LACRC
LOS ANGELES CAREGIVER RESOURCE CENTER
A Program of the USC Family Caregiver Support Center

USC Leonard Davis
Family Caregiver Support Center

VIRTUAL EDITION

Finding Meaning and Hope

A Discussion Series for Family Caregivers

UPCOMING VIRTUAL CLASS

Tuesdays, October 7-December 9, 2025
10:00 AM-12:00 PM PT
Instructors: Yvonne Kuo & Tiffany Chan

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

CLICK HERE TO REGISTER
Must be an LA County resident
*** 10-Week Series open to LACRC Clients only ***

https://tinyurl.com/FMH-Oct2025

EVENT IS FREE - 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**

meaning & hope institute
A Program of Duet: Partners In Health & Aging