Mindfulness-Based Dementia Care
A Program for Family Caregivers

Join us for an 8-week program designed for family members caring for a person with memory loss. Learn how the practice of mindfulness can help you cope with the challenges and stresses of dementia care, which may greatly improve the quality of life for both you and the person in your care.

While not all stress is inherently bad, there are stressors experienced and common in dementia caregiving which may become mentally draining, physically damaging, and emotionally overwhelming. Mindfulness offers us invaluable resources and coping practices for responding to caregiving stress while improving wellbeing.

Orientation Session
Monday, September 21st 2015
All interested in participating must attend this introductory session, please.

MBDC is a Program Series:
Classes will meet on Mondays, September 21st - Nov 9th
(8 sessions, includes a ½ day retreat)

10:30am -12:30pm
Location: Matthaei Botanical Gardens
1800 N. Dixboro Road, Ann Arbor

Course participation involves a commitment to attend weekly and requires some practice between classes. You will be rewarded with a transformative experience that may help sustain your wellbeing over the care journey.

With generous support from MADC donors, we are offering this entire 8-week program for free.

An optional donation of $25 will help cover the cost of materials.
(The average fee for mindfulness-based programs around the country is ~$400 per/person.)

Please call 734-936-8803 for Registration and Location Details
Responses from family caregivers who have taken the MBDC course:

“I feel and know in my being that this knowledge and experience is really the only way to successfully travel through this journey of caregiving.”

“I am grateful to now be able to construct for myself and my spouse a way of approaching our daily challenges, trials and time together as time well spent and shared with the least amount of trauma for all involved.”

“This has been very helpful and I am extremely appreciative!”

“The course was like a beautiful mixed bouquet in which each element was enhanced by the others. Content was gradually revealed which created a wonderful pace and an opportunity to savor each technique and experience.”

“The guided meditations were exceptionally well done. The different forms of mindfulness-based meditations were very interesting and very informative.”

“Thank you so much for offering this class!”