



# 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 classes start

- September 17 Tuesday 10 am Mountain Time
- September 17 Tuesday 1 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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