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.

CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM

WellMed Charitable Foundation

Program developed by:

UT Health San Antonio

REGISTRATION REQUIRED.

Call Pathlights at 708.361.0219
Or e-mail Lily at
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Or scan this code for information

Pathlights

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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

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AgeOptions