- Oct 22: Positive Thinking
- Oct 29: Taking Care of You: Healthy Living
- Nov 5: Choosing a Path to Wellness

Call

385.468.3280

to **RSVP**

Reasonable ADA Accommodations are requested by contacting Susan at 385.468.3191 or shoepfner@slco.org.