



*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 and Memory

### SUN CITY

#### Every Tuesday

10:00 AM at the Faith Presbyterian Church  
16000 N. Del Webb Blvd., Sun City, AZ., 85351

*Co-Facilitators: Benevilla C.A.R.E.S. Team and Volunteer Jessie Arble. Co-sponsored by the Area Agency on Aging, Region One.*

### SUN CITY WEST

#### First Friday of Each Month

9:30 AM at the Benevilla Sun City West Office  
13576 W. Camino Del Sol, #22, Sun City West, AZ., 85375

*Co-Facilitators: Benevilla C.A.R.E.S. Team and Michelle Toft MSW, EdM - Cypress Home Care. Co-sponsored by the Area Agency on Aging, Region One.*

#### Second and Fourth Tuesday of Each Month

2:00 PM at the Lord of Life Lutheran Church  
13724 W. Meeker Blvd., Sun City West, AZ., 85375

*Facilitated by Benevilla C.A.R.E.S. Team.*

## General Caregiving

### SUN CITY WEST

#### Third Friday of Each Month

9:30 AM at the Benevilla Sun City West Office  
13576 W. Camino Del Sol, #22, Sun City West, AZ., 85375

*Co-Facilitators: Benevilla C.A.R.E.S. Team and Michelle Toft MSW, EDM - Cypress Home Care. Co-sponsored by the Area Agency on Aging, Region One.*

### PEORIA

#### First Thursday of Each Month

6:00 PM at the West Valley Life Enrichment Program  
8133 W Cactus Rd., Peoria, AZ., 85381

*Facilitated by Benevilla C.A.R.E.S. Team. Light complementary supper provided by iora. Call Benevilla Office at (623)584-4999 to RSVP. Co-sponsored by the Area Agency on Aging, Region One.*

## Parkinson's

### SUN CITY WEST

#### Third Tuesday of Each Month

3:00 PM at the Shepherd of the Hills United Methodist Church, 13658 Meeker Blvd., Sun City West, AZ., 85375

*Co-facilitators: Benevilla C.A.R.E.S. Team and Nancy Bivins from the Muhammad Ali Parkinson's Center. Co-sponsored by the Area Agency on Aging, Region One.*

## Grief & Bereavement

### SUN CITY WEST

#### Grief Before Loss - Every Wednesday

2:00 PM at the Benevilla Sun City West Office  
13576 W. Camino Del Sol., #22, Sun City West, AZ., 85375  
*Facilitated by Benevilla C.A.R.E.S. Team.*

#### Grief & Bereavement - 2nd & 4th Thursday of Every Month

3:00 PM at the Benevilla Sun City West Office  
13576 W. Camino Del Sol., #22, Sun City West, AZ., 85375  
*Facilitated by Chaplin Bob Van Allen with Hospice of the Valley and Benevilla C.A.R.E.S. Support Group Facilitator.*

## Cancer Support

### SUN CITY WEST

#### First Monday of Each Month

9:30 AM at the Benevilla Sun City West Office  
13576 W. Camino Del Sol., #22, Sun City West, AZ., 85375  
*Co-facilitated by The Cancer Support Society and Benevilla C.A.R.E.S. Team*

For more information call (623) 584-4999. Respite care may be available during select support groups. Please speak to a C.A.R.E.S. Resource Specialist by calling (623) 584-4999 24 hours in advance.

For more information on "Grandparents Raising Grandchildren" support groups, please call 623-207-6016.

[www.Benevilla.org](http://www.Benevilla.org) | 623-584-4999