



## 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.

1<sup>st</sup> and 3<sup>rd</sup> 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.

2<sup>nd</sup> and 4<sup>th</sup> 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.

1<sup>st</sup> and 3<sup>rd</sup> 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.

1<sup>st</sup> and 3<sup>rd</sup> 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.

2<sup>nd</sup> and 4<sup>th</sup> 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.

2<sup>nd</sup> and 4<sup>th</sup> 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.

1<sup>st</sup> and 3<sup>rd</sup> Fridays  
10 – 11:30 a.m.

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

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

1<sup>st</sup> and 3<sup>rd</sup> 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.

3<sup>rd</sup> 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<sup>do.</sup> martes del mes, 10 – 11:30 a.m.

Enlace de Reunión: [meet.google.com/svv-hbhj-esq](https://meet.google.com/svv-hbhj-esq)

(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

<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>CIRCULO COMUNITARIO EN PERSONA</b></p> <p>Para los que cuidan un ser querido que está envejeciendo, sus padres, abuelos o pareja.</p> <p>4<sup>to</sup>. martes del mes 10 a.m. – 12 p.m. Lugar: Unlimited Potential 3146 E Wier Ave, Phoenix, AZ 85040</p> <p>Regístrese Aquí: <a href="https://tinyurl.com/yk6h4cpa">https://tinyurl.com/yk6h4cpa</a> o llamando al (602) 305-4742.</p>