

# 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
- **Funding available for respite services!**

### 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:** Turner-Surles Community Center  
702 Sycamore St NW, Decatur

**When:** **Beginning 4/24/2019**  
Tuesday's 2:00-3:30pm

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

Distributed by



Developed at



To register or for more information call:

**Dana Dobson, NARCOG 256-355-4515 ext. 241**