

Stress-Busting Program For Family Caregivers™



Funded in part by:



TEXAS
Health and Human
Services

Program is available at
NO COST



The Stress-Busting Program for Family Caregivers™ is focused on education, support, problem-solving, and stress management. It takes a holistic approach addressing the emotional, physical, spiritual, and cognitive needs of the **caregivers**. A **Caregiver** is considered an individual 18 years or older who is caring for a loved one who is 60 years of age or older.

Participants meet for 1.5 hours a week for 9 weeks.

Topics covered include:

- Stress and Relaxation
- Grief, Loss, and Depression
- Positive Thinking
- Coping with Stress
- Dealing with Challenging Behaviors
- Taking Time for Yourself

Stress Management techniques covered include:

- Relaxation Breathing
- Meditation
- Music
- Guided Imagery
- Art
- Journaling

With your dedicated commitment and completion of this program it has been proven to:

- Reduce caregiver stress
- Reduce anger/hostility
- Reduce anxiety
- Improve quality of life

For more information, please contact Abigail at 325-223-5704 or visit us online at
www.cvcog.org/cvcog/aaa_caregiver_program.html

Classes are held year-round. Please Contact for upcoming dates and times.

“I was so overwhelmed and unable to cope that I truly felt I was swimming against a strong current with no hope of reaching my destination. With SBP I felt I had been tossed a life preserver and could see a glimmer of hope on the horizon. The current where I swim still gets rough sometimes, but I now have tools to handle it and join the flow instead of fight it.”

Caregiver from Corpus Christi, Texas

Distributed by:

