

Insight Meditation Community of Colorado

Care Circle

The IMCC Care Circle offers practical and creative ways to care for those in the sangha community (sangha members, as well as their friends and family) who are experiencing illness, bereavement or other major life transitions.

Care Circle volunteers are committed to providing “spiritual friendship” to those in crisis, which may include simply sitting and listening, as well as delivering meals and running errands. While the Care circle is a dharma-based group, we are available to all members of the sangha regardless of religious or spiritual persuasion.

If you are interested in being a Care Circle volunteer or know of someone who would benefit from the group’s support, please contact Barbara Donachy at 303 377-7998 or by email at hugarepublican@yahoo.com.

Care Circle Volunteers:

Bill Boswell, home 303.778.8858, bboswell45@msn.com

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Confidentiality

Unless otherwise indicated by the person requesting assistance, information is shared only between the contact person and the Care Circle member that is involved.