



# CAREGIVER STRESS-BUSTING

## PROGRAMS



## Online 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 teach:

- stress management techniques
- relaxation and coping strategies
- Program available online and at no cost

I was at a very low point in my life. This program saved my life.”  
- Participant

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

**What:** Multi-component program meets live online

- 90 minutes per week for nine weeks
- Groups of up to 8 people maximum

**Where:** Online from the privacy of your home

**When:** Tuesday afternoons beginning July 6th through September 7th, 2021 from 2:30pm-4:00pm.

**Call Amanda for more information or to register:**

**815-933-7791 ext 9919**

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