



Stress-Busting for Family Caregivers of Individuals With Dementia

The Stress Busting Program for Family Caregivers is a free evidence-based 9-part program that provides support for family or other non-professional caregivers who care for individuals with **Dementia**.

The program is free, but a **reservation is required**. Each participant receives a free workbook and materials. All participants must start on week one and commit to attend the full program. Attendees are unable to bring the person they care for with them to workshops. Thank you for your understanding. Reasonable ADA Accommodations available upon request (Please provide a three day notice).

The Nine Workshops

Location: West Jordan Senior Center Room B (8025 2200 W, West Jordan)

Date/Time: Monday Afternoons, 1:00 to 2:30 PM for 9 Weeks

Feb 24: Getting Started in Stress-Busting

Mar 3: Effects on the Mind, Body and Spirit

Mar 10: Caregiver Stress and Relaxation

Mar 17: Challenging Behaviors

Mar 24: Grief, Loss and Depression

Mar 31: Coping with Stress

Apr 7: Positive Thinking

Apr 14: Taking Care of You: Healthy Living

Apr 21: Choosing a Path to Wellness

Registration deadline for this program is Feb 18, register on:

monami.io/calendars/salt-lake-county-aging-adult-services

If you need registration assistance or have missed the registration deadline, please call Kathy at 385-468-3281. Visit slco.org/caregiver for more resources.

