



## Family Caregiver Support Groups

You don't have to undertake the overwhelming caregiving journey alone. Support groups give you an opportunity to be in a caring and understanding environment with others in similar situations. Share questions and information with people who have been there while learning about resources and problem-solving techniques. Feel free to join any group. Please call caregiver services at (602) 274-5022 before attending for the first time.

All times listed are Mountain Standard Time (MST).

### VIRTUAL SUPPORT GROUPS

**Alzheimer's & Dementia Support Group** – Wed evening  
For caregivers of loved ones with dementia.

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays

6:30 – 8 p.m.

<https://us02web.zoom.us/j/84278933956>

Dial-in + 1 669 900 6833, Meeting ID: 842 7893 3956

**Alzheimer's & Dementia Support Group** – Thurs afternoon  
For caregivers of loved ones with dementia.

2<sup>nd</sup> and 4<sup>th</sup> Thursdays

1 – 2:30 p.m.

<https://us02web.zoom.us/j/89345155279>

Dial-in + 1 346 248 7799, Meeting ID: 893 4515 5279

**Caring for Parents Support Group** – Saturday morning  
For caregivers who care for their parents.

1<sup>st</sup> and 3<sup>rd</sup> Saturdays

10 – 11:30 a.m.

<https://us02web.zoom.us/j/87937394109>

Dial-in +1 (669) 900-6833, Meeting ID: 879 3739 4109

**Caring for Parents Support Group** – Saturday afternoon  
For caregivers who care for their parents.

1<sup>st</sup> and 3<sup>rd</sup> Saturdays

3 – 4:30 p.m.

<https://us02web.zoom.us/j/85791330156>

Dial-in +1 (346) 248-7799, Meeting ID: 857 9133 0156

**Finding Meaning and Hope Alumni Group**  
For those who have taken the *Finding Meaning and Hope* video series.

2<sup>nd</sup> and 4<sup>th</sup> Fridays

2:30 – 4 p.m.

<https://us02web.zoom.us/j/89778431652>

Dial-in +1 (346) 248-7799, Meeting ID: 897 7843 1652

**General Caregiver Support Group**  
Open to all family caregivers regardless of loved one's condition.

2<sup>nd</sup> and 4<sup>th</sup> Tuesdays

10 – 11:30 a.m.

<https://us02web.zoom.us/j/89049902533>

Dial-in +1 (669) 900-6833, Meeting ID: 890 4990 2533

**Grief Support Group**  
For caregivers suffering the loss of their loved one.  
Please call before attending for the first time.

1<sup>st</sup> and 3<sup>rd</sup> Fridays

10 – 11:30 a.m.

Please call (602) 274-5022 for the link.

**LGBTQ+ Caregiver Support Group**  
For caregivers identifying as LGBTQ+.

1<sup>st</sup> and 3<sup>rd</sup> Thursdays

1:30 – 3 p.m.

<https://us02web.zoom.us/j/82549644684>

Dial-in +1 346-248-7799, Meeting ID: 825 4964 4684

**Parkinson's Support Group**  
For caregivers of loved ones with Parkinson's.

3<sup>rd</sup> Monday of each month

1:30 – 3 p.m.

<https://us02web.zoom.us/j/86026906017>

Dial-in +1 (346) 248-7799, Meeting ID: 860 2690 6017

\*See listing of in-person support groups on the next page/back side.