

Are you caring for someone with dementia or another cognitive impairment?



Finding Meaning and Hope

A Free Discussion Series for Family Caregivers

Join a group of fellow family caregivers to learn how to regain hope and build resilience when dealing with the challenges of caring for someone with dementia or other cognitive impairment. In the *Finding Meaning and Hope* discussion series, you will learn skills that can help you navigate your caregiving journey with healing and hope. This 10-session series features videos and discussions 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. You can learn more by watching the video trailer below.



Watch the Video Trailer

www.MeaningAndHope.org/Trailer

When: Tuesdays, 4:00 p.m. – 5:30 p.m. (*Central Time*)
August 20 – October 22, 2024 (*10 Sessions*)

Location: Virtual Using Zoom (*Link will be sent after you RSVP.*)
A computer, tablet, or smartphone are required. If you need assistance or have any questions, contact Sarah.

Facilitator Sarah Gavin, LSW

RSVP for free: To register, call (651) 789-4004 or e-mail
sgavin@familymeans.org