



Taking care of someone can be difficult. Support groups offer friends who can relate to your daily ups and downs, and professionals who offer information and assistance.

Alzheimer's & Memory

Sun City

Every Tuesday, 10:00 AM
Faith Presbyterian Church
16000 N. Del Webb Blvd.

Co-sponsored by the Area Agency on Aging, Region One

Surprise/Sun City West

1st Friday of Each Month, 9:00 AM
Sun City West Office

13576 W. Camino Del Sol #22, Sun City West
Co-sponsored by the Area Agency on Aging, Region One



General Caregiving

Surprise/Sun City West

3rd Friday of Each Month, 9:00 AM
Sun City West Office

13576 W. Camino Del Sol. #22, Sun City West
Co-sponsored by the Area Agency on Aging, Region One

West Valley Caregiver Support Gatherings

West Valley

1st Thursday of Each Month
Dinner at 6:00 PM | Groups Begin at 6:30 PM
Social gathering and free light supper

8133 W. Cactus Road (Church at Cactus)
Peoria, AZ 85381
Co-sponsored by iora Primary Care



GrandParents Raising Grandchildren

Various dates, times & locations
For information, call 623-207-6016



Parkinson's

Sun City West

3rd Tuesday of Each Month, 3:00 PM
Shepherd of the Hills United Methodist

13658 Meeker Blvd, Sun City West
Co-sponsored by the Area Agency on Aging, Region One
Co-facilitated with Muhammad Ali Parkinson's Center

Grief & Bereavement

Sun City West

Grief Before Loss

Support for those who have placed a loved one in a care home or facility.

Every Wednesday, 2:00 PM

13576 Camino Del Sol #22, Sun City West
Co-facilitated with Hospice of the West

Potluck

3rd Wednesday of every month, 5:00 PM
Lucy Anne's Place, 16752 N. Greasewood St.

Sun City West

Grief & Bereavement

Support for those who have lost a loved one
2nd and 4th Thursdays every month, 3:00 PM

13576 Camino Del Sol #22, Sun City West
Co-facilitated with Hospice of the Valley

See our blog at www.caregivercoach.wordpress.com.

For more information on any of these groups, call (623) 584-4999. Respite care is available during select support groups by calling (623) 584-4999 24 hours in advance.