

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

Upcoming 2022 Series

IP = In-Person Series

April 28 – July 21 (Virtual)

Thursdays, 6 – 7:30 p.m. CT

RSVP: Matt Estrade

mwestrade@gmail.com (504) 339-1757

April 28 – June 30 (IP: Yuma)

Thursdays, 11 a.m. – 12:30 p.m. AZ

*For Spanish Speaking Caregivers *

RSVP: Call (928) 317-4630

May 2 – July 5 (Virtual)

Mondays, 10 a.m. – 12 p.m. PT

RSVP: Paula Schwimmer

paula.schwimmer@gmail.com

May 10 – July 12 (Virtual)

Tuesdays, 10:30 a.m. – 12 p.m. AZ

*For LGBTQ+ Family Caregivers *

mcbride@duetaz.org (602) 274-5022 x122

June 23 – August 25 (Virtual)

Thursdays, 2:30 – 4 p.m. AZ

RSVP: Deanne Poulos

poulos@duetaz.org (602) 274-5022 x115

To learn more about *Finding Meaning and Hope*, contact Justin McBride at mcbride@duetaz.org or visit www.MeaningAndHope.org.