

# Caregiver Stress-Busting Dementia Program



## Next Session Starting Soon!

Do you provide care for someone with Alzheimer's Disease or Dementia?

This is a multi-component program focusing on support, problem-solving, education, and stress management techniques. It addresses stress and the impact of long-term stress, managing difficult behaviors/conditions, grief, coping strategies, positive thinking, taking care of yourself, and choosing a path to wellness. A different stress management technique is demonstrated each week.

Each session is 90 minutes per week for 9 consecutive weeks. We meet in small groups of up to 8 people and materials for the program will be provided.

## Location

Virtual via Zoom video or call in from the privacy of your own home.

**This program is available at no cost.**



Program developed by:



## REGISTRATION REQUIRED.

Call Pathlights at 708.361.0219

Or e-mail Lily at

[lruckman@pathlights.org](mailto:lruckman@pathlights.org)

Or scan this code for information



**Enriched by experience.  
Empowered in life.**

Pathlights guides people along the path to aging in Southwest Suburban Cook County.

Call 708.361.0219 or visit  
[www.pathlights.org](http://www.pathlights.org)

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