



## ***Finding Meaning and Hope***

### **A Video Discussion Series for Family Caregivers**

Duet has launched *Finding Meaning and Hope*, a free ten-part video discussion series based on the book **Loving Someone Who Has Dementia: How to Find Hope While Coping With Stress and Grief**, by Pauline Boss, PhD. The video series is the basis for structured weekly conversations led by a trained Duet facilitator, to help equip caregivers with tools to reduce stress and build resilience. Contact Duet's family caregiver services for additional information.

[duetaz.org](http://duetaz.org) • (602) 274-5022

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### **DATES AND LOCATIONS** **All Series are Free of Charge**

#### **GLENDALE**

Thursdays, Sep. 6 – Nov. 8, 2018  
4 – 5:30 p.m.

**Visiting Angels**, 18001 N. 79<sup>th</sup> Avenue, Suite B48,  
Glendale, AZ 85308  
RSVP: [kdolance@visitingangels.com](mailto:kdolance@visitingangels.com),  
(623) 476-7882

#### **DATES AND LOCATIONS (cont.)**

#### **PARADISE VALLEY**

Mondays, Sep. 10 – Nov. 12, 2018

1 – 2:30 p.m.

**Franciscan Renewal Center**, 5802 E. Lincoln Dr.,  
Paradise Valley, AZ 85253  
RSVP: (480) 948-7460

Sundays, Sep. 16 – Nov. 18, 2018

2 – 3:30 p.m.

**Unitarian Universalist Congregation of Phoenix**, 4027  
E. Lincoln Dr., Paradise Valley, AZ 85253  
RSVP: [duet@phoenixuu.org](mailto:duet@phoenixuu.org)

#### **PHOENIX**

Tuesdays, Aug. 28 – Oct. 30, 2018

Noon – 1:30 p.m.

**The Stratford**, 1739 W. Myrtle Ave. Phoenix, AZ 85021  
RSVP: [dalyea@hov.org](mailto:dalyea@hov.org), (602) 287-7000

Thursdays, Oct. 4 – Dec. 20, 2018 (No series on  
Oct.18 and Nov. 22)

7 p.m.

**All Saints Episcopal Church** (St. Barbara meeting  
room), 6300 N. Central Ave., Phoenix, AZ 85012  
RSVP: (602) 478-9138, [janetsrichards@cox.net](mailto:janetsrichards@cox.net)

Tuesdays, Oct. 9 – Dec. 15, 2018 (No series on  
Nov. 20)

10 – 11:30 a.m.

**Beatitudes Campus** (Administrative Building),  
1610 W. Glendale Ave., Phoenix, AZ 85021  
RSVP: Respite is included. Jaime Sackrison  
(602) 335-8483, [jsackrison@beatitudescampus.org](mailto:jsackrison@beatitudescampus.org)

#### **SCOTTSDALE**

Wednesdays, Sep. 5 – Nov. 7, 2018

1:30 – 3 p.m.

**Westminster Village** (Weyrich Conference Room),  
1200 N. 90<sup>th</sup> St., Scottsdale, AZ 85260  
RSVP: [debbie.lane@wmvaz.com](mailto:debbie.lane@wmvaz.com), (480) 451-2046

#### **TUCSON**

Tuesdays, Sep. 4 – Oct. 2, 2018 (first half),

Oct. 9 – Nov. 6, 2018 (second half)

10 a.m. - noon

**AARP**, 6700 N. Oracle Rd. #331, Tucson, AZ  
RSVP: (520) 305-3407