



The Stress-Busting Program

The Stress-Busting Program for Family Caregivers is a nine-week evidence-based program that provides support for non-professional caregivers who care for individuals with Dementia or a Chronic Illness. The 1.5 hour workshops are available online or in-class.

1. Getting Started in Stress-Busting
2. Effects on the Mind, Body and Spirit
3. Caregiver Stress and Relaxation
4. Facing Challenges
5. Grief, Loss and Depression
6. Coping with Stress
7. Positive Thinking
8. Taking Care of Yourself: Healthy Living
9. Choosing a Path to Wellness

Call **385.468.3280** or **TTY 7-1-1** to make reservations. There is no cost for the workshops or materials. Pre-registration is required. Caregivers are unable to bring those they care for to workshops. Reasonable ADA accommodations are available upon request.

Visit slco.org/caregiver for more Salt Lake County Caregiver Support Program information, tools, and resources.

