Community Stress-Busting Program for Family Caregivers

Help for Family Caregivers

Who: Family caregivers of a loved one with Alzheimer’s disease or dementia

What: Program meets
- 90 minutes/each week
- for 9 weeks
- group of up to 8 people

When: Call for new start dates

Where: Various locations in SA. Call for info.

Materials provided. No Charge.

www.caregiverstressbusters.org

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
- These basic skills can reduce daily stress in your life

Confidential, Supportive, Trained, Caring Facilitators

For more information or to register, call:
Ginny Funk 210-822-6449
Ginny.funk@alz.org

“I was at a very low point in my life. This program....saved my life.” -Participant