



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

Fall 2019 Maricopa County DATES AND LOCATIONS All Series are Free of Charge

MESA

Thursdays, September 5 – November 7, 2019
1 – 2:30 p.m.

Oasis Assisted Living, 22 West 9th Place, Mesa 85201
RSVP: Tracey Biggerstaff at (480) 290-7020 or email
Tracey.Biggerstaff@christiancare.org

PHOENIX

****Spanish Language Session ****

Tuesdays, September 17 – October 15, 2019
11 a.m. – 12:40 p.m.

We Share Knowledge, 2917 West Indian School Road,
Phoenix 85017
RSVP: Graciela Mera at (602) 528-0545 or email
gmera@alz.org

NOTE: This session will only cover the first 5 sessions
of the series.

SCOTTSDALE

Mondays, September 16 – November 18, 2019
1 – 2:30 p.m.

Franciscan Renewal Center – Guadalupe Room,
5802 East Lincoln Drive, Scottsdale 85253
RSVP: (480) 948-7460

SUN CITY

Mondays, September 16 – November 18, 2019
1 – 3 p.m.

Desert Palms Presbyterian Church, 13459 West
Stardust Boulevard, Sun City West 85375
RSVP: Mary@desertpalmschurch.org or
call (623) 584-4602

SUN CITY

Mondays, September 30 – December 2, 2019
2:30 – 4 p.m.

Benevilla, 13576 West Camino Del Sol #22, Sun City
West 85375
RSVP: Connie Danks at (623) 810-7749 or email
cdanks@benevilla.org



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Fall 2019 – Outside of Maricopa County DATES AND LOCATIONS All Series are Free of Charge

LAKE HAVASU

Wednesdays, October 9 – December 18, 2019
1 – 2:30 p.m.

Mohave County Library – Lake Havasu City – Room A
1770 North McCulloch Boulevard, Lake Havasu City
86403

RSVP: Sarah Bidwell at (928) 753-0794 x4333 or email
sarah.bidwell@mohavecounty.us

PARKER

Thursdays, September 5 – November 14, 2019
1 – 2:30 p.m.

Parker Community Senior Center
1115 12th Street, Parker 85344

RSVP: Lee Ann Anderson or Mandy Shank at (928)
669-1062 or email mshank@townofparkeraz.us

SIERRA VISTA

Wednesdays, September 11 – November 13, 2019
9:30 – 11 a.m.

Ethel H. Berger Center

2950 East Tacoma Street, Sierra Vista 85635

RSVP: Alexandra Rivera at (520) 432-9496 or email
Arivera@cochise.az.gov

TUCSON

Wednesdays, August 21 – October 23, 2019
10:30 a.m. – 12:30 p.m.

Ellie Towne/Flowing Wells Community Center

1660 West Ruthrauff Road, Tucson 85705

RSVP: Debbie Waring at (520) 305-3407 or register at
<https://findingmeaningandhope.eventbrite.com>

TUCSON

****Spanish Language Session****

Thursdays, September 19 – November 21, 2019
5 – 6:30 p.m.

El Rio Neighborhood Center, 1390 West Speedway
Boulevard, Tucson 85745

RSVP: Zury Reyes at (520) 546-2006 or email
zreyes@pcoa.org