

Catholic Charities of the Archdiocese of Newark Invites You To Attend

"The program saved my life!"

# Stress-Busting for Caregivers

A FREE EVIDENCE-BASED NINE-WEEK TRAINING PROGRAM FOR CAREGIVERS OF LOVED ONES AGE 60 YEARS AND OVER RESIDING IN UNION COUNTY

ATTEND IN PERSON OR VIA ZOOM

FREE Course Manual Included - \$20 Value

## Who's Taking Care of You?

### Stress-Busting for Caregivers (SBC) offers:

- ♥ Nine 90-minute sessions presented by two certified Master Trainers.
- ♥ Real-life strategies for managing stress – we'll walk you through practical tips to apply in your caregiver role and self-care techniques you can use daily.
- ♥ A caring, respectful, empathetic environment with others facing similar challenges – everyone here understands what you're going through.
- ♥ A holistic approach to addressing the emotional, physical, spiritual, and cognitive needs of family caregivers.

**SBC** meets the **U.S. Administration on Aging's** highest criteria for evidence-based programs and is recognized by the **VA** as an evidence-supported program because it's been proven to reduce stressors associated with caregiving.

**Hybrid classes starting August 2021 Register today!**

**CAREGIVERS ARE ENCOURAGED TO JOIN US IN PERSON OR VIA ZOOM.**

For more details please Call: 908-497-4011, 908-578-4959 or 201-259-9139  
or Email: [mmcgroaryeccannj.org](mailto:mmcgroaryeccannj.org)



OFFERED BY CATHOLIC CHARITIES, THE PROGRAM WAS DEVELOPED BY THE UNIVERSITY OF TEXAS HEALTH SCIENCE CENTER AT SAN ANTONIO AND DISTRIBUTED BY THE WELLMED CHARITABLE FOUNDATION.

\*Catholic Charities reserves the right to reschedule or cancel classes at any time.

Funded by the Union County Board of Chosen Freeholders, Department of Human Services, Division on Aging