

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.

Alzheimer's and Memory

Sun City - Every Tuesday of Each Month | 10:00 AM at Faith Presbyterian Church | 16000 N. Del Webb Blvd. Sun City, AZ. 85351 | Co-Facilitators: CARES Support Group Facilitator and Volunteer Jessie Arble. Co-sponsored by the Area Agency on Aging, Region One.

Sun City West - 1st Friday of Each Month | 9:30 AM at Benevilla's Sun City West Office | 13576 W. Camino Del Sol #22 | Sun City West, AZ. 85375 | Co-facilitating: CARES Support Group Facilitator and Michelle Toft MSW, EdM - Cypress Home Care. Co-sponsored by the Area Agency on Aging, Region One.

Sun City West - Every 2nd & 4th Tuesday of Each Month | 2:00 PM at Lord of Life Lutheran Church | 13724 W Meeker Blvd. | Sun City West, AZ. 85375 | Facilitating: Benevilla CARES Support Group Facilitator.

General Caregiving

Sun City West - 3rd Friday of Each Month | 9:30 AM at Benevilla's Sun City West Office | 13576 W. Camino Del Sol #22 | Sun City West, AZ. 85375 | Co-Facilitating: Benevilla Support Group Facilitator and Michelle Toft MSW, EDM - Cypress Home Care. Co-sponsored by the Area Agency on Aging, Region One.

Peoria - 1st Thursday of Each Month | 6:00 PM at Peoria Life Enrichment Program | 8133 W Cactus Rd. | Peoria, AZ. | Facilitating: Benevilla CARES Support Group Facilitator. 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.

Grief and Bereavement

Sun City West - Grief Before Loss - Every Wednesday | 2:00 PM at Benevilla's Sun City West Office | 13576 W. Camino Del Sol. #22 | Sun City West, AZ. 85375 | Facilitated by CARES Resource Specialist.

Sun City West - Grief & Bereavement - 2nd & 4th Thursday of every month | 3:00 PM at Benevilla's 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.

Parkinson's

Sun City West - 3rd Tuesday of Each Month | 3:00 PM at Shepherd of the Hills United Methodist Church, 13658 Meeker Blvd, Sun City West, AZ. 85375 | Co-facilitated with CARES Support Group Facilitator and Nancy Bivins from Muhammad Ali Parkinson's Center. Co-sponsored by the Area Agency on Aging, Region One.

Cancer Support

Sun City West - 1st Monday of Each Month | 9:30 AM at Benevilla's Sun City West Office | 13576 W. Camino Del Sol. #22 | Sun City West, AZ. 85375 | Co-facilitated by The Cancer Support Society and Benevilla.

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.