STRESS BUSTING PROGRAM

Wednesdays beginning January 9
9 weekly sessions    Meets for 1 1/2 hours    10:30 am - 12:00 pm

Are you having a hard time coping with changes resulting from a friend, neighbor, or family member who is affected by Alzheimer’s or dementia? This class may be for you!

The Stress Busting Program is an evidence-based class that provides support for family and friend caregivers of persons with Alzheimer’s or other related dementias. This program teaches coping skills and helps caregivers manage stress that might be occurring in their lives.

Topics include:
• Stress and relaxation
• Coping with stress
• Dealing with challenges
• Behaviors: grief, loss, and depression
• Positive thinking
• Taking time for yourself
• Choosing a path to wellness

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