



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

Fall 2021 Schedule

All Workshops are Free of Charge

Virtual Workshops:

You can participate from any geographic location. You will need a computer, tablet, or smart phone with a camera and sound capabilities.

Tuesdays, August 31 – November 2, 2021

1 – 2:30 p.m.

RSVP: JJ Hya (928) 221-4157 or email facilitatorjj@gmail.com

Thursdays, September 2 – November 4, 2021

10 – 11:30 a.m.

RSVP: (520) 836-2758 or email maryg@pgcsc.org (Pinal County)

Tuesdays, September 14 – November 16, 2021

9:30 – 11 a.m.

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

Tuesdays, September 14 – November 16, 2021

1:30 – 3 p.m.

RSVP: Brian (928) 679-7306 or email bbarg@coconino.az.gov (Coconino County)

In-Person Workshops:

Wednesdays, September 1 – November 3, 2021

1 – 2:30 p.m.

Pima Council on Aging, Lupu Building

8467 E. Broadway Boulevard, Tucson

RSVP: Sam (520) 305-3405 or email sbandiera@pcoa.org

Thursdays, September 2 – November 4, 2021

10 - 11:30 a.m.

La Casa de Cristo Lutheran Church

6300 E. Bell Road, Scottsdale

RSVP: Elizabeth Geenen, RN (480) 948-1234 ext. 1130 or email elizabeth@lacasadecristo.com

Wednesdays, September 15 – November 17, 2021

10 – 11:30 a.m.

Greenlee County Health Department

RSVP: Nicole (928) 865-2601 ext. 174 or email nverdugo@greenlee.az.gov