

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.

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

<https://us02web.zoom.us/j/89049902533>

Dial-in +1 669 900 6833

Meeting ID: 890 4990 2533

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

<https://us02web.zoom.us/j/84963000332>

Dial-in +1 346 248 7799

Meeting ID: 849 6300 0332

Alzheimer's and Dementia Support Group

This group is for caregivers of loved ones with dementia.

1st & 3rd Tuesdays
Noon – 1:30 PM

<https://us02web.zoom.us/j/792933308>

Dial in: +1 346 248 7799

Meeting ID: 792 933 308

Parkinson's Support Group

This group is for caregivers of loved ones with Parkinson's.

3rd Monday of the month (formerly, Mesa & Phoenix)
1:30 – 3:00 PM

<https://us02web.zoom.us/j/86026906017>

Dial in: +1 346 248 7799

Meeting ID: 860 2690 6017

Caring for Parents Support Group

This group is for those who are caregivers for their parents.

1st & 3rd Saturdays
3 – 4:30 PM

<https://us02web.zoom.us/j/85791330156>

Dial In: +1 (346) 248-7799

Meeting ID: 857 9133 0156

Finding Meaning & Hope Alumni Group

This group is for those who have taken the FM&H video series.

2nd & 4th Fridays
2 – 3:30 PM

<https://us02web.zoom.us/j/89778431652>

Dial In: +1 (346) 248-7799

Meeting ID: 897 7843 1652

LGBTQ+ Support Group

This group specifically is for caregivers identifying as LGBTQ+.

1st and 3rd Thursdays
2 – 3:30 PM

<https://us02web.zoom.us/j/812193452>

Dial-in +1 346 248 7799

Meeting ID: 812 193 452

Men's Support Group

This group specifically is for male caregivers.

2nd and 4th Thursdays
Noon – 1:30 PM

<https://us02web.zoom.us/j/87445782231>

Dial-in +1 669 900 6833

Meeting ID: 874 4578 2231

These dates and times valid through June 30, 2021