

Do you provide care for a loved one with a chronic illness?

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at **no cost**



Who: Family Caregivers

What: Multi-component program meets

- 90 minutes/ week for 9 weeks
- Small group size
- Groups can be attended in person or virtually from home

INFORMATION



Where: Bridges Community Center

809 21st Street

Peru IL 61354

When: First Session is Thursday, August 29th

2:00 – 3:30 p.m.

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

- SBP Participant

Call Bridges to register or for more information

815-431-8034