

# 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](http://www.MeaningAndHope.org/Trailer)

### Upcoming 2023 Series

**Feb. 14 – April 18** (Navajo Nation Museum)  
Tuesdays, 10:00 a.m. – 12:00 p.m. *Window Rock, AZ*  
Register with Valerie Tsosie: (505) 608-0540  
[sotsohfoundation@gmail.com](mailto:sotsohfoundation@gmail.com)

**March 1 – May 3** (Virtual)  
Wednesdays, 1:30 p.m. – 3:00 p.m. (*Arizona Time*)  
Register with Brian Barg: (928) 679-7306  
[bbarg@coconino.az.gov](mailto:bbarg@coconino.az.gov)

**Feb. 13 – Aug. 14** (Scottsdale Bible Church)  
2nd & 4th Mondays, 10:00 a.m. – 11:30 a.m. AZ  
Register with Elly Keniston: (602) 300-6634  
[ellykenis@yahoo.com](mailto:ellykenis@yahoo.com)

**April 12 – June 14** (Virtual)  
Wednesdays, 3:00 p.m. – 4:30 p.m. (Central Time)  
Register: <https://ochsner.force.com/dscportal/s/>  
Contact Matt at [mestrade@ochsner.org](mailto:mestrade@ochsner.org) for more info.

### Don't see a series that you can attend?

Contact Justin McBride at [mcbride@duetaz.org](mailto:mcbride@duetaz.org) to learn more and be added to our upcoming series notification list.