



CAREGIVER STRESS-BUSTING D E M E N T I A P R O G R A M



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
- 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: ADD INFORMATION

When: ADD INFORMATION

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

Developed at



Please call for more information or to register:

Insert Phone Number

www.caregiverstressbusters.org