



#### Community Stress-Busting Program

##### For Family Caregivers

The Stress-Busting Program is designed to improve the quality of life for family caregivers who provide care for persons with Alzheimer's disease or other related dementias by helping them manage their stress and cope better with their lives.

The Stress-Busting Program was developed through research conducted by Dr. Sharon Lewis at the University of Texas Health Science Center at San Antonio. Caregivers who have participated in this program have reported significantly lowered stress, depression, and anxiety as well as improved quality of life. They have also reported improvement in their ability to relax and manage stress and an increase in their self-esteem.

### The Program

The program consists of 90-minute sessions that occur once per week for 9 weeks and is conducted in a small group setting with two trained group facilitators. Participants are provided with many resources, including a handbook covering class material, a meditation CD, and a relaxation strategies DVD.

### Current Schedule

#### For Caregivers/Organizations-Provided by Caregiver SOS:

- The Forum at Lincoln Heights, **Begins Tues., Jan 14, 2014, from 10 - 11:30 a.m.** Register by contacting Rita Avendano, 210-599-4614, [ravendano@wellmed.net](mailto:ravendano@wellmed.net).
- In the Helotes Area: Register for the free Stress-Busting Program. by calling Xiomara Allen, 210-681-2140. The program **begins Tues., Feb. 18, 2014, 10 - 11:30 a.m.**, at Benevolent Hospice, 12740 Bandera Rd., Suite 110, Helotes TX. [Download Flyer](#)
- WellMed, 517 SW Military Dr., San Antonio, TX 78221. **Begins Wed., Feb 19, 3 - 4:30 p.m.** For more information, or register, call Alicia Martinez, 210-921-0322. [Download flyer.](#)
- WellMed, 124 E. Bandera Rd, Suite 102, Boerne, TX 78006. **Begins Tues., March 4, 1 - 2:30 p.m.** For more information or to register call: 830-981-2444. Ask for Lisa or Karen. [Download flyer.](#)

#### For Caregivers, Provided by OASIS/Caring Companions:

- Oasis at Morningside, corner of McNeel and St. Cloud, San Antonio, TX. **Begins Tues., Jan. 21st, 6 - 7:30 p.m.**, For more information, call 210-236-5954. (\$30 fee)

#### For Caregivers, Provided by Caring Companions/Emeritus at Kingsley Place:

- Emeritus at Kingsley Place at the Medical Center. **Begins Tues., Jan. 28, 10-11:30 a.m.** For more information, please call Helen Flores at Caring Companions at 210-764-8500 for pre-registration.