



## Family Caregiver Support Groups Fall 2022

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><b>Alzheimer's and Dementia Support Group</b> For caregivers of loved ones with dementia.</p> <p><b>1<sup>st</sup> and 3<sup>rd</sup> Tuesdays</b> <b>Noon – 1:30 p.m.</b> <b>Location:</b> Duet Office 10000 N. 31<sup>st</sup> Avenue, Phoenix</p>	<p><b>LGBTQ+ General Support Group</b> For caregivers identifying as LGBTQ+.</p> <p><b>1<sup>st</sup> and 3<sup>rd</sup> Thursdays</b> <b>2 – 3:30 p.m.</b> <b>Location:</b> Community Church of Hope 4121 N. 7<sup>th</sup> Avenue, Phoenix</p>
<p><b>Scottsdale General Caregiver Support Group</b> For caregivers regardless of loved one's condition.</p> <p><b>1<sup>st</sup> and 3<sup>rd</sup> Thursdays</b> <b>10 – 11:30 a.m.</b> <b>Location:</b> Via Linda Senior Center 10440 E Vía Linda, Scottsdale</p>	<p><b>West Valley General Caregiver Support Group</b> For caregivers regardless of loved one's condition.</p> <p><b>2<sup>nd</sup> and 4<sup>th</sup> Thursdays</b> <b>10 – 11:30 a.m.</b> <b>Location:</b> Christ Evangelical Lutheran Church 918 S. Litchfield Road, Goodyear</p>
<p><b>Mesa Parkinson's Support Group</b> For caregivers and their loved ones with Parkinson's.</p> <p><b>1<sup>st</sup> Monday of each month</b> <b>1:30 – 3:30 p.m.</b> <b>Location:</b> Red Mountain Multigenerational Center 7550 E. Adobe Road, Mesa</p>	<p><b>Phoenix Parkinson's Support Group</b> For caregivers and their loved ones with Parkinson's.</p> <p><b>2<sup>nd</sup> Wednesday of each month</b> <b>1:30 – 3 p.m.</b> <b>Location:</b> Duet Office 10000 N. 31<sup>st</sup> Avenue, Phoenix</p>
<p><b>Scottsdale Parkinson's Support Group</b> For caregivers and their loved ones with Parkinson's.</p> <p><b>2<sup>nd</sup> Friday of each month</b> <b>11 – 12:30 p.m.</b> <b>Location:</b> Valley of the Sun Jewish Community Center 12701 N. Scottsdale Road, Scottsdale</p>	<p><b>Grief Support Group</b> For caregivers suffering the loss of their loved one – starts 8/26/22.</p> <p><b>2<sup>nd</sup> and 4<sup>th</sup> Fridays</b> <b>10 - 11:30 a.m.</b> <b>Location:</b> Duet Office 10000 N. 31<sup>st</sup> Avenue, Phoenix</p>

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



**VIRTUAL SUPPORT GROUPS**

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

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