



The Stress Busting Program

The Stress Busting Program is a free evidence-based 9-part program that provides support for family or other non-professionals who face stress while providing individuals with care.

The program is free, but a **reservation is required**. Each participant receives a free workbook and materials. 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 available upon request (Please provide a three day notice).

The Nine Workshops

Location: Midvale Senior Center, 7550 S Main, Midvale (Room #3).

Date/Time: Nine Thursday Afternoons from 2:00 to 3:30 PM

Jun 18:	Getting Started in Stress-Busting	Jul 23:	Coping with Stress
Jun 25:	Effects on the Mind, Body and Spirit	Jul 30:	Positive Thinking
Jul 2:	Caregiver Stress and Relaxation	Aug 6:	Taking Care of You: Healthy Living
Jul 9:	Facing Challenges	Aug 13:	Choosing a Path to Wellness
Jul 16:	Grief, Loss and Depression		

Register online at

saltlakecounty.gov/aging-adult-services/calendar/

If you have trouble with registration, please call Kathy at 385-468-3281.

Visit slco.org/caregiver for more resources.

