

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: Tuesdays, September 13 – November 15, 2022 (10 Sessions)

Time: 1:30 – 3 p.m.

Location: St. Patrick's Catholic Church
House of Mercy – Dorothy Day Room
10815 N 84th St, Scottsdale, AZ 85260

Facilitator: Janet Richards

RSVP for Free: To register, email richards@duetaz.org or call (602) 274-5022 ext. 141

Presented by:



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