

# FAMILY CAREGIVERS CARING FOR SENIORS WHO LIVE IN UNION COUNTY, NJ\* WHO'S TAKING CARE OF YOU?



**FREE COURSE | BACK BY POPULAR DEMAND  
NOW OFFERED VIRTUALLY**

## STRESS BUSTING FOR CAREGIVERS

Help for **YOU** as you care for a loved one over 60  
with Dementia or Chronic Illness

**SPECIAL  
EMPHASIS ON  
CHALLENGES  
YOU MAY BE  
FACING DUE TO  
COVID-19**

Due to the ongoing COVID-19 crisis, it's especially important for you as a caregiver to make sure you don't forget to take care of yourself. We urge you to take advantage of our **FREE VIRTUAL "STRESS BUSTING FOR CAREGIVERS"** training program. Most people are not aware of and not prepared for the many challenges faced during caregiving. STRESS BUSTING FOR CAREGIVERS addresses these challenges, explaining why they occur and how to best deal with them. This highly regarded program meets the **Administration on Aging's** highest criteria for evidence-based programs because it's been proven to reduce stressors associated with caregiving.

*\*Only those who receive care must reside in Union County, N.J.; caregivers may live anywhere.*

**Limited Enrollment. Classes do fill quickly, so act now to benefit from:**

- ⊗ Nine 90-minute sessions presented by two specially 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 each day
- ⊗ A caring, respectful, empathetic environment with others facing similar challenges – everyone there understands what you're going through
- ⊗ **FREE course manual** included valued at \$20 each

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**This program  
saved my life!**

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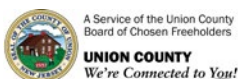
**New Summer Dates | Course meets weekly:**

**Thursdays, 2:00-3:30 PM, August 6, 13, 20, 27, September 3, 10, 17, 24, October 1, 2020**

**Make sure to call to reserve your place and for more information:  
908-578-4959 or 201-259-9139 or email [mmcgroary@ccannj.org](mailto:mmcgroary@ccannj.org).**

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

**LOOKING FOR INDIVIDUAL HELP? Contact us about FREE one-on-one sessions to help manage your stress. You must be caring for someone 60 years of age or older living in Union County, NJ.**



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**.  
[www.caregiverstressbusters.org](http://www.caregiverstressbusters.org)