



# Stress-Busting for Family Caregivers of Those with Dementia or Chronic Illnesses

The Stress Busting Program for Family Caregivers is a free evidence-based 9-part program that provides support for family or other non-professionals who care for individuals with any type of Dementia or a Chronic Illness. New classes will be listed on the site when they are available.

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).

Contact Kathy at 385-468-3281 or watch the Caregiver Calendar for the next available program.

