

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

Dates: Wednesdays, March 1 – May 3, 2023 (10 Sessions)
Time: 1:30 p.m. – 3:00 p.m. (Arizona Time)
Location: Virtual Using Zoom* (Link will be sent after you RSVP.)
**If you need assistance or have any questions, contact Brian.*

Register for Free: Brian Barg at bbarg@coconino.az.gov 928-679-7306 OR George Hamblin at ghamblin@coconino.az.gov 928-679-7263

