

STRESSBUSTING FOR CAREGIVERS OF PERSONS WITH DEMENTIA

**JUNE 16-AUGUST 11, 2022
2-3:30 THURSDAY AFTERNOON**

Reserve your spot today
Call Stacie – 217 352-5100
Reservation Deadline 6/10/22 5 p.m.

Warning Signs of Caregiver Stress:

- **Physically** – exhausted and worn out
- **Emotionally** – resentful, stressed, bitter
- **Relationally** – feeling used or unappreciated
- **Financially** – overwhelmed or depleted



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Caregiver Workshop

The Stress-Busting Program for Family Caregivers™ is a program that provides support to family caregivers. Proven to: reduce caregiver stress, reduce anger/hostility, reduce anxiety & improve quality of life.



**9-week, 90-min
Program**

**Program Designed
to Help You on
Your Caregiving
Journey**

**Be the BEST
CAREGIVER You
Can Be!**

**Learn New Ways
to Manage Your
Stress**

**Ask for Respite
Services when
you register if
needed**

**PROGRAM LOCATION
FAMILY SERVICE**

405 S. State
Champaign, IL 61820

217 352-5100