

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!

Join us in person or online.



PALS SUPPORT GROUP ALL ARE WELCOME!

Statewide - Virtual

2nd Tuesday 6:00-7:30pm
Zoom meeting ID: 957 2816 7840
Passcode: 785624

Central AZ - In Person Only

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

Tucson - In Person Only

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

Northern AZ - In Person Only

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 Arizona Conference Room
360 E Coronado Rd Ste 140
Phoenix, 85004

Tucson - In Person Only

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

Join Hybrid & Virtual meetings from your computer, tablet or smartphone by scanning the QR code below.

Statewide pALS
Support Group



Statewide Caregiver
Support Group



SUPPORT GROUP TOPICS

January	Planning for your ALS Clinic Visit
February	Mindfulness and Mental Health
March	Palliative and Hospice Care
April	Speech and Communication
May	Travel Tips with ALS
June	Mobility: Home and Bathroom
July	Coordinating In-Home Care
August	Maintaining Nutritional Needs for Persons with ALS
September	Respiratory
October	Physical and Occupational Therapy
November	Medicare and Advanced Planning
December	Holiday Pot Luck (share a treat or a tradition)

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:
Everyone is Welcome!	
Phoenix pALS	phoenixsupport
Tucson pALS	tucsonsupport
Northern pALS	northernsupport
Caregivers Only, Please!	
Phoenix Caregivers	pcaregivers
Tucson Caregivers	tcaregivers
Survivors Only, Please	
Phoenix Page 2	ppage2
Tucson Page 2	tpage2