

Stress-Busting Program for Family Caregivers™



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:
 - Provide education and support
 - Teach stress management techniques
 - Help caregivers develop coping strategies
- Program available at no cost **PLEASE CALL TO REGISTER**



NEW MEXICO
CAREGIVERS
COALITION

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

What: Multi-component program

- Meets 90 minutes/week for 9 weeks
- Groups of up to 6 people

Where:

- **We are now offering these classes online using ZOOM.**
- **Our first 3 classes have been a success!**
- **Starting date and time depends on needs of caregivers.**
- **Contact us NOW!**

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

Participant

Distributed by



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For more information, contact:

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www.caregiverstressbusters.org