

# Community Stress-Busting Program For Family Caregivers



## Help for Family Caregivers

### Information

**Who:** Family caregivers of a loved one with dementia

**What:** Program meets

- 90 minutes/each week
- for 9 weeks
- group of up to 8 people

**Confidential**

**Supportive,  
Trained,  
Caring Facilitators**

**Where:** The Village at the Incarnate Word

\*Garden Room dining room area

- 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
- Materials provided.

Please call for more information

Helen Flores, Director of Community Relations, Caring Companions

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Course starting OCTOBER 6<sup>th</sup>, 2011