

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



Finding Meaning and Hope

A 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

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- When:** **Wednesdays, 2:00 p.m. – 3:30 p.m. (Central Time)**
January 15 – March 19, 2025 (10 Sessions)
- Location:** **FamilyMeans**
1875 Northwestern Avenue S
Stillwater, MN 55082
- Facilitator:** **Sarah Gavin, MSW, LGSW**
- RSVP:** **To register, call (651) 789-4004 or e-mail Sarah at sgavin@familymeans.org**
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This program is available to individuals on a sliding fee scale thanks to funds from the Older Americans Act. Anyone is eligible to use the Caregiving & Aging services, no matter their ability to pay the suggested fees. Finding Meaning and Hope and the Meaning & Hope Institute are programs of Duet: Partners In Health & Aging.