



## Find support while caring for your loved one with dementia or memory loss

### *Finding Meaning and Hope*

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 another 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 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.

#### Program Details:

- Offered virtually or in-person
- 90 minute sessions
- 10 weekly sessions total
- Features videos and discussions led by trained facilitators



**If you are feeling overwhelmed and not sure what to do next**, this program offers a place to connect with a community of people who truly understand the challenges of caregiving. Together, you will find the support you deserve to help you move forward with renewed meaning and hope.

### Signing up is easy!

Visit [meaningandhope.org/trailer](https://meaningandhope.org/trailer) or scan the QR code to watch the trailer and learn how to register.

