



# CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



## Do You Provide Care for Someone with Alzheimer's Disease or Dementia?

This program will teach:

- stress management techniques
- relaxation and coping strategies

Program available at no cost

**Who:** Family caregivers of someone with Alzheimer's Disease or Dementia

**What:** Multi-component program meets

- 90 minutes/ week for 9 consecutive weeks
- Groups of up to 8 people
- Materials for the program will be provided

**Where:** Online from the privacy of your own home

**When:** Next session starts January 24, 2023 at 10:30 AM

**REGISTRATION REQUIRED:**  
Call Pathlights at 708.361.0219  
Or e-mail Meghan at [mmitoraj@pathlights.org](mailto:mmitoraj@pathlights.org)

Presented By



**Pathlights**

Enriched by experience.  
Empowered in life.



Developed By



UT Health  
San Antonio

Partial funding for Pathlights' programs is provided by federal and state government agencies, made possible through the Older Americans Act, and administered through AgeOptions, Illinois Department on Aging and the US Administration for Community Living. Additional funding for services is provided by State of Illinois, Cook County, local municipalities, United Way of Metro Chicago, and other community partners and interested parties. Pathlights does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708-361-0219.

[www.caregiverstressbusters.org](http://www.caregiverstressbusters.org)