

December 2025

West Valley Memory Resources

A QUICK REFERENCE GUIDE TO ONLINE AND CALL-IN CLASSES, SUPPORT GROUPS AND RESOURCES



Date	Time	Class Topic	Registration
Tues., Dec. 2	10 - 11:30 a.m.	Dementia Friends Champion Training (Virtual)	Call to Register (602) 230-CARE or online: weblink.bannerhealth.com/weblink/#!/classes/info/MIH00759
Wed., Dec. 3 & Wed., Dec. 17	3 - 4 p.m.	Dementia Caregiver Support Group (In-person: Grandview Terrace Health & Rehabilitation Center)	Visit SunHealthWellness.org/classes or call (623) 471-9355 for more information.
Thurs., Dec. 4	1 - 2 p.m.	Grief Loss & Caregiving (AD & PD) (Virtual)	Call to Register (602) 230-CARE or online: bannerhealth.com/calendar/event-detail?id=MIH008DV&sessionId=MIH008I9
Thurs., Dec. 11	1 - 2 p.m.	Arizona Long Term Care System (ALTCS) in a Nutshell (In-person: Benevilla Education Center)	Visit Benevilla.org/education-workshops-2025 or call (623) 584-4999 to register
Thurs., Dec. 11	1 - 2 p.m.	NEW Home Safety: Using Curiosity & Strategies for Comfort & Success (Virtual)	Call to Register (602) 230-CARE or online: bannerhealth.com/calendar/event-detail?id=MIH008YB&sessionId=MIH008YB
Fri., Dec. 12	11 a.m. - 12:30 p.m.	Releasing Pain & Stress with Mind & Movement (In-person: Benevilla Main Campus)	Visit Benevilla.org/education-workshops-2025 or call (623) 584-4999 to register
Mon., Dec. 15	2 - 3 p.m.	Care for the Caregiver (In-person: Crown of Life Lutheran Church)	Visit SunHealthWellness.org/classes or call (623) 471-9355 for more information.
Tues., Dec. 16	10:30 a.m. - Noon	BSHRI Brain and Body Tour (In-person: Banner Sun Health Research Institute in Sun City)	Call to Register (602) 230-CARE or online: bannerhealth.com/calendar/event-detail?id=MIH002VE&sessionId=MIH0040V
Wed., Dec. 17	11 a.m. - Noon	Understanding Dementia (In-person: Avondale Senior Center)	Visit SunHealthWellness.org/classes or call (623) 471-9355 for more information.
Thurs., Dec. 18	5 - 6 p.m.	Planning Ahead for Medical, Legal & Financial Decisions (Virtual)	Call to Register (602) 230-CARE or online: bannerhealth.com/calendar?keyword=BannerAlz-+Planning+Ahead

Sun Health Memory Care Navigator provides personal and professional guidance for those living with memory loss, family members and caregivers coping with the emotional, psychological and physical effects of dementia. The program is offered at no charge thanks to the generous funding of Sun Health Foundation. Call (623) 471-9355 to schedule a free consultation.

Sun Health Support Groups

For more information, contact Sun Health Wellness at (623) 471-9355.

- **Dementia Caregiver Support Group:** Meets every 1st and 3rd Wednesday from 3 – 4 p.m. at Grandview Terrace Health & Rehabilitation Center's Community Education Room, 14505 W. Granite Valley Drive, Sun City West, 85375. Registration not required.
- **Parkinson's Disease Support Group:** Meets every 3rd Wednesday beginning 1 p.m. at The Colonnade, 19116 N. Colonnade Way, Surprise, 85374. Registration not required.

Benevilla Support Groups

For more information, contact Benevilla at (623) 526-4404, email SupportGroups@Benevilla.org, or visit benevilla.org/caregiver-support-groups

- **Dementia Caregiver Support (Caregivers of loved ones with various diagnoses that have caused memory loss):** Meets in-person every Tuesday from 9:30 – 11 a.m. at Benevilla Bovard Building, 14601 N. Del Webb Blvd., Sun City, 85351.
- **Life During Loss (Helping caregivers navigate the grieving process due to a recent or expected loss of a loved one):** Meets in-person every Wednesday from 9:30 – 11 a.m. at Benevilla Bovard Building, 14601 N. Del Webb Blvd., Sun City, 85351.
- **Rebuilding Life After Loss (For Those whose caregiver journey has ended and are looking for support in the next phase of their life):** Meets in-person every Wednesday from 11:15 a.m. – 12:15 p.m. at Benevilla Bovard Building, 14601 N. Del Webb Blvd., Sun City, 85351.
- **General Caregivers Support (Caregivers of loved ones with various diagnoses who want to connect with other caregivers for support):** Meets in-person every Thursday from 9:30 – 11 a.m. at Benevilla Bovard Building, 14601 N. Del Webb Blvd., Sun City, 85351.

Banner Alzheimer's Support Groups

For more information, call (602) 839-6850 or email baifcs@BannerHealth.com. We have set up each monthly support group virtually and with a call-in number, so that you can join at the regularly scheduled date and time.

- **ADULT CHILD (Adult Children/Caregivers Only):** Meets 3rd Tuesday from 5:15 – 6:45 p.m.
- **EARLY STAGE MEMORY LOSS AND MCI (Caregivers & Patients):** Meets 3rd Friday from 1 – 2:30 p.m.
- **Family Connections/Conexiones Familiares (Spanish-Speaking Caregivers for Dementia Only):** Meets 2nd Monday from 5 – 6 p.m.
- **FIRST WEDNESDAY CAREGIVER SUPPORT (Caregivers for Dementia Only):** Meets 1st Wednesday from 1 – 2 p.m.
- **FRONTOTEMPORAL (FTD) (Caregivers Only):** Meets 2nd Tuesday from 12:30 – 2 p.m.
- **JUST ME: EARLY STAGE & MCI (Persons with Early Stage-MCI Only):** Meets 2nd Friday from 1 – 2:30 p.m.
- **LEWY BODY (LBD) (Caregivers Only):** Meets 1st Friday from 12:30 – 2 p.m.
- **MEN WHO CARE (Male Caregivers for Dementia Only):** Meets 1st Wednesday from 7:30 – 9 a.m.
- **Native American Caregiver Circle Group (Caregivers/ NA Community Professionals):** Meets 2nd Thursday from 10 – 10:30 a.m.

Banner Sun Health Research Institute Support Groups

For more information, call (602) 839-6850 or email baifcs@BannerHealth.com. We have set up each monthly support group virtually and with a call-in number, so that you can join at the regularly scheduled date and time.

- **COFFEE TALK (Caregivers and Persons with Parkinson's Disease):** Meets in-person every 2nd Friday from 10 – 11 a.m. at the Unitarian Universalist Social Hall, 17540 N. Avenue of the Arts, Surprise, 85378. Meets virtually every 4th Friday from 10 – 11 a.m. Contact Stephanie.Brown6@BannerHealth.com or call (623) 832-6175 to register.
- **THIRD TUESDAY CAREGIVER SUPPORT (Caregivers Only):** Meets 3rd Tuesday from 1 – 2 p.m.