

Are you caring for someone with memory loss, dementia, or another cognitive impairment?

Join *Finding Meaning and Hope*: A Free Discussion Series for Family Caregivers

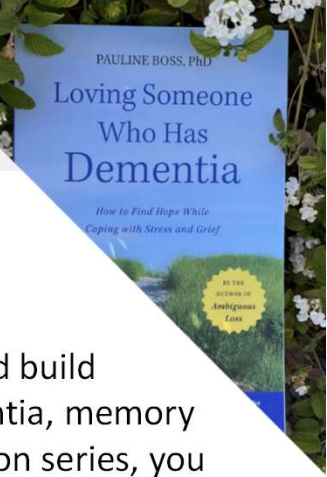
Be a part of a group of fellow family caregivers to learn how to regain hope and build resilience when dealing with the challenges of caring for someone with dementia, memory loss, or other cognitive impairment. In the *Finding Meaning and Hope* discussion series, you will learn skills that can help you navigate your caregiving journey with healing and hope.

This 10-session series features videos and discussions 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 and sign up at:

www.MeaningAndHope.org/Trailer



2025 - 2026 Virtual & In-Person Meetings

Updated April 8, 2025

Fridays, April 18 – June 20, 2025 | 10 a.m. – 12 p.m.

at Salud en Balance: [2801 N. 31st Street, Phoenix, AZ 85008](#)

Register with Arely Sanchez: (602) 612-4938

Note: This series is in Spanish.

Tuesdays, May 6 – July 8, 2025 | 1 – 2:30 p.m. (AZ Time)

Virtually over Zoom | Register with Linda Rode:

lrhealthyliving@icloud.com or (480) 808-8623

Tuesdays, Sept. 9 – Nov. 11, 2025 | 1 – 2:30 p.m. (AZ Time)

Virtually over Zoom | Register with Duet:

veterans@duetaz.org

Note: This series is for veteran family caregivers or those caring for veterans.

Sundays, Nov. 16, 2025 – Feb. 22, 2026 | 9 – 10:30 a.m.

at Temple Chai: [4645 E. Marilyn Road, Phoenix, AZ 85032](#)

Scan QR code to sign up.



Scan me to
sign up!

Interested in becoming a *Finding Meaning and Hope* Facilitator?

E-mail meaningandhope@duetaz.org or call (602) 274-5022

