

# SUPPORT GROUPS

ALS affects the entire family with changes that can be challenging, stressful, and at times frightening. Connecting with others can help.

Monthly support groups provide opportunities for attendees to share personal experiences and learn strategies for preserving the independence and quality of life for both people with ALS (pALS) and their caregivers.

Be sure to look out for your monthly pALS e-newsletter for more details and updates!

Now introducing **HYBRID** support groups!

Join us in-person or online.



## PALS SUPPORT GROUP ALL ARE WELCOME!

### Central AZ - HYBRID

2nd Tuesday 1:00-3:00pm  
BHHS Legacy Conference Room  
360 E Coronado Rd Phoenix, 85004

### Tucson - HYBRID

4th Monday 1:00-3:00pm  
Our Saviour's Lutheran Church  
1200 N Campbell Ave Tucson, AZ  
85719

### Northern AZ

4th Monday 1:00-3:00pm  
Starting Point Church  
3106 Gateway Blvd Prescott, AZ 86303

## CAREGIVERS SUPPORT GROUP

### Central AZ - HYBRID

3rd Tuesday 1:00-3:00pm  
ALS Association Conference Room  
360 E Coronado Rd Ste 140  
Phoenix, 85004

### Tucson

3rd Wednesday 1:00-3:00pm  
Our Saviour's Lutheran Church  
1200 N Campbell Ave Tucson, 85719

## PAGE 2: GRIEF, RESILIENCE, & HOPE AFTER LOSS

### Statewide - Virtual

3rd Wednesday 5:30-7:30pm  
<https://meet.goto.com/951959885>

For more information on how The ALS Association Arizona Chapter can support you, please visit [als.org/arizona](https://als.org/arizona).

Join Hybrid & Virtual meetings from your computer,  
tablet or smartphone.

<https://global.gotomeeting.com/join/951959885>

United States: +1 (480) 650-3123

Access Code: 951-959-885

# SUPPORT GROUP TOPICS

	Phoenix	Tucson
January	Living with Intention While Living with ALS	
February	Air Rifle Outing	Group Discussion
March	Emergency Preparedness	Respiratory Symptom Management
April	Occupational Tools	
May	Respiratory Symptom Management	Emergency Preparedness
June	Group Discussion	
July	Coordinating In-Home Care	
August	Maintaining Nutritional Needs for Persons with ALS	
September	Musical Instrument Museum (MIM) Outing	Tucson Botanical Garden Outing
October	Communication Strategies to Manage Changes in Speech	
November	Integrating Holiday Traditions with Your "New Normal"	
December	Resources for Accessible Transportation	

Sign up to receive text reminders!



**Opt In to Support Group Reminders**

1. Compose a new text message to the number **833-541-0568**
2. Send the keyword that corresponds to the group you wish to attend
3. Check your phone for a confirmation text message back from 833-541-0568
4. You're good to go! You will now receive reminder messages for upcoming support group meetings.

If you need assistance, please call our office at 602-297-3800

Support Group:	Text Keyword:
<b>Everyone is Welcome!</b>	
Phoenix pALS	phoenixsupport
Tucson pALS	tucsonsupport
Northern pALS	northernsupport
<b>Caregivers Only, Please!</b>	
Phoenix Caregivers	pcaregivers
Tucson Caregivers	tcaregivers
<b>Survivors Only, Please</b>	
Phoenix Page 2	ppage2
Tucson Page 2	tpage2