



FAMILY CAREGIVER SEPTEMBER/OCTOBER 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.

1st and 3rd Tuesdays

Noon – 1:30 p.m.

Location: Duet Office

10000 N. 31st Avenue, Phoenix

LGBTQ+ Support Group

For caregivers identifying as LGBTQ+.

1st and 3rd Thursdays

2 – 3:30 p.m.

Location: Community Church of Hope

4121 N. 7th Avenue, Phoenix

General Caregiver Support Group

For family caregivers regardless of loved one's condition.

2nd and 4th Thursdays (West Valley - Goodyear)

10 – 11:30 a.m.

Location: Christ Evangelical Lutheran Church

918 S. Litchfield Road, Goodyear

VIRTUAL SUPPORT GROUPS

General Caregiver Support Group

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

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

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

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