

# STRESSBUSTING FOR CAREGIVERS OF PERSONS WITH DEMENTIA

**THURSDAY AFTERNOONS  
JULY 21 – SEPTEMBER 8  
2-3:30**

**FREE TO FAMILY CAREGIVERS**

## 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.

**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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Program Designed  
to Help You on  
Your Journey  
Caring for a  
Family Member  
with Dementia

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

Learn New Ways  
to Manage Your  
Stress

**PROGRAM LOCATION  
FAMILY SERVICE**

405 S. State  
Champaign, IL 61820

217 352-5100

**Reserve your spot today  
Call Stacie – 217 352-5100**