

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

Laura Martin, LCSW and qualified Mindfulness Based Stress Reduction instructor.

Dates, Times and Location

Dates: Tuesdays – April 28 (orientation), May 5, May 12, May 26, and June 2, 2020. (No class May 19).

Time: 1:00pm-2:30pm.

Location: 401 NE 19th Avenue, Suite 200, Portland, OR. Location served by Trimet bus #12 or 19.

Registration

Please register by April 22nd by contacting Loriann McNeill, Multnomah County Family Caregiver Support Program at 503.988.8210 or email loriann.mcneill@multco.us. Space is limited. Pre-registration required.