



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.

LGBTQ+ Caregiver Support Group
For caregivers identifying as LGBTQ+.

1st and 3rd Thursdays
1:30 – 3 p.m.

<https://us02web.zoom.us/j/82549644684>

Dial-in +1 346-248-7799, Meeting ID: 825 4964 4684

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

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



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IN PERSON SUPPORT GROUPS

<p>Alzheimer's and Dementia Support Group For caregivers of loved ones with dementia.</p> <p>1st and 3rd Tuesdays 12 – 2 p.m. Location: Duet Office 10000 N. 31st Avenue, Suite D200, Phoenix</p>	<p>Grief Support Group For caregivers suffering the loss of their loved one. Please call before attending for the first time.</p> <p>2nd and 4th Fridays 10 – 11:30 a.m. Location: Duet Office 10000 N. 31st Avenue, Suite D200, Phoenix</p>
<p>Mesa Parkinson's 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 Street, Mesa</p>	<p>Phoenix Parkinson's 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, Suite D200, Phoenix</p>
<p>Scottsdale General Caregiver Support Group For caregivers regardless of loved one's condition.</p> <p>1st and 3rd Thursdays 9:30 – 11:30 a.m. Location: Via Linda Senior Center 10440 E Via Linda, Scottsdale</p>	<p>Scottsdale Parkinson's Support Group For caregivers and their loved ones with Parkinson's.</p> <p>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</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>Spanish-Speaking General Caregiver Support Group</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>