



## ***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

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## **Fall 2020 Opportunities DATES AND TIMES All Series are Free of Charge**

### **Virtual Sessions (on Zoom):**

***Fridays***, October 30 – January 29, 2021  
(No session November 27, December 25 & January 1)  
2 – 3:30 p.m.

#### **Yuma County**

**RSVP:** Laura Aviles at (928) 317-4645 or email  
laura.aviles@yumacountyaz.gov

***Fridays***, November 13 – January 29, 2021  
(No session December 25 and January 1)  
10 – 11:30 a.m.

#### **Visiting Angels**

**RSVP:** Kate Dolance at (623) 252-8978 or email  
kdolance@visitingangels.com

## **Spring 2021 Opportunities**

***Wednesdays***, January 6 – March 10, 2021  
10:30 a.m. - Noon

#### **Cypress Homecare Solutions**

**RSVP:** Michelle Cornelius (623) 692-0919 or email  
michelle@cypresshomecare.com