



Are you caring for a family member or loved one?

If so, Duet's family caregiver support groups can help!

No one should have to undertake the caregiving journey alone. To support caregivers in this important task, Duet offers many caregiver support groups throughout the Phoenix metro area. As a support group attendee, you will have the opportunity to:

- Connect with other caregivers in a safe, supportive, and encouraging environment.
 - Share openly with other group members about your caregiving experience.
 - Learn helpful tips and coping techniques.
 - Learn about community resources that can help you and your loved one.
-

Date: 2nd and 4th Thursdays of each month

Time: 3 - 5 p.m.

Location: All Saints Lutheran Church, 15649 N. 7th Street, Phoenix, AZ 85022

Cost: Free of charge

Please call (602) 274-5022 before attending a group for the first time.

Duet's mission is to promote health and well-being through vitally needed services to homebound adults, family caregivers, faith communities and grandfamilies.

Call us at (602) 274-5022 or visit www.duetaz.org to learn more!



Duet
Partners In Health & Aging

In partnership with:

