



# CAREGIVER STRESS-BUSTING

CHRONIC ILLNESS PROGRAM

**Do you provide care for a loved one with a chronic illness, such as dementia or COPD?**

## **You Are Not Alone**

**FREE  
PROGRAM**

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PROGRAM**

- We know caregiving can be stressful!
- This program will teach:
  - Stress management techniques
  - Relaxation and coping strategies
- Program available at NO COST!

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

**What:** Multi-component program meets

- 90 minutes per week for 9 weeks
- Groups of 5 – 10 people

**Where:** VIRTUAL (Zoom)

**When:** Wednesdays from September 21<sup>st</sup> through November 16<sup>th</sup>  
*(time TBD based on participant availability)*

**To register or for more info, email [CRInfo@easterseals.org](mailto:CRInfo@easterseals.org) or**

**call 303-233-1666 x 614**



**COLORADO**  
Office of Adult, Aging &  
Disability Services  
State Unit on Aging

Developed at  
**UT HEALTH  
SCIENCE CENTER**  
SAN ANTONIO

  
**COLORADO RESPITE COALITION**  
A Program of Easterseals Colorado



**WELLMED**  
CHARITABLE FOUNDATION