



Finding Meaning and Hope

A Video Discussion Series for Family Caregivers

This free video discussion series offers real promise to reduce stress and build resilience. It's for you if you're caring for a loved one...whether across the living room or across the country. 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., this video series is for any caregiver who struggles with the complex grief and stress of caregiving.

DATE: Mondays, June 3 – August 5, 2019
TIME: 10 – 11:30 a.m.
LOCATION: Tanner Community Development Corporation
700 East Jefferson Street, Suite 200, Phoenix 85034
COST: Free
RSVP: Please contact Linda or LaVern at (602) 253-6904, x211



In partnership with:

