

FREE Caregiver Support Groups

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.

General Caregiving	West Valley Caregiver	Intellectual Disabilities
<p><u>Surprise/Sun City West</u></p> <p>3rd Friday of Each Month, 9:00 AM Sun City West Office</p> <p>13576 W. Camino Del Sol. #22 Sun City West Co-sponsored by the Area Agency on Aging, Region One</p>	<p><u>West Valley</u></p> <p>1st Thursday of Each Month Dinner at 6:00 PM Groups Begin at 6:30 PM <i>Social gathering and free light supper</i></p> <p>8133 W. Cactus Road (Church at Cactus) Peoria, AZ 85381 Co-sponsored by iora Primary Care</p>	<p><u>Sun City</u></p> <p>For anyone caring for an adult with intellectual disabilities.</p> <p>3rd Friday of Feb, April, Sept & Nov, 9:30 AM Lakeview United Methodist Church 10298 W. Thunderbird</p>
Alzheimer's & Memory	Grief & Bereavement	Parkinson's
<p><u>Sun City</u></p> <p>Every Tuesday, 10:00 AM at Faith Presbyterian Church 16000 N. Del Webb Blvd. Co-sponsored by the Area Agency on Aging, Region One</p> <p><u>Surprise/Sun City West</u></p> <p>1st Friday of Each Month, 9:00 AM at Sun City West Office 13576 W. Camino Del Sol #22 Sun City West Co-sponsored by the Area Agency on Aging, Region One</p>	<p><u>Sun City West</u></p> <p><i>Grief Before Loss</i> 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</p> <p><i>Potluck</i> 3rd Wednesday of every month, 5:00 PM Lucy Anne's Place 16752 N. Greasewood St.</p> <p><u>Sun City West</u></p> <p><i>Grief & Bereavement</i> 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</p>	<p><u>Sun City West</u></p> <p>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</p> <p><u>Sun City</u></p> <p>Last Thursday of Each Month, 3:00 PM Restorative Life Enrichment Program 15800 Del Webb Blvd. Sun City</p> <p>Co-facilitators Regina Ralston from All About Seniors and Sylvia Butler from Hospice of the West * Individuals with Parkinson's will go to the Restorative Program for respite.</p>



For more information, call (623) 584-4999.
Respite care may be available during select support groups, please speak to a CARES Specialist by calling (623) 584-4999 24 hours in advance.
For more information on **Grandparents Raising Grandchildren** support groups, please call 623-207-6016.