



Stress-Busting for Family Caregivers of Individuals With a Chronic Illness

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 Illness**.

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 and commit to attend the full program. Attendees are unable to bring the person they care for with them to workshops. Thank you for your understanding. Reasonable ADA Accommodations are available upon request.

The Nine Workshops:

Location: Virtual using WebEx

Call to register to receive the link.

Wednesday from 1:30 pm to 3:00 pm

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

Call
385.468.3280
to sign up
or visit
slco.org/caregiver
for more information