

# 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:** Columbia Cottage  
1109 Sparkman Street  
Hartselle, AL

**When:** Beginning 8/14/2018  
Tuesday's 1:30-3:00 p.m.

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

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Please call for more information or to register:

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