

# SUPPORT GROUP 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
Alzheimer's Education and Support	Alzheimer's Association	The Alzheimer's Association Desert Southwest Chapter leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.	3111 Clearwater Drive, Ste. A Prescott, AZ 86305	928-771-9257	Monday - Thursday 9:00 AM - 3:30 PM
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
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

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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
Domestic/Family Violence Support Group	Yavapai Family Advocacy Center	Yavapai Family Advocacy Center offers ongoing group support for survivors of domestic violence. Survivors have the opportunity to share their story and their healing process with others, while also supporting others in their growth. If you have been a victim of family violence and are interested in joining a support group, please call or email. YFAC provides bilingual services and support to victim of interpersonal crimes.	8485 E Yavapai Road Prescott Valley, AZ 86314	928-775-0669	N/A
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.	PO Box 475067 San Francisco, CA 94147	415-248-9347	24/7 Operation
Grandparents Raising Grandchildren Support	Grandparents Raising Grandchildren Support Group	We sponsor a monthly support group for grandparents raising grandchildren, a place to discover resources, make friends, learn new skills, and share experiences. Come for coffee and conversation. Childcare is provided.	630 Park Ave. Prescott, AZ 86303	928 445-4536	N/A
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

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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
LGBTQ+ Community and Support	Prism Network	Prism Network provides support and resources for the LGBTQ+ and underserved populations in Yavapai County and Northern Arizona. The NAZGEM Program provides support for the Trans Community. They also provide Suicide Prevention Training and the Faith Bridge Program provides Inclusive Faith Connections for all Faiths.	303 East Gurley Street #413, Prescott AZ, 86301	928-830-9381	N/A
LGBTQIA+ Alzheimer's Support Groups	Prism Network	Virtual Support Groups for caregivers of people with Alzheimer's, focus on LGBTQ+ community. Meetings take place virtually via Zoom. For more information on hours and meetings times please call or email.	N/A	800-272-3900	N/A
Mental Health Services for Veterans	Dr. Cameron McKinley Vet Center - Department of Veterans Affairs	Offers confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Services include counseling for needs such as depression, post-traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). Can also connect you with more support in VA and your community.	3180 Stillwater Drive Suite A Prescott, AZ 86305	928-778-3469	Monday - Friday 8:00 AM - 4:30 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
Partial Reimbursement Program - Family Caregiver Home Modification	Arizona Caregiver Coalition	The Arizona Caregiver Coalition provides support and advocates for family caregivers in Arizona. The Family Caregiver Reimbursement Program assists family caregivers with a partial reimbursement for home modifications and assistive care technology to enable their qualified family member to be mobile, safe, and independent to avoid institutional care.	1717 W Jefferson St., Phoenix, AZ 85007	888-737-7494	Monday - Friday 9:00 AM - 4:00 PM
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 Parents	Family Involvement Center	The Family Involvement Center's Parent 2 Parent Support Group - Parenting can be difficult! Talk it over with other parents who understand. Get resources and information while growing your support network.	8766 E State Route 69, Suite G Prescott Valley, AZ 86314	928-379-5077	Monday - Friday 8:30AM - 5:00 PM
Support Group for People Who Have Had a Stroke	People Who Care	People Who Care support group for people who have had a stroke and their family.	1580 Plaza Drive W. Prescott, AZ 86303	928-445-2480	1st Tuesday of the month, 10:15 AM - 11:30 AM

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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 Option 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 Domestic Violence Survivors	Stepping Stones Agencies	Call for information on support groups for Domestic Violence survivors.	2651 N. Industrial Way, Suite A Prescott Valley, AZ 86314	928-772-4184 (Office); 928-445-4673 (Helpline)	24/7 Operation
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 recurring monthly sessions each month. Visit website to get virtual Zoom connection information.	PO 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

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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
Veteran's Community Group	Veterans of Foreign Wars (VFW) - Arizona	Veterans of Foreign Wars fosters camaraderie among United States veterans of overseas conflicts, serves our veterans, the military, and our communities and advocates on behalf of all veterans. Call to find a location in the Quad Cities.	6423 South Ash Avenue Tempe, AZ 85283	480-941-5258	Monday - Friday 8:00 AM - 3:00 PM
Veterans Healthcare Services	Northern Arizona VA Health Care System	Northern Arizona VA Health Care System provides health care services to Veterans throughout all of northern Arizona, spanning across 65,000 square miles. Find a health care facility near you, and manage your health online.	500 AZ-89, Prescott, AZ 86301	800-698-2411; Nurse Advice Line 877-252-4866	24/7 Operation
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 Option 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