



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

January 2021 Opportunities DATES AND TIMES All Series are Free of Charge

Virtual Sessions:

The sessions below will be offered virtually using Zoom. To participate, you will need a computer, tablet, or smart phone with a camera and sound capabilities. Please contact the person listed under *RSVP* to register and obtain the session link.

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

Fridays, January 8 – March 12, 2021

10 – 11:30 a.m.

Hosted by: Visiting Angels

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

In-Person Session:

This group will meet in person and comply with COVID-19 precautions - social distancing, requiring face masks, disinfecting meeting room before and after meeting, and hand sanitizing.

1st & 3rd Mondays, starting March 1, 2021

10 - 11:30 a.m.

Hosted by: Scottsdale Bible

RSVP: Pam Engle at (480) 221-7972, email kgbbbee567@cox.net or Elly Keniston at (602) 300-6634, email ellykenis@yahoo.com