

Stress-Busting Program for Family Caregivers™



Do you provide care for a loved one with a chronic illness?

You Are Not Alone

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at no cost

Information

Who: Family caregivers of a loved one with a chronic illness

What: Multi-component program meets

- 90 minutes/ week for 9 weeks
- Groups of up to 8 people

Where: Our Saviour's Lutheran Church
2000 S. Lemay, Fort Collins

When: Wednesdays, June 28-August 23, 10:00-11:30 a.m.

*"I was at a very low point in my life. This program saved my life."
Participant*



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Developed at
UT HEALTH
SCIENCE CENTER
SAN ANTONIO

Please call for more information or to register:

970-495-8560

www.caregiverstressbusters.org

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