

SUPPORT GROUPS RESOURCES

IN THE QUAD CITIES

Resource Name	Organization Name	Resource Description	Resource Address	Resource Phone Number	Resource Hours of Operation
Alcohol Use Disorder Support Groups	Alcoholics Anonymous Prescott Area Intergroup	Use website to find a printable schedule or call to find meetings in Prescott, Prescott Valley, Chino Valley, Ash Fork, Humboldt, Paulden, Seligman, Skull Valley, Spring Valley, and Yarnell.	240 S Montezuma St, Suite 108, Prescott, AZ 86303	928-445-8691	Monday - Friday 10:00 AM - 4:00 PM (office hours); Meeting times vary - see website or call.
Alzheimer's Caregiver Support Groups	Alzheimer's Association	Provides a forum to share feelings, concerns, information, and a way of supporting and encouraging each other. There is no cost for attending and no commitment to come back. Groups in Chino Valley, Prescott, Prescott Valley, Northern AZ VA Health Care, as well as virtual support groups.	N/A	928-771-9257	N/A
Blind/Low Vision Caregivers Support Groups	Polara Health	For those caring for a vision-impaired loved one. Learn strategies not only for the care of loved ones but also how to take care of oneself.	505 S. Cortez Street Prescott, AZ.	928-445-5211	2nd and 4th Wednesday 1:30 PM-2:30 PM
Blind/Low Vision Support Groups	Polara Health	A safe and confidential place to share experiences living with low vision and how to navigate life with confidence and acceptance.	505 S. Cortez Street Prescott, AZ.	928-445-5211	2nd and 4th Wednesday 1:30 PM-2:30 PM
Brain Injury & Spinal Cord Injury Support Group	New Horizons Disability Empowerment Center	New Horizons Disability Empowerment Center support groups for those with brain injury or spinal cord injury.	9400 E Valley Rd, Prescott Valley, AZ 86314	928-772-1266	3rd Wednesday of the month 1:00 PM – 2:00 PM
Brain Injury Caregiver & Survivor Support Groups	Brain Injury Alliance Arizona	The Brain Injury Alliance Arizona support groups connect caregivers and survivors of brain injuries with peer support and resources. Support groups are offered virtually. See website to register for the online support groups. See website for meeting times.	5025 E. Washington St, Ste 106 Phoenix, AZ 85034	888-500-9165	Monday - Friday 9:00 AM to 5:00 PM
Diabetes Support Group	New Horizons Disability Empowerment Center	New Horizons Disability Empowerment Center support groups for people with diabetes.	9400 E Valley Rd, Prescott Valley, AZ 86314	928-772-1266	2nd Wednesday of the month 2:30 PM - 3:30 PM

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Food Addicts in Recovery Anonymous	Western Area Intergroup	Provides 12-step program for people experiencing overeating, undereating, anorexia, bulimia, bingeing, and obsession with food or body size. Meetings are virtual. Arizona: meeting via Zoom - Monday 3:00 PM MST. See website for details.	P.O. Box 475067 San Francisco, CA 94147	415-248-9347	24/7 Operation
Grief Support Groups	Grief Share	GriefShare support groups are safe, welcoming places where people understand the difficult emotions of grief. Through this 13-week group, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability - and gain solid support each step of the way.	N/A	800-395-5755	24/7 Operation
Health/Disability Related Support Groups	Mountain Valley Regional Rehabilitation Hospital	Mountain Valley Regional Rehabilitation Hospital offers education and support groups for people with amputations, arthritis, brain injuries, cognitive disorders, chronic pain, multiple sclerosis, Parkinson's, speech disorders, spinal cord injuries, and strokes.	3700 N Windsong Dr, Prescott Valley, AZ 86314	928-759-8800	24/7 Operation
Mental Health Care	Spectrum Healthcare	Spectrum Healthcare is dedicated to Mental Health Care, offering comprehensive behavioral health services for children and adults. The organization provides psychiatric assessment, medication monitoring, crisis intervention, case management, and individual and group counseling. With a focus on mental well-being, Spectrum Healthcare ensures individuals receive tailored and holistic care to address a range of mental health concerns.	990 Willow Creek Rd Prescott AZ 86301	877-634-7333	Monday - Friday 8:00 AM - 5:00 PM
Mental Health Care	Spectrum Healthcare	Spectrum Healthcare is dedicated to Mental Health Care, offering comprehensive behavioral health services for both children and adults. The organization provides psychiatric assessment, medication monitoring, crisis intervention, case management, and counseling, ensuring tailored and holistic care for various mental health concerns.	3274 Bob Drive Prescott Valley, AZ 86314	877-634-7333	Monday - Friday 8:00 AM - 5:00 PM
Mindful Meditation Classes	Polara Health	Learn a secular practice that helps to pay attention to experiences and accept them without judgment. Mindfulness is beneficial to our psychological and physical well-being.	505 S. Cortez Street Prescott, AZ.	928-445-5211	Thursdays 1:00 PM-2:00 PM

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Parkinson's Disease Support Groups	Arizona Care Management Solutions	Support Groups for people with Parkinson's Disease and their caregivers. Share, learn and review what's new with the causes, symptoms, stages and treatment of Parkinson's Disease.	100 S 6th St, Cottonwood, AZ 86326	928-300-0172	3rd Friday of the month, 3:15 PM
Resources for LGBTQ Parents Raising Children With Disabilities	Birth Injury Justice Center	LGBTQ parents across the nation are raising children with physical, emotional, and developmental disabilities. These parents often face unique hurdles when trying to access the best treatment. Fortunately, a variety of resources are available to help LGBTQ-headed families get their children the care they need. Obtain medical, financial, emotional support and dealing with possible discrimination.	1330 Boylston Street, Suite 400 Chestnut Hill, MA, 02467	855-871-2447	24/7 Operation
Senior Men's Group	Polara Health	Meet with like-minded men for friendship and shared life experience	505 S. Cortez Street Prescott, AZ.	928-445-5211	2nd and 4th Tuesday 9:30 AM - 11:00PM
Support Group for People who have Lost Someone to Suicide	Empact Survivors of Suicide Group	Support Groups for individuals who have lost a loved one to suicide.	216 E. Gurley St. Prescott, AZ 86301	480-784-1514 Otion 1219	Last Thursday of Each Month 6:00 PM - 7:30 PM First Congregational Church
Support Group for People who have Parkinson's	New Horizons Disability Empowerment Center	New Horizons Disability Empowerment Center support group for people with Parkinson's.	9400 E Valley Rd, Prescott Valley, AZ 86314	N/A	3rd Wednesday of the month 11:00 am – 12:00 pm
Support Groups for Caregivers of Special Needs Children	Polara Health	Support Groups for parents, grandparents and caregivers of special needs children. In person or via Zoom - Meeting ID: 955 0196 3579 - Passcode: 973500	505 S. Cortez Street Prescott, AZ.	928-445-5211	2nd Tuesdays 6:00 PM - 7:30 PM

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Support Groups for Families affected by Mental Illness	National Alliance for Mental Illness - NAMI	NAMI Family Support Groups is a Support Groups for family members, significant others and friends of people with mental health conditions. Gain insight from the challenges and successes of others facing similar experiences. There are two virtual reccuring monthly sessions each month. Visit website to get virtual Zoom connection information.	P.O. Box 11962 Prescott, AZ 86304	928-642-5705	N/A
Support Groups for People Who Have HIV/AIDS	Northland Cares	Recognizing the importance of community and emotional support, Northland Cares offers Support Groups for individuals living with HIV/AIDS. Providing a safe and nurturing environment, these groups allow individuals to connect, share experiences, and receive mutual support, contributing to overall well-being.	3112 Clearwater Drive #A, Prescott, AZ 86305	928-776-4612	Monday-Friday 08:30 AM- 4:30 PM
Support Groups for People Who Use Narcotics and People in Recovery	Narcotics Anonymous Meetings	Use website or call to find meetings in Prescott, Prescott Valley, Sedona, Cottonwood, Jerome, Bagdad, and Chino Valley.	P.O. Box 12593, Prescott, AZ 86304	928-458-7488	N/A
VA Multiple Sclerosis Support Group	Bob Stump Department of Veterans Affairs Medical Center	VA Multiple Sclerosis Support Group meets the Second Thursday of each month from 11:00 AM - 1:00 PM at the Prescott VA, 500 N. Hwy. 89. You do not have to be a Veteran to attend.	500 AZ-89, Prescott, AZ 86301	928 499-0037	2nd Thursday of each month from 11:00 AM - 1:00 PM.
Veterans Support Group for People who have Lost Someone to Suicide	Empact Survivors of Suicide Group	Veterans support group for individuals who have lost a loved one to suicide.	120 N. Marina Street, Prescott, AZ 86301	480-784-1514 Otion 1219	1st, 3rd Tuesday 5:30 pm - 7:00 pm Veterans Connection Hub/U.S. Vets
Women of Wisdom	Polara Health	Women of Wisdom support group. Meet with women for friendship and shared life experiences.	505 S. Cortez Street Prescott, AZ.	928-445-5211	2nd and 4th Fridays 1:00 PM - 2:30 PM; Tuesday 11:00 AM - 12:30 PM