



The Stress-Busting Program

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 Dementia or Chronic Illness.

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: Health Living
9. Choosing a Path to Wellness

There is no cost for the workshops or materials.

Call **385.468.3280** or **TTY 7-1-1** to make workshop reservations.

Visit slco.org/caregiver for more Caregiver Support Program information and resources. Reasonable ADA Accommodations are requested by contacting Susan at 385.468.3191 or shoepfner@slco.org.

