

Stress-Busting Program for Family Caregivers

The [Stress Busting Program \(SBP\)](#) for Family Caregivers is a multi-component program in which two facilitators meet with a small group of family caregivers for 1.5 hours once a week for 9 consecutive weeks to facilitate education, support, problem solving, and stress management.

Offering you the support and education you need to help you take care of yourself and your loved one!

Who?

Family caregivers of a loved one with Alzheimer's disease or related dementia/memory loss

Where?

Via Zoom from the privacy of your home

When?

Tuesdays beginning May 17, 2022
6:30 – 8:00 pm

There is no cost for this program.

To register, contact Chris at the
Lake County CaregiverNet,
847-596-8226.

NOTE: May 17 is designated as “Week 0” and will introduce to you the program, the facilitators, other participants, and Zoom.
Register early. Group limited to 8 participants.
Materials mailed on Wednesday, May 18, to Week 0 participants.

You Are Not Alone



We know caregiving can be stressful.

This program will teach:

- Stress-management techniques
- Relaxation and coping strategies
- ❖ Free Stress-Busting Kit mailed to your home