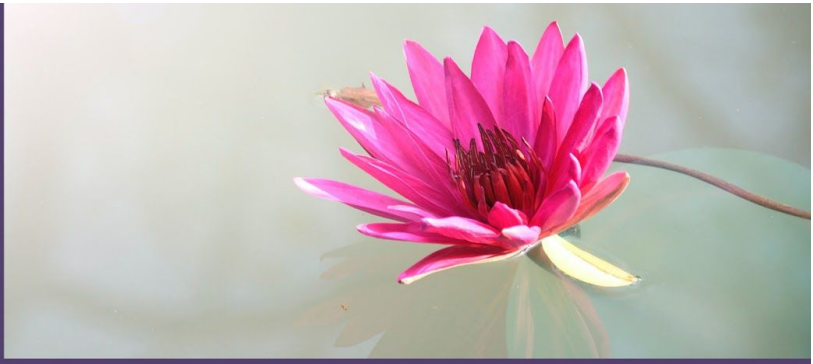




Zen
Caregiving
Project



[Zen Caregiving Project](#) is a non-profit based in San Francisco, California. We run online courses for caregivers that teach mindfulness-based tools and approaches to build emotional resilience and reduce caregiver burnout.

Our [Mindful Caregiving Education](#) courses are run live via zoom and are a space for caregivers to meet, share their experiences and learn techniques to work skillfully with stress and loss. By building their own emotional wellbeing, caregivers are also able to provide better support to those they care for. For more information on the courses watch [our short video here](#).

All of Zen Caregiving Project's courses are listed on our [Events page](#), and we have a range of free webinars for caregivers on our [Resources page](#), with topics such as *Managing Difficult Emotions*, *Maintaining Healthy Boundaries* and *Finding Peace in Times of Change*.

For more information visit zencaregiving.org and sign up for our newsletter to be told about upcoming events and courses for family caregivers.