

Stress-Busting Program for Family Caregivers™



Program for Family Caregivers of People with Alzheimer's Disease or Dementia

Do you provide care for a loved one with Alzheimer's
disease or dementia?

You Are Not Alone

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
 - strategies for challenging behaviors of people with dementia
- Program available at no cost

Information

Who: Family caregivers of a loved one with dementia

What: Multi-component program meets

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

Where: Seniors' Resource Center
3227 Chase Street Wheat Ridge, CO 80212

When: Thursdays, 9:30-11:00 am (1/23/20-3/19/20)
Caregivers should plan to attend all sessions

*"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:

303.233.1666 x 257 or mkluth@eastersealscolorado.org