



CAREGIVER STRESS-BUSTING CHRONIC ILLNESS PROGRAM



Stress-Busting Program for Family Caregivers

The [Stress Busting Program \(SBP\)](#) for Family Caregivers is a multi-component program where 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 chronic illness

Where?

Online from the privacy of your home

When?

Tuesdays beginning February 23, 2021
6:30 – 8:00 pm

There is no cost for this program.

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

**NOTE: February 23 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.**

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



