



FAMILY CAREGIVER

JANUARY/FEBRUARY 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 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

North Central Phoenix Parkinson Support Group

For caregivers and their loved ones with PD.

2nd Wednesday of each month

1:30 – 3 p.m.

Location: Duet Office

10000 N. 31st Avenue, Phoenix

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