

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
www.MeaningAndHope.org/Trailer



Join us for our next discussion series!

When: Wednesdays, 3:00 – 4:30 p.m. (Central Time)
April 12 – June 14, 2023 (10 Sessions)

Where: Virtual (Zoom)
A device with a microphone and camera are needed to participate.

Facilitators: Matt Estrade and Nancy Insidioso

Registration: Register for free at <https://ochsner.force.com/dscportal/s>.
Contact Matt at mestrade@ochsner.org for more information.

Hosted by:



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sign up!*

