



Finding Meaning and Hope

Volunteer Facilitator Training

Professionals and caregivers are invited to become trained facilitators of Duet's "Finding Meaning and Hope" video discussion series. This video series is a structured, peer-led group discussion for caregivers experiencing ambiguous loss. 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., this video series occupies a unique place in the caregiving landscape. It equips caregivers with the tools to lower stress, build resilience, and stay healthy. Join us for one of this year's volunteer training sessions where you'll learn how to facilitate the video discussion series to a group of caregivers in your community.

DATES & TIMES:	Wednesday, February 19, 2020	10 a.m. – 3 p.m.
	Wednesday, July 15, 2020	10 a.m. – 3 p.m.
	Wednesday, October 21, 2020	10 a.m. – 3 p.m.
LOCATION:	Duet (Mariposa Room) 10000 North 31 st Avenue, Suite D200, Phoenix 85051	
COST:	Free (lunch included)	
RSVP:	Contact Janet at richards@duetaz.org or call (602) 274-5022, ext. 141	
