



Finding Meaning and Hope

A Video Discussion Series for Family Caregivers

Join other caregivers as we discuss the complexities of ongoing loss associated with caring for someone with dementia and what to do about it. You will learn skills to help you stay strong, healthy, resilient, and positive to help you on your journey with healing and hope. This program features videos 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., the nation's leading expert on caregiver grief.



Dementia Caregiver Support

This 10-week group discussion is for anyone who is a full-time, part-time or a long-distance caregiver.

FREE

This program offers real promise to reduce stress and build resilience. You will learn that you are not alone on this journey.

Classes begin

**February 2, 2021 from 3-4:30
pm at the St. Johns Library.**

**For more information
or to sign up for this class, call
Irene Sanchez 333-6429**

**Sponsored by
Apache County Public Health
Bureau of Chronic Disease &
Health Promotion**