

Finding Calm:

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

Introduction to mindfulness

The 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



No previous experience with meditation is required. Beginning and experienced meditators are also welcome. The program is suitable for people with a wide range of physical abilities and cultural backgrounds

For information on future classes, or to add your name to a waiting list, contact Loriann McNeill, Multnomah County Family Caregiver Support Program Coordinator at 503.988.8210 or email loriann.mcneill@multco.us.

Class sizes are limited and registration is required.



Department of County Human Services

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