

Stress-Busting Program for Family Caregivers



Program for Family Caregivers of Older Adults

You Are Not Alone!

The Stress-Busting Program for Family Caregivers is a FREE evidence-based program that provides support to family caregivers. Taking the holistic approach addressing the emotional, spiritual and cognitive needs of the caregiver. Participants will learn new stress management techniques and new coping strategies.



For more information, please contact the
Weld County Area Agency on Aging,
Whitney Janzen-Pankratz, (970) 400-6117.

Course Information

- ♦ Nine week course meets one-time each week for 90 minutes.
- ♦ Class size limited to 10 caregivers
- ♦ Each participant receives course book and accompanied audio CD
- ♦ Two class formats offered: General Caregivers caring for older adults and Caregivers caring for a loved one with dementia or other memory impairment