



CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



Program for Family Caregivers of People with Alzheimer's Disease or Dementia

Do you provide care for a loved one with Alzheimer's disease
or dementia?

You Are Not Alone

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at no cost

INFORMATION

Who: Family caregivers of a loved one with dementia

What: Multi-component program meets

- 90 minutes/ week for 9 weeks
- Groups of up to 8 people

Where: Hosted by Berkley Public Library via Zoom
Contact Jessica Haines to register: (262)745-8227

When: Thursdays, Beginning September 16–November 11
from 1:00PM- 2:30PM

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

Presented by



Developed at



Please call for more information or to register:

www.caregiverstressbusters.org