



Finding Meaning and Hope

Facilitator Trainings

Professionals and family caregivers are invited to become certified facilitators of Duet's *Finding Meaning and Hope* discussion series. This program is a structured group discussion that equips family caregivers with the tools to reduce stress and build resilience as they face the complexities of ongoing loss associated with caring for someone with Alzheimer's or other dementias.

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., this series features videos and discussion that offer help in dealing with the challenges, losses, and rewards of being a family caregiver of someone who is, or is becoming, psychologically absent. Join Duet for one of our training sessions where you will learn how to facilitate *Finding Meaning and Hope* to a group of family caregivers in your community.

Currently, the training is offered virtually using Zoom. To participate, you will need a computer, tablet, or smart phone with a camera and sound capabilities.

2023 Training Dates

Dates (Pick one below)

- Monday, May 1st
- Friday, May 19th (In Person)
- Wednesday, June 21st
- Friday, August 18th
- Monday, November 13th

Time: 9:30 a.m. – 2:00 p.m. (Arizona)

Location: Virtual (Zoom)

Cost: Contact Ami Becker for more information.

RSVP: meaningandhope@duetaz.org or (602) 274-5022



Watch the Video Trailer
[Vimeo.com/MeaningAndHope/Trailer](https://vimeo.com/MeaningAndHope/Trailer)

Learn more about the Meaning & Hope Institute at MeaningAndHope.org.