

## Family Caregiver Support Groups

You don't have to undertake the overwhelming caregiving journey alone. Support groups give you an opportunity to be in a caring and understanding environment with others in similar situations. Share questions and information with people who have "been there" while learning about resources and problem-solving techniques.

To comply with COVID precautions, all groups are being conducted virtually, via Zoom, indefinitely. Since location is not a factor at this time, feel free to join any group. Please call Duet before attending for the first time to confirm. We can assist you with technical instructions. Ask for Caregiver Services: (602) 274-5022

### **General Caregiver Support Groups**

This group is open to all family caregivers regardless of loved one's condition.

**2<sup>nd</sup> & 4<sup>th</sup> Tuesdays** (formerly, Scottsdale - Via Linda)  
**10 – 11:30 AM**

<https://us02web.zoom.us/j/89049902533?pwd=VzlwOGcxMlo3aTMrSIRKSHZ3OTJSQT09>

Dial-in +1 669 900 6833

Meeting ID: 890 4990 2533

Passcode: 690139

**2<sup>nd</sup> & 4<sup>th</sup> Thursdays** (formerly, West Valley - Goodyear)  
**10 – 11:30 AM**

<https://us02web.zoom.us/j/83899811744?pwd=V1BnNTZtVEpvNmZ5bENoR3FKZjByQT09>

Dial-in +1 346 248 7799

Meeting ID: 838 9981 1744

Passcode: 951202

### **Alzheimer's and Dementia Support Group**

This group is geared to caregivers of loved ones with Alzheimer's or dementia.

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays**  
**Noon – 1:30 PM**

<https://us02web.zoom.us/j/792933308?pwd=L0tnR2RKMjNIYVJkUHZMMVB5bXZCdZ09>

Dial in: +1 346 248 7799

Meeting ID: 792 933 308

Passcode: 382311

### **Parkinson's Support Groups**

This group, offered in partnership with Muhammad Ali Parkinson Center, is geared to caregivers of loved ones with Parkinson's.

**3<sup>rd</sup> Monday of the month** (formerly, Mesa)  
**1:30 – 3:00 PM**

<https://us02web.zoom.us/j/695357246?pwd=SlhtdWZmZWtSanZnYlVQNEJlOGFhQT09>

Dial in +1 346 248 7799

Meeting ID: 695 357 246

Passcode: 099359

**Various Wednesdays each month** (formerly, Phoenix)  
**Oct. 28<sup>th</sup> \* Nov. 18<sup>th</sup> \* Dec. 16<sup>th</sup>**

**1:30 – 3:00 PM**

<https://us02web.zoom.us/j/85975046378?pwd=Y1FYUE5WM2NvQ2R5SWh2dU5oN3ZtZz09>

Dial-in +1 346 248 7799

Meeting ID: 859 7504 6378

Passcode: 095592

### **Specialty Support Groups**

#### **LGBTQ+ Support Group**

This group specifically is for caregivers identifying as LGBTQ+.

**1<sup>st</sup> and 3<sup>rd</sup> Thursdays**  
**2 – 3:30 PM**

<https://us02web.zoom.us/j/812193452?pwd=dHd4MnIR2E2cE4wL0Q3UmN4MkIGQT09>

Dial-in +1 346 248 7799

Meeting ID: 812 193 452

Passcode: 861993

#### **Men's Support Group**

This group specifically is for male caregivers.

**2<sup>nd</sup> and 4<sup>th</sup> Thursdays**  
**Noon – 1:30 PM**

<https://us02web.zoom.us/j/576432907?pwd=VU52NmNQem14eWFXTjYza3BXRjNVQT09>

Dial-in +1 669 900 6833

Meeting ID: 576 432 907

Passcode: 547991