

STRESS-BUSTING PROGRAM for Family Caregivers (R)

Program for Family Caregivers of People with Alzheimer's Disease or Related Dementias

The Oak Park and Stickney Townships along with Solutions for Care will be facilitating this workshop.

DATES: Wednesdays,
January 11 through March 8, 2023
TIME: 10:00 am - 11:30 am
LOCATION: Virtual Sessions via
ZOOM

TO REGISTER CONTACT:

Devin Andrews of Oak Park and River Forest Townships
at (708) 725-9116

Miriam Rico of Solutions for Care
at (708) 447-2448 x 129

or

Sarah Bernhardt-Wasag of Stickney Township
at (708) 636-8850 x 12

This course will help you:

- ✓ Understand the effects of stress
- ✓ Discuss specifically stressful behavior of care recipients
- ✓ Take control and set realistic goals for the caregiver and care recipient
- ✓ Understand the impact of dementia

The Stress-Busting Workshop is a **FREE**, 9-week workshop for caregivers of persons with Alzheimer's and other forms of dementia (*only 90 minutes per week*)



Learn the skills that you need to manage Stress:

- Relaxation and Breathing
- Imagery
- Meditation
- Art
- Music



SOLUTIONS
for care.

Developed at Distributed by



UT Health www.caregiverstressbusters.org
San Antonio

Stickney Township, Oak Park Township and Solutions for Care do not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act and U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging.

Funds (in part) for this publication were provided through an award from Age Options under the Title III of the Older Americans Act as administered through the Illinois Department on Aging and Federal Administration on Aging.