



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 10: Getting Started in Stress-Busting

Sep 17: Effects on the Mind, Body and Spirit

Sep 24: 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.