Finding Meaning and Hope

Supporting Dementia Family Caregivers

Professionals, family caregivers, and community partners are invited to become certified facilitators of Duet's *Finding Meaning and Hope* free discussion series. This program is a structured group discussion that equips family caregivers with tools to help reduce stress and build resilience as they face the complexities of ongoing loss that come with caring for someone with dementia or other cognitive impairment.

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 discussions 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. Trainings and are offered virtually and in person. Details below.

Duet meaning & hope institute

Watch the Video Trailer
meaningandhope.org/facilitator-info

Virtual Training Dates:	June 21st, August 18th, or November 13th,2023 9:30 a.m. – 2:00 p.m. (Arizona Time)
In-Person Trainings:	*Spanish* - Tuesday, May 30, 2023 *English* - Wednesday, May 31, 2023 9:00 a.m. – 3:30 p.m. (Arizona Time) Duet: Partners in Health & Aging 10000 N. 31st Ave, Suite D200, Phoenix, AZ 85051
Registration & More Info:	Email Ami Becker at becker@duetaz.org or call (602) 274-5022, ext. 132