

# Are you caring for someone with dementia?



## Finding Meaning and Hope

A Free Discussion Series for Dementia Family Caregivers

Join a group of fellow family caregivers to discuss how to regain hope and build resilience when dealing with the complexities of ongoing loss associated with caring for someone with dementia. In the *Finding Meaning and Hope* series, you will learn skills that can help you stay strong, healthy, resilient, and positive as you navigate your caregiving journey with healing and hope. This 10-session series features videos and discussion 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., a leading expert on caregiver grief. Watch the video trailer to learn more.



Watch the Video Trailer  
[www.MeaningAndHope.org/Trailer](http://www.MeaningAndHope.org/Trailer)

Dates: Wednesdays, August 9 – October 11, 2023 (10 Sessions)

Time: 1:00 p.m. – 2:30 p.m. (Central Time)

Location: Family Means  
[1875 Northwestern Avenue S](#)  
[Stillwater, MN 55082](#)

Register for free: Sarah Gavin, LSW at 651-789-4004  
or [sgavin@familymeans.org](mailto:sgavin@familymeans.org)



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