



CAREGIVER STRESS-BUSTING CHRONIC ILLNESS PROGRAM



Program for Family Caregivers

Do you provide care for a loved one with a chronic illness? You are not alone.

We know caregiving can be stressful.

This program will teach:

- stress management techniques
- relaxation and coping strategies

Information

Where:

**Servants of the Holy Heart of Mary
2041 W. State Route 113, Kankakee**

When:

**Thursday afternoons from 1:30pm-3:00pm
January 23, 2025 - March 20, 2025.**

Program available at no cost.

***"I was at a very low point in my life. This program saved my life."
Participant***

Distributed by



Presented by



Developed at



Call for more information or to register:

Call Amanda: 815-523-9919