



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 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.

First Second and Fourth Tuesday of Each Month

2:00 PM at 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 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 Muhammad Ali Parkinson's Center. Co-sponsored by the Area Agency on Aging, Region One.

Grief & Bereavement

SUN CITY WEST

Greif 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.

Greif & 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 CARES 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 CARES 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 | 623-584-4999