

# Stress-Busting Program for Family Caregivers™



## Program for Family Caregivers of People with Chronic Illnesses

**Do you provide care for a loved one with a Chronic Illness?**

### *You Are Not Alone*

- We know caregiving can be stressful
- This program will teach
  - Stress management techniques
  - Relaxation and coping strategies
- Program available at no cost

### Information

**Who:** Family caregivers of a loved one with a chronic illness

**What:** Multi-component program meets

- 90 minutes a week for 9 weeks
- Groups of up to 10 people

**Where:** Four Winds Coffee & Tea  
1235 Bookcliff Avenue, Grand Junction CO 81501

**When:** Mondays 10:30 am to 12:00 pm. Jan. 28<sup>th</sup> to April 1<sup>st</sup>

*"I was at a very low point in my life. This program saved my life."*

*Participant*



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Developed at

UT HEALTH  
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Please call for more information or to register:

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