

## **Local Support Group Meetings**

### **Addiction Recovery Meeting**

**When/Time:** Tuesday, 6:00 pm

**Location:** The Church of Jesus Christ of Latter-Day Saints, 640 West Patton Street, St. David

**Phone:** 520-221-0605 or 520-221-0601

For men and women who struggle with addiction.

### **ALOHA Adult Hearing Loss Support Group (ALOHA)**

**When/Time:** 2<sup>nd</sup> Monday of the Month (October thru May), 11:00 am – 12:00 pm

**Location:** "Thrive" - Medical Office, Bldg. #2, 5750 E. Hwy 90, Ste. 180, Sierra Vista

**Phone:** 520-263-3293

For adults experiencing mild, moderate, severe or profound loss of hearing and their partners.

### **Al-Anon - New Way of Living AFG**

**When/Time:** Meets each Monday at 6:00 pm – 7:00 pm

**Location:** "Thrive" - Medical Office, Bldg. #2, 5750 E. Hwy 90, Ste. 180, Sierra Vista

**Phone:** (520) 263-3293

Al-Anon Family Groups - Strength and hope for friends and families of problem drinkers

### **Al-Anon of Southern Arizona**

**Website:** <http://www.al-anon-southernaz.org/>

To find an Al-Anon or Alateen meeting near you, please visit the website.

**Phone:** 520-323-2229

### **Alateen – Sierra Vista Alateen Now**

**When/Time:** Every Wednesday from 6:00 pm - 7:00 pm

**Location:** Serenity Club, 5049 S. Highway 92, Sierra Vista

**Contact:** [ruandadolak@gmail.com](mailto:ruandadolak@gmail.com)

Pizza Night, 2<sup>nd</sup> Wednesday at 5:30 in the back room. For ages 8 – 18

### **Alcoholics Anonymous & Narcotic Anonymous Meetings – Verhelst Recovery House**

Sunday: 7:00 – 8:00 pm, A.A. Meeting

Monday: 7:00 – 8:00 pm, A.A. 12 x 12 Meeting

Tuesday: 7:00 – 8:00 pm, N.A. Meeting

Wednesday: 7:00 – 8:00 pm, A.A. Meeting

Thursday: 7:00 – 8:00 pm, N.A. Meeting

Friday: 7:00 – 8:00 pm, A.A. Big Book Meeting

Saturday: 7:00 – 8:00 pm, N.A. Meeting

**Location:** Verhelst Recovery House, 936 Tovreaville Road, Bisbee, Arizona 85603

**Website:** <http://verhelstrecoveryhouse.org/index.php/meetings>

**Phone:** 520-432-3764

Available to any member of the community

### **Alcoholics Anonymous Cochise County District**

**Website:** <http://aa-cochisecounty.org/>

For a list of AA meetings near you, please visit the website listed above and click on “Meeting Schedule”.

**Phone:** 520-459-0031      **Toll Free:** 866-780-9758

**Description:** Provides 12-step support group and fellowship for men and women who are attempting to maintain sobriety through the sharing of experience, strength, and hope. Answering service provides information on meetings in Benson, Bisbee, Douglas, Dragoon, Huachuca City, Sierra Vista, Tombstone, and Willcox.

### **Alzheimer’s Caregiver Support Group**

#### **Alzheimer’s Association Desert Southwest Chapter**

**When/Time:** 4<sup>th</sup> Thursday of every month, 10:30 am – 12:00 am

**Location:** Sierra Vista Library, 2600 E. Tacoma Street, Sierra Vista

**Phone:** 520-322-6601

*It is strongly suggested that you call prior to attending your first support group meeting*

**When/Time:** 2<sup>nd</sup> Thursday of every month, 10:00 am – 11:30 am

**Location:** SEAHEC, 1171 W. Target Range Road, Nogales

**Phone:** 520-322-6601

**Website:** [www.alz.org/dsw](http://www.alz.org/dsw)

**Support Groups** create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems. It is strongly suggested that you call prior to attending your first support group meeting.

### **Babywearing Support Group**

**When/Time:** Meets on the 3<sup>rd</sup> Saturday, 10:00 am – 12:00 pm

**Location:** “Thrive” - Medical Office, Bldg. #2, 5750 E. Hwy 90, Ste. 180, Sierra Vista

**Phone:** 520-263-3293

Just like any skill there is a learning curve with babywearing. While a caregiver certainly could learn that skill independently it is much easier to learn from someone who is already skilled in that field. Babywearing Support Group’s mission is to promote babywearing as a universally accepted practice, with benefits for both child and caregiver, through education and support. All meetings are led by Volunteer Babywearing Educators (VBEs) with extensive knowledge of different types of baby carriers and babywearing safety.

### **Bereavement Support**

**When/Time:** Meets every Monday at 4:00 pm

**Location:** CVMC-Lenio Bldg., 210 El Camino Real, Sierra Vista

**Phone:** 520-263-3405

The Bereavement Support is a six-week course for anyone who has experienced the death of a loved one. You can meet in a safe place with others who understand how you are feeling and who are experiencing the same phases of grief. It is a place where everyone can share their stories of their loved one. This support group also helps to support people on their path of acceptance and balanced life.

### **Better Breathers Club**

**When/Time:** Meets on the 4<sup>th</sup> Thursday, 2:30 pm – 3:30 pm

**Location:** “Thrive” - Medical Office, Bldg. #2, 5750 E. Hwy 90, Ste. 180, Sierra Vista

**Phone:** 520-263-3293

Join this welcoming support group for patients and caregivers affected by chronic lung diseases including COPD, pulmonary fibrosis and lung cancer. Learn better ways to better cope with lung disease while getting the support of others in similar situations

### **Cancer Support Group**

**When/Time:** 2<sup>nd</sup> Thursday of each month, 12:00 Noon

**Location:** Cochise Oncology in partnership with American Cancer Society, 5151 E. Highway 90, Sierra Vista

**Phone:** 520-803-6644

**Website:** <http://www.cochiseoncology.com/patient-services/>

### **Celebrate Recovery**

**When/Time:** every Friday from 6:00 pm – 8:30 pm

**Location:** Shiloh Christian Ministries, Room 20B, 1519 Avenida del Sol, Sierra Vista

**Phone:** 520-459-2828

*Celebrate Recovery:* is a faith-based group to help those who struggle with life issues such as hurts, habits and hang-ups. CR includes a fellowship meal, praise and worship, lesson and/or testimony, and a small group break out session according to gender.

### **Dementia Café**

**When/Time:** Last Monday of every month, 12:00 pm - 2:00 pm (including all public holidays except for Christmas Day.)

**Location:** Faith Presbyterian Church, 2053 E. Choctaw Drive, Sierra Vista

**Phone:** 520-378-9400 or Frena Gray-Davidson @ 520-432-3203

**Description of Meeting/Coalition:** All caregivers of people with dementia are welcome and are invited to also bring the person cared for, plus any other caregiver of any kind of health condition might also enjoy joining our monthly **Potluck Dementia Cafe**. Everyone who wants to come is welcome. Caregivers need food and each other -- we try to make that happen.

### **Domestic Violence Education & Support Group**

**When/Time:** Every Thursday, 5:30 pm – 6:30 pm

**Location:** Catholic Community Services of Southern Arizona, 6049 E. Highway 92, Sierra Vista

**Phone:** 520-508-3544 (information and registration)

Are you a victim or survivor of domestic violence? Have you been impacted by domestic violence? This is a free, closed and confidential support group where you can reflect, connect and celebrate your strengths. Childcare is not available.

### **Family to Family Support Group**

**When/Time:** Every other Thursday, 6:00 pm – 8:00 pm

**Location:** Grace United Methodist Church, 715 E. 11 Street, Douglas

**Phone:** 520-678-4958 (Virginia Garcia Moses) / [garciamoses@outlook.com](mailto:garciamoses@outlook.com)

Do you have a family member who has a substance abuse disorder? Please join us to talk about our loved one and how we can support each other in our community.

### **Help with Medicare**

**When/Time:** 1<sup>st</sup> & 3<sup>rd</sup> Tuesday each month, 10:00 am – 3:00 [,

**Location:** "Thrive" - Medical Office, Bldg. #2, 5750 E. Hwy 90, Ste. 180, Sierra Vista

**Phone:** 520-263-3293

A topic of major concern to all Americans is the cost of healthcare. Federally funded programs like Medicare and Medicaid seem complex and uncertain to many people. It's important to understand the role of these

government sponsored programs as you investigate other funding strategies that are available to help you meet your future medical expenses.

### **Homicide Survivors Support Group**

**When/Time:** 2<sup>nd</sup> Thursday of the month, 6:30 pm – 8:30 pm

**Location:** Sierra Vista Police Department, Training Room, 911 N. Coronado Drive, Sierra Vista

**Phone:** 520-977-3870 (Sue Dupee) / [azemcnc@gmail.com](mailto:azemcnc@gmail.com)

**Description of Meeting/Coalition:** The emotions experienced after homicides are unique and something that is only fully understood by other survivors. At our support groups, you are able to sit and talk with other survivors about their reactions, without fear of judgment or you can just take the time to listen.

### **Kidney Smart Support Group**

**When/Time:** 2<sup>nd</sup> Thursday each month, 2:00 pm

**Location:** “Thrive” - Medical Office, Bldg. #2, 5750 E. Hwy 90, Ste. 180, Sierra Vista

**Phone:** 520-263-3293

A free support group hosted by Thrive and DaVita Sierra Vista striving to help people with Stage 3, 4, and 5 chronic kidney disease (CKD) to stay healthy by learning how to keep a health diary, set goals for their health, and organize their lab values and medications.

### **La Leche League**

**When/Time:** 1<sup>st</sup> Saturday each month at 10:00 am - 12:00 pm

**Location:** “Thrive” - Medical Office, Bldg. #2, 5750 E. Hwy 90, Ste. 190, Sierra Vista

**Phone:** 520-263-3293

La Leche League USA helps parents, families, and communities to breastfeed, chest feed, and human milk feed their babies through parent-to-parent support. LLL USA encourages, informs, educates, supports, and promotes the use of human milk and the intimate relationship and development that comes from nursing a child for as long as mutually desired

### **Loved Ones Incarcerated Support Group**

**When/Time:** 2<sup>nd</sup> Thursday of each month, 5:00 pm

**Location:** St. Andrews Parish Center, 800 Taylor Drive, Sierra Vista

**Phone:** 520-255-8710 (Fred Otto)

Do you have a loved one in jail or in prison or on probation or on parole? LOI Support Groups help families and loved ones face the issues of incarceration. Maybe you have a loved one coming home and you want to help make the transition. We can assist you. All are welcome.

### **Low Vision Support Group**

**When/Time:** Meets every Tuesday, 10:00 am – 11:15 am

**Location:** Oscar Yrun Community Center, 3020 E. Tacoma Street, Sierra Vista

**Phone:** 520-458-6441 (Bill Hall)

Provides assistance to people who have suffered vision loss, providing information about technology and services that are often free.

### **Mental Health Support Group**

**When/Time:** 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of each month, 4:00 pm – 5:30 pm

**Location:** Livia's Coffee, 2480 E. Wilcox Drive, Sierra Vista

**Contact:** 520-378-1679 / Brenda / [fineinsv@gmail.com](mailto:fineinsv@gmail.com)

Peer led mental health support group for those dealing with depression, bi-polar, PTSD, anxiety, etc. A place to be heard, give and receive encouragement, and share wellness strategies. May grow to bi-monthly meeting.

### **Mommy to Mommy Breast Feeding Support Group**

**When/Time:** Every Monday from 9:15 am – 10:30 am

**Location:** “Thrive” - Medical Office, Bldg. #2, 5750 E. Hwy 90, Ste. 180, Sierra Vista

**Phone:** 520-263-3293

New mothers benefit from the network of friends and discussion topics presented at our breastfeeding support groups. These support groups are held weekly and are facilitated by one of our lactation experts. During the meetings you can share experiences with other mothers and discuss specific topics of interest. Children are welcome.

### **NAMI Family Support Group/Peer Support Group**

**When/Time:** every Thursday from 5:30 pm – 7:00 pm

**Location:** 4755 Campus Drive, Sierra Vista

**Phone:** 520-459-3228

A support group for family members/loved ones of someone living with a mental illness.

### **Narcotics Anonymous Meetings**

**Website:** <http://natucson.org/meetinglist.php>

For a list of NA meetings near you, please visit the website listed above and click on “NA Meetings”, and to search enter zip code.

- New Narcotics Anonymous (NA) group meets every Sunday at 7:00 pm at St. John’s Episcopal Church, 19 Sowles Ave., in Old Bisbee.

### **Overeaters Anonymous**

Overeaters Anonymous is a 12-Step program to aid all to recover, one day at a time, from compulsive issues with food or food behaviors.

- **Location:** YWCA Howell Avenue, **Old Bisbee**  
**When:** Wednesday, from 5:00 pm – 6:00 pm (varied format)  
**Contact:** Lynda, 520-432-5126
- **Location:** Church of Christ in Village Meadows, Rm #1, 815 El Camino Real, **Sierra Vista**  
**When:** Monday & Thursday, from 6:30 pm – 7:30 pm, Sat. from 11:00 am – 12:00 pm  
**Contact:** Marilyn, 520-417-1645
- **Location:** United Methodist Church, 487 McKeown Avenue, **Patagonia**  
**When:** Tuesday, from 6:30 pm – 7:30 pm (varied format)  
Thursday, from 6:30 pm – 7:30 pm, (Big Book Study)  
**Contact:** Adrienne H., 520-404-3490

### **Parents of Addicted Loved Ones (PAL)**

**When/Time:** 1<sup>st</sup> & 3<sup>rd</sup> Monday of each month (excluding holidays), 6:00 pm – 7:30 pm

**Location:** Calvary Chapel, Building B, 1155 E. Wilcox Drive, Sierra Vista

**Phone:** 520-559-1350 / [svazreb@aol.com](mailto:svazreb@aol.com)

**Website:** [www.palgroup.org](http://www.palgroup.org)

PAL provides **education** and **support** for parents who have an adult child over the age of 18 with an addiction to drugs or alcohol. PAL is also for those who have a spouse with an addiction. PAL offers hope to parents or spouses who feel hopeless in dealing with their addicted loved one. PAL is not a 12-step program. Participants must be 18 or older.

### **Parkinson's Coffee Talk**

**When/Time:** Second Thursday, 10:30am – Noon

**Location:** Douglas Public Library – Conference Room, 560 E 10<sup>th</sup> St., Douglas

**Phone:** 520-364-7270 (Vicky Paun)

### **Parkinson's Exercise Group**

**When/Time:** Classes will be each Monday and Friday as follows:

8:30 am - Strength class – lifting weights using dumbbells and ankle weights

9:45 am – Back/Abs class for people with back problems, who need to strengthen their core (back & abdominal muscles)

2:30 pm – class for people with Parkinson's (PWP) and their caregivers

3:40 pm – another Back/Abs class

4:15 pm – another Strength class

**Location:** United Methodist Church, 3225 St. Andrews Drive, Sierra Vista

**Phone:** 520-378-3765 (Nancy Buttke)

### **Parkinson's Support Group of Bisbee, APDA**

**When/Time:** Meets the last Thursday of the month, 11:00 am – 12:00 pm

**Location:** Freeport McMoran Copper & Gold Conference Room Copper Queen Plaza, Bisbee

**Phone:** 520-432-6948 (Steve Arndt) / [srarndt@aol.com](mailto:srarndt@aol.com)

Whether you are coping with Parkinson's Disease, have just recently been diagnosed with PD and/or are caring for someone with PD, support, answers, and resources are available through our approved Parkinson's Disease Support Groups.

### **Parkinson's Support Group of Sierra Vista**

**When/Time:** Meets the 3<sup>rd</sup> Tuesday of the month, 1:15 pm – 3:00 pm (except for June, July, August & December)

**Location:** Sierra Vista United Methodist Church, Serenity Room in Activity Center, 3225 St. Andrews Drive, Sierra Vista

**Phone:** 520-678-8309 (Carol) / [brede@theriver.com](mailto:brede@theriver.com)

Whether you are coping with Parkinson's Disease, have just recently been diagnosed with PD and/or are caring for someone with PD, support, answers, and resources are available through our approved Parkinson's Disease Support Groups.

### **PFLAG Meeting**

**When/Time:** Meets the 1st Wednesday of each month, 6:30 pm

**Location:** Unitarian Universalist Church Office, 4533 N. Commerce Drive, Sierra Vista

**Website:** <https://www.pflagsierravista.org/>

The Sierra Vista chapter of PFLAG (the national organization for parents, families, allies, and LGBTQ people united for equality).

PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons and their families and friends through:

- Support of personal growth of participants;
- Education through our monthly meetings, programs, community-wide events, and our website;
- Advocacy of equal rights for the entire PFLAG community.

PFLAG provides opportunity to dialogue about sexual orientation and gender identity and acts to create a society that is healthy and respectful of human diversity.

**Stroke & Brain Injury Support Group**

**When/Time:** Meets the 4<sup>th</sup> Wednesday of the month (Jan-Oct), 4:00 pm – 5:00 pm and 3<sup>rd</sup> Wednesday of the month (Nov-Dec), 4:00 pm – 5:00 pm

**Location:** “Thrive” - Medical Office, Bldg. #2, 5750 E. Hwy 90, Ste. 180, Sierra Vista

**Phone:** 520-263-3293

Canyon Vista Medical Center’s Stroke Support Group offers survivors, their family members, friends, and caregivers an environment of support and education. The group meets monthly to hear from guest speakers, share experiences and offer emotional support, fellowship, and to inspire hope along the journey to recovery. We offer encouragement for survivors and caregivers by providing a place to meet, resources, and an opportunity to share with people in similar situations. We discuss problems, concerns, and achievements facing survivors and caregivers as they learn to adapt to their condition, body changes, and lifestyle.

**Take Off Pounds Sensibly (TOPS)**

**When/Time:** Meets weekly on Fridays, 9:00 am

**Location:** First Southern Baptist Church, 500 Arizona Street in Warren

**Phone:** 520-234-8676.

TOPS is a non-profit weight-loss support group, All are welcome!

**Website:** <https://www.tops.org/tops/TOPS/FindAMeeting.aspx>

**Us TOO Prostate Support Group**

**When/Time:** 2nd Thursday of each month at 12:00 Noon

**Location:** Cochise Oncology, 5151 E. Hwy 90, Sierra Vista

**Phone:** 520-803-6644

Cochise Oncology in partnership with the American Cancer Society hosts a monthly support group which offers information and assistance to men undergoing treatment for prostate cancer, and survivors.

**Widowed Support Center (Fort Huachuca)**

**When/Time:** open Monday - Friday, 10:00 am – 2:00 pm

**Location:** The Widowed Support Center

**Phone:** 520-533-2366