



# Family Caregiver Support Groups Summer/Fall 2024

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

All times listed are Mountain Standard Time (MST).

VIRTUAL SUPPORT GROUPS	
<p><b>Alzheimer's &amp; Dementia Support Group</b> – Wed evening For caregivers of loved ones with dementia.</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>Alzheimer's &amp; Dementia Support Group</b>– Thurs afternoon For caregivers of loved ones with dementia.</p> <p>2<sup>nd</sup> and 4<sup>th</sup> Thursdays 1 – 2:30 p.m. <a href="https://us02web.zoom.us/j/89345155279">https://us02web.zoom.us/j/89345155279</a> Dial-in + 1 346 248 7799, Meeting ID: 893 4515 5279</p>
<p><b>Caring for Parents Support Group</b> – Saturday morning For caregivers who care for their parents.</p> <p>1<sup>st</sup> and 3<sup>rd</sup> Saturdays 10 – 11:30 a.m. <a href="https://us02web.zoom.us/j/87937394109">https://us02web.zoom.us/j/87937394109</a> Dial-in +1 (669) 900-6833, Meeting ID: 879 3739 4109</p>	<p><b>Caring for Parents Support Group</b> – Saturday afternoon For caregivers who care for their parents.</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: 857 9133 0156</p>
<p><b>Finding Meaning and Hope Alumni Group</b> For those who have taken the <i>Finding Meaning and Hope</i> video series.</p> <p>2<sup>nd</sup> and 4<sup>th</sup> Fridays 2:30 – 4 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>General Caregiver Support Group</b> Open to all family caregivers regardless of loved one's condition.</p> <p>2<sup>nd</sup> and 4<sup>th</sup> Tuesdays 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>Grief Support Group</b> For caregivers suffering the loss of their loved one. Please call before attending for the first time.</p> <p>1<sup>st</sup> and 3<sup>rd</sup> Fridays 10 – 11:30 a.m. Please call (602) 274-5022 for the link.</p>	<p><b>LGBTQ+ Caregiver Support Group</b> For caregivers identifying as LGBTQ+.</p> <p>1<sup>st</sup> and 3<sup>rd</sup> Thursdays 1:30 – 3 p.m. <a href="https://us02web.zoom.us/j/82549644684">https://us02web.zoom.us/j/82549644684</a> Dial-in +1 346-248-7799, Meeting ID: 825 4964 4684</p>
<p><b>Parkinson's Support Group</b> For caregivers of loved ones with Parkinson's.</p> <p>3<sup>rd</sup> Monday of each month 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>	

\*See listing of in-person support groups on the next page/back side.



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## IN PERSON SUPPORT GROUPS

<p><b>Alzheimer's and Dementia Support Group</b> For caregivers of loved ones with dementia.</p> <p>1<sup>st</sup> and 3<sup>rd</sup> Tuesdays 12 – 2 p.m. Location: Duet Office 10000 N. 31<sup>st</sup> Avenue, Suite D200, Phoenix</p>	<p><b>Grief Support Group</b> For caregivers suffering the loss of their loved one. Please call before attending for the first time.</p> <p>2<sup>nd</sup> and 4<sup>th</sup> Fridays 10 – 11:30 a.m. Location: Duet Office 10000 N. 31<sup>st</sup> Avenue, Suite D200, Phoenix</p>
<p><b>Mesa Parkinson's Support Group</b> For caregivers and their loved ones with Parkinson's.</p> <p>1<sup>st</sup> Monday of each month 1:30 – 3:30 p.m. Location: Red Mountain Multigenerational Center 7550 E. Adobe Street, Mesa</p>	<p><b>Phoenix Parkinson's Support Group</b> For caregivers and their loved ones with Parkinson's.</p> <p>2<sup>nd</sup> Wednesday of each month 1:30 – 3 p.m. Location: Duet Office 10000 N. 31<sup>st</sup> Avenue, Suite D200, Phoenix</p>
<p><b>Scottsdale General Caregiver Support Group</b> For caregivers regardless of loved one's condition.</p> <p>1<sup>st</sup> and 3<sup>rd</sup> Thursdays 9:30 – 11:30 a.m. Location: Via Linda Senior Center 10440 E Via Linda, Scottsdale</p>	<p><b>Scottsdale Parkinson's Support Group</b> For caregivers and their loved ones with Parkinson's.</p> <p>2<sup>nd</sup> Friday of each month 11 a.m. – 12:30 p.m. Location: Valley of the Sun Jewish Community Center 12701 N. Scottsdale Road, Scottsdale</p>
<p><b>West Valley General Caregiver Support Group</b> For caregivers regardless of loved one's condition.</p> <p>2<sup>nd</sup> and 4<sup>th</sup> Thursdays 10 – 11:30 a.m. Location: Christ Evangelical Lutheran Church 918 S. Litchfield Road, Goodyear</p>	<p><b>Spanish-Speaking General Caregiver Support Group</b></p> <p>*This group is on hold temporarily. Please call (602) 274-5022 if you are interested in attending this group. Ask for Caregiver Services.</p>