

June 2026

# West Valley Memory Resources

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



Date	Time	Class Topic	Registration
Wed., June 3	3 - 4 p.m.	Dementia Caregiver Support Group (In-person: Grandview Terrace Health & Rehabilitation)	Visit <a href="https://SunHealthWellness.org/Classes">SunHealthWellness.org/Classes</a> or call (623) 471-9355 for more information
Thurs., June 4	10 - 11 a.m.	Defining Dementia: Progression, Treatment & Strategies (Virtual)	Call to Register (602) 230-CARE or online: <a href="https://weblink.bannerhealth.com/weblink/#!/classes/info/KOH0006R">weblink.bannerhealth.com/weblink/#!/classes/info/KOH0006R</a>
Thurs., June 4	11:30 a.m.	Stronger Together: Dementia & Brain Health (In-person: Benevilla Main Campus)	Visit <a href="https://Benevilla.org/workshops">Benevilla.org/workshops</a> or call (623) 584-4999.
Mon., June 8	10 - 11:15 a.m.	Caring Connections (In-person: The Colonnade, a Sun Health Community)	Visit <a href="https://SunHealthWellness.org/Classes">SunHealthWellness.org/Classes</a> or call (623) 471-9355 for more information
Thurs., June 11	9 a.m. - Noon	Caregiver Connect: Aging Well (In-person: Sun City Christian Church)	Visit <a href="https://Benevilla.org/workshops">Benevilla.org/workshops</a> or call (623) 584-4999.
Thurs., June 11	5 - 6 p.m.	Residential Care: When Moving Becomes the Best Option (Virtual)	Call to Register (602) 230-CARE or online: <a href="https://bannerhealth.com/calendar/event-detail?id=MIH00A3L&amp;sessionId=MIH00A3L">bannerhealth.com/calendar/event-detail?id=MIH00A3L&amp;sessionId=MIH00A3L</a>
Tues., June 16	10:30 a.m. - Noon	BSHRI Brain and Body Donation Program Tour (In-person: Banner Sun Health Research Institute)	Call to Register (602) 230-CARE or online: <a href="https://bannerhealth.com/calendar/event-detail?id=MIH008RS&amp;sessionId=MIH008RQ">bannerhealth.com/calendar/event-detail?id=MIH008RS&amp;sessionId=MIH008RQ</a>
Tues., June 16	11 a.m. - 12:30 p.m.	Caregiver Moments of Calm: A Painting Respite (In-person: Benevilla Education Center)	Visit <a href="https://Benevilla.org/workshops">Benevilla.org/workshops</a> or call (623) 584-4999.
Wed., June 17	3 - 4 p.m.	Dementia Caregiver Support Group (In-person: Grandview Terrace Health & Rehabilitation)	Visit <a href="https://SunHealthWellness.org/Classes">SunHealthWellness.org/Classes</a> or call (623) 471-9355 for more information
Fri., June 19	1:30 - 2:30 p.m.	The Science of Preventing Alzheimer's (In-person: Cimarron Center in The Grand)	Visit <a href="https://SunHealthWellness.org/Classes">SunHealthWellness.org/Classes</a> or call (623) 471-9355 for more information
Tues., June 23	10 - 11:30 a.m.	Memory Café (In-person: Salvation Army in Surprise)	Call for more information: (623) 832-6637.
Tues., June 23	10 - 11:30 a.m.	Senior Living Decision Made Simple: Finding the Right Place, Time, and Fit (In-person: Benevilla Education Center)	Visit <a href="https://Benevilla.org/workshops">Benevilla.org/workshops</a> or call (623) 584-4999.
Thurs., June 25	11 a.m. - 12:30 p.m.	Find Your Rhythm: Drumming Sounds Caregiver Support (In-person: Benevilla Education Center)	Visit <a href="https://Benevilla.org/workshops">Benevilla.org/workshops</a> or call (623) 584-4999 to register.
Thurs., June 25	10 - 11:15 a.m.	Caring Connections (In-person: St. Clare of Assisi Catholic Church)	Visit <a href="https://SunHealthWellness.org/Classes">SunHealthWellness.org/Classes</a> or call (623) 471-9355 for more information
Tues., June 30	9 - 10:30 a.m.	Senior Estate Planning with Lihn Law (In-person: Benevilla Education Center)	Visit <a href="https://Benevilla.org/workshops">Benevilla.org/workshops</a> or call (623) 584-4999 to register.

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.

- **Caring Connections (Couples where one has mild cognitive impairment/early-stage dementia):** Registration not required.
  - Meets 2nd Monday from 10 - 11:15 a.m. at The Colonnade's Trevi Room, 19116 N. Colonnade Way, Surprise, 85374.
  - Meets 4th Thursday from 10 - 11:15 a.m. at St. Clare of Assisi Catholic Church's The Cafe, 17111 W. Bell Rd., Surprise, 85374.
- **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.

## Benevella Support Groups

For more information, contact Benevella at (623) 526-4404, email [SupportGroups@Benevella.org](mailto:SupportGroups@Benevella.org), or visit [benevella.org/caregiver-support-groups](http://benevella.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 Benevella 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 Benevella 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 Benevella 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 Benevella Bovard Building, 14601 N. Del Webb Blvd., Sun City, 85351.

## City of Surprise Support Groups

- **Memory Café:** Meets in-person 4th Tuesday from 10 - 11:30 a.m. at the Salvation Army, 17420 N. Avenue of the Arts, Surprise, 85378. Contact (623) 832-6637 or [BannerResearch@BannerHealth.com](mailto:BannerResearch@BannerHealth.com) to register.

## Banner Alzheimer's Support Groups

For more information, call (602) 839-6850 or email [baifcs@BannerHealth.com](mailto: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 Last Tuesday from 5:15 - 6:45 p.m.
- **EARLY STAGE MEMORY LOSS AND MCI (Caregivers & Patients):** Meets 4th 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 Noon - 1 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](mailto: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 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](mailto: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.