

**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**

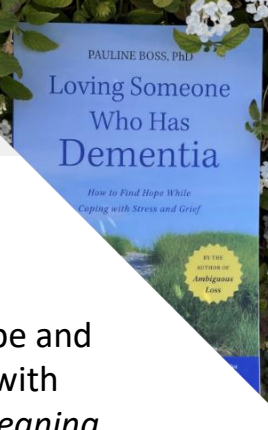
Be a part of a group of fellow family caregivers to learn how to regain hope and build resilience when dealing with the challenges of caring for someone with dementia, memory loss, or other cognitive impairment. In the *Finding Meaning and Hope* discussion series, you will learn skills that can help 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](http://www.MeaningAndHope.org/Trailer)



## **2025 - 2026 Virtual & In-Person Meetings**

*Updated May 1, 2025*

**Wednesdays, June 4 – August 6, 2025 | 6 – 7:30 p.m. (EST)**

Virtually over Zoom | Register with Ursulá Garcia-Mayes:

[AhMayesIngGrace@gmail.com](mailto:AhMayesIngGrace@gmail.com)

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

Virtually over Zoom | Register with Duet:

[veterans@duetaz.org](mailto: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. (AZ)**

at Temple Chai: [4645 E. Marilyn Road, Phoenix, AZ 85032](https://www.google.com/maps/place/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](mailto:meaningandhope@duetaz.org) or call (602) 274-5022

