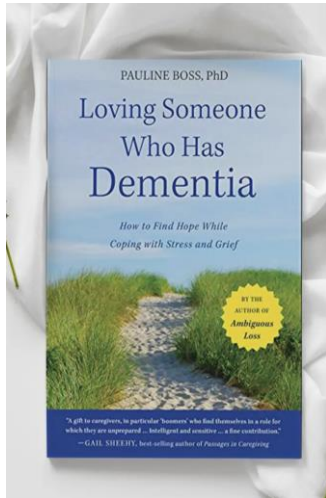


Are you caring for someone with memory loss, dementia, or another cognitive impairment?

Join *Finding Meaning and Hope*: A Free Discussion Series for Family Caregivers



Be a part of a group of fellow family caregivers to learn how to regain hope and build resilience when dealing with the challenges of caring for someone with dementia or other cognitive impairment. In the *Finding Meaning and Hope* discussion series, you will learn skills that can help you navigate your caregiving journey with healing and hope.

This 10-session series features videos and discussions 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.

▶ Learn more and watch the video trailer at: www.MeaningAndHope.org/Trailer



2024 Meetings Virtually on Zoom*

Tuesdays, October 8 – December 10
1:00 p.m. – 2:30 p.m. (AZ Time)

Register with Jennifer Grand:
jgrand1@cox.net
(602) 525-9096

Thursdays, October 10 – December 19
3:30 p.m. – 5:00 p.m. (AZ Time)

Register with Jeannette Vazquez-Morse:
jemorse@honorhealth.com
(602) 786-1060

*Zoom links will be emailed by the facilitator **after** you register.

2024 Meetings In-Person

Thursdays, October 24 to March 6, 2025
10:00 a.m. to 12:00 p.m. (EST)
Cadillac United Methodist Church
Cadillac, Michigan

Register with Kim Gladding:
kimgladding@gmail.com