



Finding Meaning and Hope

A Video Discussion Series for Family Caregivers

Join a group of caregivers in Duet's ***Finding Meaning and Hope*** program, 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 physically present but 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 as they navigate the caregiving journey with healing and hope. Contact Duet's family caregiver services for additional information.

duetaz.org • (602) 274-5022

Fall 2020 & Spring 2021 Opportunities DATES AND TIMES All Series are Free of Charge

Virtual Sessions:

Wednesdays, December 2, 2020 – February 10, 2021
9:30 – 11 a.m.

Hosted by: Cochise County

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

Fridays, December 4, 2020 – January 29, 2021
(No session December 25 and January 1)
10 – 11:30 a.m.

Hosted by: Visiting Angels

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

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

Hosted by: Cypress Homecare Solutions

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

Thursdays, January 7 – March 11, 2021
9:30 – 11 a.m.

Hosted by: La Paz County

RSVP: Mandy Shank (928) 669-1062 ext. 106 or email
mshank@townofparkeraz.us

Thursdays, January 21 – April 1, 2021
2 – 3:30 p.m.

Hosted by: Yuma County

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