



## 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 video series is a structured group discussion 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. Join Duet for one of our volunteer training sessions where you will learn how to facilitate the video discussion series to a group of family caregivers in your community.

Currently, the training sessions will be offered virtually using Zoom. Participants will be notified if this changes. To participate, you will need a computer, tablet or smart phone with a camera and sound capabilities.

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**Dates & Times:** Wednesdays from 10 a.m. – 3 p.m.  
(Choose from one of the following:)

- January 20, 2021
- April 21, 2021
- July 21, 2021
- October 20, 2021

**Cost:** No charge

**RSVP:** Email Janet at [richards@duetaz.org](mailto:richards@duetaz.org), or call (602) 274-5022, ext. 141

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Watch the *Finding Meaning and Hope*  
video trailer