



Finding Meaning and Hope

A Discussion Series for Family Caregivers

UPCOMING VIRTUAL CLASS

Tuesdays, Feb 28 - May 2, 2023

1:00-3:00 PM

Instructor: Yvonne Kuo

*This class will be 10 weeks long
with all sessions held in Zoom.*

[CLICK HERE TO REGISTER](#)

Must be an LA County resident

<https://losangelescrc.usc.edu/finding-meaning-hope/>

REGISTRATION IS REQUIRED

How can family caregivers regain hope and build resilience when dealing with feelings of ongoing loss while caring for someone with a chronic illness?

"Finding Meaning and Hope"

will explore skills that help you stay strong, healthy, resilient, and positive as you navigate your caregiving journey with healing and hope.

This 10-week discussion series features videos based on the 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.



FOR MORE INFORMATION OR QUESTIONS,
PLEASE EMAIL US AT FCSCGERO@USC.EDU OR
CALL US AT 1-800-540-4442.

