



## ***Finding Meaning and Hope***

**A discussion series for those struggling with caring for someone with dementia**

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Join a group of fellow 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 so you can navigate the journey with healing and hope. This discussion series 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.

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- DATE:** Wednesdays, October 9 – December 18, 2019  
(No meeting on November 6)
- TIME:** 1:00-2:30 p.m.
- LOCATION:** Mohave County Library – Lake Havasu City – Community Room A  
1770 North McCulloch Boulevard, Lake Havasu City, AZ 86403
- COST:** Free
- RSVP:** Please call Sarah Bidwell at (928) 753-0794 x4333 or email  
sarah.bidwell@mohavecounty.us.
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