



Finding Meaning and Hope

Support Family Caregivers of Those with Dementia

Become a facilitator for a unique program focusing on the caregiver's experience: *Finding Meaning and Hope*. After attending a training session, you will be supported to facilitate *Finding Meaning and Hope* for groups of family caregivers in your community. Health and social service professionals, volunteers, and others committed to caregivers' well-being are invited to become facilitators.

What is it: *Finding Meaning and Hope* is a 10-week structured group discussion series 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 program features videos with Dr. Boss and family caregivers discussing ambiguous loss, the myth of closure, complex grief, the family of your heart, and more. Trained facilitators use the videos to lead guided discussions that support caregivers as they gain insights, shift perspective, and build resilience on the caregiving journey.

Why it matters: When you guide a group of caregivers through *Finding Meaning and Hope*, you will offer them vital tools to embrace the challenges, losses, and rewards that come with caring for someone who has dementia or other cognitive impairments.



Watch the Program Video Trailer

meaningandhope.org/facilitator-training

Are you ready to become a facilitator of hope?

2024 Virtual Facilitator
Training Dates and Times:

January 23, 2024	May 10, 2024	September 10, 2024
March 20, 2024	July 11, 2024	November 15, 2024
9:30 a.m. – 2:00 p.m. (Arizona Time)		

To Register &
For More Information:

Email Ami Becker at becker@duetaz.org
or call (602) 274-5022, ext. 132