

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, 10:00 a.m. – 11:30 a.m. (Central Time)
January 23 – March 26, 2024 (10 Sessions)

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

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

Reach out to Sarah for more information about respite care.