



# Stress Busting Sessions Set for July through September

July 20 2020 10:00 AM



COLLINSVILLE - St. John's Community Care will be hosting virtual online *Stress Busting Sessions* starting on Monday, July 27<sup>th</sup>.

Anyone from anywhere is welcome to join the group. There is no charge to participate in these sessions, designed to help families caring for a loved one with dementia and aging, cope, and learn new strategies.

There will be 9 total sessions. Sessions will be held on Mondays, starting on July 27<sup>th</sup> from 10 am to 11:30 am. The September 7<sup>th</sup> session will be omitted due to Labor Day.

Please share this opportunity and have anyone you feel might benefit from it contact St. John's at [618-344-5008](tel:618-344-5008) or email Gail at [gshaw@stjohnscc.org](mailto:gshaw@stjohnscc.org).