Searching for *emotional support* in a friendly group environment?

Stress-Busting for Family Caregivers

is a 9 week class that offers support and coping skills for caregivers. Stress can have a negative effect not only on the body, but mind and spirit as well.

Class Content Includes

- Stress and Relaxation
- Challenging Behaviors
- Grief, Loss and Depression
- Coping with Stress
- Positive Thinking
- Taking Care of Yourself
- Choosing a Path to Wellness

Stress Busting will help you gain

New Approaches
Relaxation Techniques
Peer Support

CAREGIVERS
By Active Generations
Support, Strength & Solutions

CAREgivers is able to train other locations across South Dakota in Stress-Busting to make a difference in their community.

Call **605-906-2121** for more information on how to become a trainer.
Visit our website at **Caregiverssd.org**