

Finding Calm: Mindfulness for Family Caregivers

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

The 4-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 teacher.

Dates, Times and Location

4 week class; Tuesdays from 10am-11:30am starting April 16-May 7, 2019. McMennamins' Kennedy School, Community Room, 5736 NE 33rd Ave, Portland, OR 97211.

Registration

Registration required, please register with Loriann McNeill, 503.988.8210, by April 10, 2019