

SUPPORT GROUPS

Support groups offer the opportunity to connect with others in similar circumstances. Guided by dementia experts, our groups often have a specific focus to ensure you find a group to best meets your needs. Join the discussion to seek or share advice or strategies, learn, connect or just listen. For convenience, most groups are currently offered online via Zoom.

Please contact BAIFCS@BannerHealth.com or 602-839-6918 for Zoom link or location information.

Adult Child Support Group

Last Tuesday, 5:15-6:45pm

Who: Adult children caring for parents with dementia

Guide: Gerrie Jakobs, LCSW

Tuesday Caregiver Support Group

First Tuesday, 1-2pm

Who: Care partners of persons with dementia

Guide: Carrie Langford, LCSW

Wednesday Caregiver Support Group

First Wednesday, 1-2pm

Who: Care partners of persons with dementia

Guide: Michelle Faddoul, LCSW

Memory & Movement Disorders Support Group

Third Thursday, 10:45-11:30am

Who: Care partners of persons with memory or movement disorders at BAI Tucson

Guide: Michelle Faddoul, LCSW

Coffee Talk for People with Parkinson's and Care Partners Group

Each Friday, 10-11am

Available virtually the 1st and 3rd Fridays and in person at BSHRI the 2nd and 4th Fridays.

Who: Persons living with Parkinson's and their care partners

Guide: Tessa Sweepe, LCSW

Early-Stage Memory Loss & MCI Support Group

Fourth Friday, 1-2:30pm

Who: Persons living with memory loss and their care partners

Guide: Barbara Johnson, LCSW

Just Me Early Stage Support Group

Second Friday, 1-2:30pm

Who: Persons living with MCI or early stage

Guides: Barbara Johnson, LCSW

Frontotemporal (FTD) Dementia Support Group

Second Tuesday, 12:30-2pm

Who: Care partners of persons with FTD, Primary Progressive Aphasia or strokes in the frontal lobe

Guides: Michele Grigaitis-Reyes, DNP & Maribeth Gallagher, DNP

Lewy Body (LBD) Dementia Support Group

First Friday, 12:30-2pm

Who: Care partners of persons with LBD or Parkinson's dementia

Guides: Megan Cox, LMSW & Melissa Cardenas, FNP-C

Men Who Care Support Group

First Wednesday, 7:30-9am

Who: Male care partners of persons with dementia

Guide: Chase Wernecke, BS

Native American Circle Group

Second Thursday, 10-10:30am

Who: Indigenous care partners of persons with dementia

Guides: Nicole Lomay, BIS & Heather Mulder, BS

Un Descancito Grupo

Last Friday, 9-10:00am

Available in person at Casa Primavera

1617 N 45th Ave, Phoenix, AZ 85035

Who: Spanish speaking caregivers of persons with dementia

Guides: Christina Diaz and Stephanie Brown, LMSW

"I would suggest finding a support group, whether they meet virtually or in-person. Being connected to others who are walking a similar journey is so valuable. Though you may have many friendships, having someone who understands the daily challenges of caring for someone with dementia can be extremely helpful. Others may be able to share ideas and tips on practical ways to cope with everyday challenges. You will find yourselves building each other up and encouraging one another to keep going."

- Family Caregiver



Dementia Friendly Arizona

Changing people's perceptions of dementia by transforming how we think, talk and act about the disease, Dementia Friendly Arizona is leading

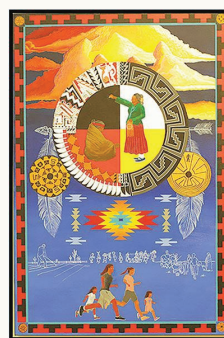
the charge to create communities that are supportive of people living with dementia. Contact us to learn more about how your community can join many others in making Arizona dementia friendly!

BannerHealth.com/DementiaFriends

Native American Outreach Program

Our Native American Outreach Program fosters awareness, care and scientific understanding of Alzheimer's/dementia in tribal communities through education and outreach activities, and prides itself in understanding and responding to needs within urban and rural lands.

BannerHealth.com/AlzNativeAmerican



Family and Community Services

2024 Education, Support and Life Engagement Programs

These programs are made possible by the generous support of the Banner Alzheimer's Foundation



Our mission includes setting a new standard of care that provides help and hope for families living with memory and movement disorders. Our Family and Community Services team is committed to offering programs to help people, families and communities live well through disease progression.

Our locations:

Banner Alzheimer's Institutes (BAI)

Stead Family Memory Center

- 901 E. Willetta St., Phoenix 85006
- Email: BAIFCS@BannerHealth.com
- Clinic 602-839-6900 Events 602-839-6850

Toole Family Memory Center & J. Orin Edson Family Lewy Body Dementia Center

- 2626 E. River Rd., Tucson 85718
- Email: BAITucson@BannerHealth.com
- Clinic 520-694-7021

Banner Sun Health Research Institute (BSHRI) Cleo Roberts Center

- 10515 W. Santa Fe Dr., Sun City 85351
- Email: BannerResearch@BannerHealth.com
- Clinic 623-832-6530 Events 623-832-3248

For Event Information or Registration:

BannerHealth.com/Calendar

keyword search: **BannerAlz** or call 602-230-2273 (CARE)

Beacon Newsletter

Want news and information you can use? Our monthly newsletter comes straight to your inbox filled with caregiving tips, the latest research and other relevant topics. Visit BannerHealth.com/AlzBeacon to sign up. If you are interested in sharing your caregiver journey and want to be featured in the Caregiver Corner column, please email BannerResearch@BannerHealth.com.

Speaker's Bureau

Want to learn about a particular topic? We have programs on Alzheimer's disease, Parkinson's disease, clinical trials, prevention research, caregiver strategies and wellness. Request a speaker on our website at BannerHealth.com/ResearchSpeakersBureau.

Support Line

We offer a Support Line for current patients and families to call when looking for information, advice, and support. This allows you to speak with a team member ready to answer your questions, provide valuable resources or simply listen. Please contact the clinic where you receive care to learn more.

