

Stress-Busting Program for Family Caregivers

You Are Not Alone

This program will

- Provide education and support
- Teach stress management techniques
- Help caregivers develop coping strategies

Program available at no cost. PLEASE CALL TO REGISTER

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

When: All classes listed below start Tuesday, March 17

Where:

Group 1--10 am
Nusenda Training Center
4100 Pan American Freeway

Group 4--1 pm
Montebello on Academy
10500 Academy NE

Group 2--1:30 pm
All Saints Lutheran Church
4800 All Saints Rd NW2

Group 5--1:30
MorningStar at Rio Rancho
301 Golf Course Rd. SE

Group 3--10 am
Holy Cross Lutheran Church
6901 Wyoming NE

For more information contact:

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www.caregiverstressbusters.org