

Finding Calm: Mindfulness for Family Caregivers

A class for families and friends caring for an older adult and grandparents raising grandchildren

The free 5-week introduction to mindfulness class will help you:

- Reduce stress
- Gain insight in the interplay of your mind and body
- Learn about mindfulness in a supportive and playful way
- Bring mindfulness into your daily life
- Explore your own stress patterns and habits
- Use the tools to deal with the challenges of caring for another person



Instructor

The class will be taught by Laura Martin, LCSW and qualified Mindfulness Based Stress Reduction instructor.

Dates, Times and Location

9:30am-11:00am on Tuesdays. October 29th, November 5th, 12, 19, and 26th, 2019
5211 N. Williams Ave. Portland OR (East Multnomah Soil and Water District meeting room)

Registration

Please register by October 22nd by contacting Loriann McNeill, Multnomah County Family Caregiver Support Program at 503.988.8210 or email loriann.mcneill@multco.us.