



Family Caregiver Support Groups April/May 2022 *Updated*

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. Please feel free to join any group. Please call caregiver services at (602) 274-5022 before attending the first time.

IN PERSON SUPPORT GROUPS

<p>Alzheimer's and Dementia Support Group For caregivers of loved ones with dementia.</p> <p>1st and 3rd Tuesdays Noon – 1:30 p.m. Location: Duet Office 10000 N. 31st Avenue, Phoenix</p>	<p>LGBTQ+ General Support Group For caregivers identifying as LGBTQ+.</p> <p>1st and 3rd Thursdays 2 – 3:30 p.m. Location: Community Church of Hope 4121 N. 7th Avenue, Phoenix</p>
<p>Scottsdale General Caregiver Support Group For caregivers regardless of loved one's condition.</p> <p>1st and 3rd Thursdays 10 – 11:30 a.m. Location: Via Linda Senior Center 10440 E Vía Linda, Scottsdale</p>	<p>Phoenix Parkinson Support Group For caregivers and their loved ones with Parkinson's.</p> <p>2nd Wednesday of each month 1:30 – 3 p.m. Location: Duet Office 10000 N. 31st Avenue, Phoenix</p>
<p>West Valley General Caregiver Support Group For caregivers regardless of loved one's condition.</p> <p>2nd and 4th Thursdays 10 – 11:30 a.m. Location: Christ Evangelical Lutheran Church 918 S. Litchfield Road, Goodyear</p>	<p>Mesa Parkinson Support Group For caregivers and their loved ones with Parkinson's.</p> <p>1st Monday of each month 1:30 – 3:30 p.m. Location: Red Mountain Multigenerational Center 7550 E. Adobe Road, Mesa</p>
<p>Scottsdale Parkinson Support Group For caregivers and their loved ones with Parkinson's.</p> <p>2nd Friday of each month 11 – 12:30 p.m. Location: Valley of the Sun Jewish Community Center 12701 N. Scottsdale Road, Scottsdale</p>	

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

**See listing of virtual support groups on the next page/back side.*



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VIRTUAL SUPPORT GROUPS

<p>General Caregiver Support Group Open to all family caregivers regardless of loved one's condition.</p> <p>2nd and 4th Tuesdays (formerly Scottsdale - Via Linda) 10 – 11:30 a.m.</p> <p>https://us02web.zoom.us/j/89049902533 Dial-in +1 (669) 900-6833, Meeting ID: 890 4990 2533</p>	<p>Finding Meaning and Hope Alumni Group For those who have taken the <i>Finding Meaning and Hope</i> video series.</p> <p>2nd and 4th Fridays 2 – 3:30 p.m.</p> <p>https://us02web.zoom.us/j/89778431652 Dial-in +1 (346) 248-7799, Meeting ID: 897 7843 1652</p>
<p>Caring for Parents Support Group For caregivers to their parents.</p> <p>1st and 3rd Saturdays 3 – 4:30 p.m.</p> <p>https://us02web.zoom.us/j/85791330156 Dial-in +1 (346) 248-7799, Meeting ID: 812 193 452</p>	<p>Parkinson's Support Group For caregivers of loved ones with Parkinson's.</p> <p>3rd Monday of the month (formerly Mesa and Phoenix) 1:30 – 3 p.m.</p> <p>https://us02web.zoom.us/j/86026906017 Dial-in +1 (346) 248-7799, Meeting ID: 860 2690 6017</p>
<p>Alzheimer's & Dementia Support Group For caregivers of loved ones with dementia.</p> <p>1st and 3rd Wednesdays 6:30 – 8 p.m.</p> <p>https://us02web.zoom.us/j/84278933956 Dial-in + 1 669 900 6833, Meeting ID: 842 7893 3956</p>	<p>Men's Coffee & Info Group For male caregivers only.</p> <p>1st Saturday of the month 10 – 11 a.m.</p> <p>https://us02web.zoom.us/j/82020751899 Dial-in +1 (346) 248 7799, Meeting ID: 820 2075 1899</p>

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