



Family Caregiver 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. 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

Alzheimer's & Dementia Support Group – Wed evening
For caregivers of loved ones with dementia.

1st and 3rd Wednesdays
6:30 – 8 p.m.

<https://us02web.zoom.us/j/84278933956>

Dial-in +1 669 900 6833, Meeting ID: 842 7893 3956

Alzheimer's & Dementia Support Group – Thurs afternoon
For caregivers of loved ones with dementia.

2nd and 4th Thursdays
1 – 2:30 p.m.

<https://us02web.zoom.us/j/89345155279>

Dial-in +1 346 248 7799, Meeting ID: 893 4515 5279

Caring for Parents Support Group – Saturday morning
For caregivers who care for their parents.

1st and 3rd Saturdays
10 – 11:30 a.m.

<https://us02web.zoom.us/j/87937394109>

Dial-in +1 (669) 900-6833, Meeting ID: 879 3739 4109

Caring for Parents Support Group – Saturday afternoon
For caregivers who care for 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: 857 9133 0156

Finding Meaning and Hope Alumni Group
For those who have taken the *Finding Meaning and Hope* video series.

2nd and 4th Fridays
2:30 – 4 p.m.

<https://us02web.zoom.us/j/89778431652>

Dial-in +1 (346) 248-7799, Meeting ID: 897 7843 1652

General Caregiver Support Group
Open to all family caregivers regardless of loved one's condition.

2nd and 4th Tuesdays
10 – 11:30 a.m.

<https://us02web.zoom.us/j/89049902533>

Dial-in +1 (669) 900-6833, Meeting ID: 890 4990 2533

Grief Support Group
For caregivers suffering the loss of their loved one.
Please call before attending for the first time.

1st and 3rd Fridays
10 – 11:30 a.m.

Please call (602) 274-5022 for the link.

Parkinson's Support Group
For caregivers of loved ones with Parkinson's.

3rd Monday of each month
1:30 – 3 p.m.

<https://us02web.zoom.us/j/86026906017>

Dial-in +1 (346) 248-7799, Meeting ID: 860 2690 6017

GRUPO COMUNITARIO VIRTUAL

Para los que cuidan un ser querido que está envejeciendo, sus padres, abuelos o pareja.

2^{do.} y 4^{to.} miércoles del mes, 10 – 11:30 a.m. (hora de AZ)
Enlace de Reunión: meet.google.com/svv-hbhj-esq?pli=1
(US) +1 318-565-6088 PIN: 229590237

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



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IN PERSON SUPPORT GROUPS

Alzheimer's and Dementia Support Group
For caregivers of loved ones with dementia.

1st and 3rd Tuesdays

12 – 1:30 p.m.

Location: Duet Office

10000 N. 31st Avenue, Suite D200, Phoenix

Grief Support Group

For caregivers suffering the loss of their loved one.
Please call before attending for the first time.

2nd and 4th Fridays

10 – 11:30 a.m.

Location: Duet Office

10000 N. 31st Avenue, Suite D200, Phoenix

Mesa Parkinson's Support Group
For caregivers and their loved ones with Parkinson's.

1st Monday of each month

1:30 – 3:30 p.m.

Location: Red Mountain Multigenerational Center

7550 E. Adobe Street, Mesa

Phoenix Parkinson's Support Group
For caregivers and their loved ones with Parkinson's.

2nd Wednesday of each month

1 – 2:30 p.m.

Location: Duet Office

10000 N. 31st Avenue, Suite D200, Phoenix

Scottsdale General Caregiver Support Group
For caregivers regardless of loved one's condition.

1st and 3rd Thursdays

10 – 11:30 a.m.

Location: Via Linda Senior Center

10440 E Via Linda, Scottsdale

Scottsdale Parkinson's Support Group
For caregivers and their loved ones with Parkinson's.

2nd Friday of each month

11 a.m. – 12:30 p.m.

Location: Valley of the Sun Jewish Community Center

12701 N. Scottsdale Road, Scottsdale

West Valley General Caregiver Support Group
For caregivers regardless of loved one's condition.

2nd and 4th Thursdays

10 – 11:30 a.m.

Location: Christ Evangelical Lutheran Church

918 S. Litchfield Road, Goodyear