

Are you caring for someone with dementia?



Finding Meaning and Hope

A Free Discussion Series for Dementia Family Caregivers

Join a group of fellow family caregivers to discuss how to regain hope and build resilience when dealing with the complexities of ongoing loss associated with caring for someone with dementia. In the *Finding Meaning and Hope* series, you will learn skills that can help you stay strong, healthy, resilient, and positive as you navigate your caregiving journey with healing and hope. This 10-session series features videos and discussion based on the groundbreaking book, *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief* by Pauline Boss, Ph.D., a leading expert on caregiver grief. Watch the video trailer to learn more.



Watch the Video Trailer

www.MeaningAndHope.org/Trailer

- Dates:** Tuesdays, February 14 – April 18, 2023 (10 Sessions)
- Time:** 10 a.m. – 12 p.m.
- Location:** Navajo Nation Museum
Hwy. 264 & Postal Loop Road, Window Rock, AZ
- Facilitator:** Valerie Tsosie
- RSVP for Free:** Email sotsohfoundation@gmail.com
or call (505) 608-0540
- Hosted by:**



O'shi Heart
We'd love for our caregivers
to come be our sweethearts.
Join us and get your rose!