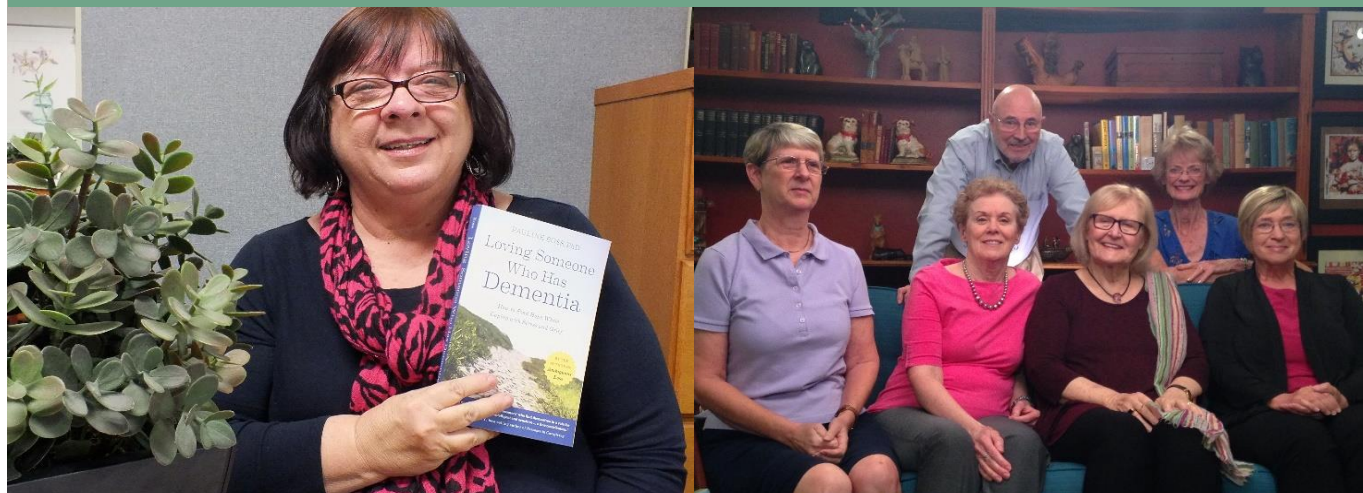


New Virtual Support Group for Family Caregivers



Finding Meaning and Hope **Alumni Support Group**

For those who have participated in the *Finding Meaning and Hope* video series

Duet is launching a new caregiver support group designed for those who have completed the *Finding Meaning and Hope* video series. Whether you are caring for a spouse, a parent, or a friend with dementia, you are not alone. Join us for emotional support, helpful tips, and ways to better navigate this difficult caregiving journey with others who are familiar with Dr. Boss's concepts of ambiguous loss, psychological families, and complicated grief. Now is the time to keep your mental and physical health in check – especially during this period of isolation. Staying connected is vital as you continue on with healing and hope.

To comply with COVID-19 precautions, all groups are being conducted virtually, via Zoom. Please call Duet before attending for the first time to obtain the link. We can also assist you with technical instructions.

Dates: 2nd and 4th Friday of every month
Time: 2 – 3:30 p.m.
Location: Virtual, using Zoom
Cost: Free-of-charge
RSVP: Please contact Janet Richards at Duet: (602) 274-5022, ext. 141, or richards@duetaz.org to receive the meeting link.



Duet
Partners In Health & Aging