



## Finding Meaning and Hope

### Volunteer Facilitator Training

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Professionals and family caregivers are invited to become trained facilitators of Duet's *Finding Meaning and Hope* video discussion series. This unique, free-of-charge series is a structured group discussion, led by a trained Duet facilitator, to equip family caregivers with the tools to reduce stress and build resilience as they face the complexities of ongoing loss associated with caring for someone with Alzheimer's or other dementias. 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 offers help in dealing with the challenges, losses, and rewards of being a family caregiver of someone who is, or is becoming, psychologically absent. The series helps family caregivers learn skills to stay strong, healthy, and positive as they navigate the journey with healing and hope. Join Duet for our next volunteer training session, where you will learn how to facilitate the video discussion series to a group of family caregivers in your community.

This training session will be offered virtually using Zoom. To participate, you will need a computer, tablet or smart phone with a camera and sound capabilities.

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<b>Date:</b>	Wednesday, October 21, 2020
<b>Time:</b>	10 a.m. – 3 p.m.
<b>Cost:</b>	Free
<b>RSVP:</b>	Email Janet at richards@duetaz.org, or call (602) 274-5022, ext. 141

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Watch the *Finding Meaning and Hope*  
video trailer