



Finding Meaning and Hope

A Video Discussion Workshop for Family Caregivers

Join a group of caregivers in Duet's ***Finding Meaning and Hope*** program, a free ten-part video discussion workshop based on the book *Loving Someone Who Has Dementia: How to Find Hope While Coping With Stress and Grief*, by Pauline Boss, PhD. This workshop 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-based workshop 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

Late Summer 2021 Workshops

All Workshops are Free of Charge

Virtual Workshops:

Two workshops below will be offered virtually. 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 workshop link.

Sundays, August 1 – October 3, 2021

3 – 4:30 p.m. Arizona time

RSVP: Dr. Barbara L. Austin (480) 694-8067

or e-mail Bleeaustin@gmail.com

Tuesdays, August 31 – November 2, 2021

1 – 2:30 p.m. Arizona time

RSVP: JJ Hya (928) 221-4157

or e-mail facilitatorjj@gmail.com

In-Person Workshop:

Thursdays, September 2 – November 4

10:00 – 11:30 a.m.

LOCATION: La Casa de Cristo Lutheran Church

6300 E. Bell Rd., Scottsdale

Classroom D

RSVP: Elizabeth Geenen, RN (480) 948-1234 ext. 1130

or e-mail elizabeth@lacasadecristo.com