



FAMILY CAREGIVER JULY/AUGUST 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. Some support groups meet *virtually* and some *in person*. Please feel free to join any group. Please call Duet's caregiver services at (602) 274-5022 before attending for the first time.

IN PERSON GROUPS

Alzheimer's and Dementia Support Group

For caregivers of loved ones with dementia.

Location: Duet Office
10000 N. 31st Avenue, Phoenix
1st and 3rd Tuesdays
Noon – 1:30 p.m.

LGBTQ+ Support Group

For caregivers identifying as LGBTQ+.

Location: Community Church of Hope
4121 N. 7th Avenue, Phoenix
1st and 3rd Thursdays
1:30 – 3 p.m.

VIRTUAL SUPPORT GROUPS

General Caregiver Support Groups

Open to all family caregivers regardless of loved one's condition.

2nd and 4th Tuesdays (formerly Scottsdale - Via Linda)
10 – 11:30 a.m.

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

Dial-in +1 669 900 6833, Meeting ID: 890 4990 2533

2nd and 4th Thursdays (formerly West Valley - Goodyear)
10 – 11:30 a.m.

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

Dial-in +1 346 248 7799, Meeting ID: 849 6300 0332

Caring for Parents Support Group

For caregivers to their parents.

1st and 3rd Saturdays
3 – 4:30 p.m.

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

Dial-in +1 346 248 7799, Meeting ID: 812 193 452

Parkinson's Support Group

For caregivers of loved ones with Parkinson's.

3rd Monday of the month (formerly Mesa and Phoenix)
1:30 – 3 p.m.

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

Dial-in +1 346 248 7799, Meeting ID: 860 2690 6017

Finding Meaning and Hope Alumni Group

For those who have taken the *Finding Meaning and Hope* video series.

2nd and 4th Fridays
2 – 3:30 p.m.

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

Dial-in +1 346 248 7799, Meeting ID: 897 7843 1652

All groups are funded by Area Agency on Aging, Region One