



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

You Are Not Alone

FREE

PROGRAM

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

FREE

PROGRAM

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 21st through November 16th
(time TBD based on participant availability)

To register or for more info, email CRCinfo@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