

# Stress-Busting Program for Family Caregivers™



Do you provide care for a loved one with a chronic illness?

## *You Are Not Alone*

- We know caregiving can be stressful
- This program will:
  - Provide education and support
  - Teach stress management techniques
  - Help caregivers develop coping strategies
- Program available at no cost **PLEASE CALL TO REGISTER**



NEW MEXICO  
CAREGIVERS  
COALITION

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

**What:** Multi-component program

- Meets 90 minutes/week for 9 weeks
- Groups of up to 6 people

**Where:**

- **We are now offering these classes online using ZOOM.**
- **These classes have been a success!**
- **Starting date and time depends on needs of caregivers.**
- **Contact us NOW!**

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

*Participant*

Distributed by



WELLMED  
CHARITABLE FOUNDATION

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