



Stress-Busting Program for Family Caregivers



Do you provide care for a loved one with a chronic illness?

You Are Not Alone

- Being a family caregiver is stressful
- This program:
 - Provides education and support
 - Teaches stress management techniques
 - Helps 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: Multicomponent program

- Meets 90 minutes/week for 9 weeks
- Groups of up to 8 people

When: New class starts

- January 7 Tuesday 12:30 pm Mountain Time

Where: Online using Zoom

Call soon as classes quickly fill up!

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

Participant



For more information, contact:

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