



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. This series is designed for full-time, part-time, or long-distance caregivers of loved ones with dementia or other conditions where the care recipient is psychologically absent. 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 • (602) 274-5022

Spring 2019 DATES AND LOCATIONS All Series are Free of Charge

CHANDLER

Wednesdays, April 3 – June 5, 2019
1 – 2:30 p.m.

The Perfect Place Adult Daycare at Risen Savior Lutheran Church, 23914 South Alma School Road, Chandler, 85248

(Located behind the church)

RSVP: Kathleen Mitchell (480) 981-1013 or
mitchellkathleen1@msn.com

PEORIA

Wednesdays, April 10 – June 26, 2019
(No class May 1 and June 5)
3 – 4:30 p.m.

Hospice of the Valley – West Clinical Office,
9435 West Peoria Avenue, Peoria 85345

RSVP: Katie Cozby, MSW (623) 583-4848 or email
caregiversupport@hov.org

SCOTTSDALE

2ND & 4TH Mondays, April 8 – August 26, 2019
10 – 11:30 a.m.

Shepherd of the Desert Lutheran Church,
9590 East Shea Boulevard, Scottsdale 85260

RSVP: Carol Witt 480.314.1851 or email
wittycarolaz@gmail.com