

JANUARY 2026



Benevilla®

CAREGIVER SUPPORT

For every step of the journey

Benevilla's peer-to-peer caregiver support groups and educational sessions are free and open to the public. Unless otherwise indicated, sessions are held at the NEW:

Benevilla Education Center

at the Bovard Building, 14601 N Del Webb Blvd, Sun City, AZ 85351

Dementia Caregivers

A support group for those navigating the dementia journey. Whether your loved one is newly diagnosed or in later stages, find connection, compassion, and strength together.

TUESDAYS | 9:30 – 11:00 AM

General Caregiving

This group is for caregivers of loved ones with various diagnoses who want to connect with other caregivers for support and encouragement.

THURSDAYS | 9:30 – 11:00 AM

Life During Loss

This group is for those navigating the grief process due to the expected loss of a loved one in the next 12-24 months or have recently lost a loved one in the past 12 months.

WEDNESDAYS | 9:30 – 11:00 AM

Rebuilding Life After Loss

A support group for those whose caregiver journey has ended and are looking for support as they start to build the next phase of their life.

WEDNESDAYS | 11:15AM – 12:15 PM

"I KNEW SOMEONE WHO SURVIVED A CATEGORY 5 HURRICANE. TO FIND HELP, SOMEONE LET THEM USE A STARLINK SATELLITE. BENEVILLA'S CAREGIVER SUPPORT GROUPS ARE LIKE THOSE STARLINK SATELLITES—CONNECTING US, GUIDING US, AND HELPING US FIND SAFETY IN THE STORM. BENEVILLA'S SUPPORT GROUPS SAVE US FROM THE STORM EVERY WEEK."

NANCY T, SUPPORT GROUP MEMBER

Follow us on social media.

Benevilla.org

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JANUARY EDUCATION WORKSHOPS

Wellness Wheel LOCATION: Benevilla Main Campus 16752 N Greasewood St, Surprise, AZ 85378	Level Up with Lorrie: Fitness Nutrition, and wellness basics for healthier living. This workshop provides foundational information on the eight dimensions of wellness and how you can improve your health vitality, and overall wellness. This session includes an interactive activity with usable take-home information that you can apply immediately. Join us to learn more about how you can celebrate your strengths and include healthy habits right now.	Friday January 09, 2026 10:00 - 11:30 am
New Year- Fresh Start: How to create Good Habits LOCATION: Benevilla Main Campus 16752 N Greasewood St, Surprise, AZ 85378	Level Up with Lorrie: Fitness Nutrition, and wellness basics for healthier living. This workshop replaces New Year's resolutions with an updated approach to decluttering habits that do not serve your health and vitality with strategies that build momentum and purpose. You will learn the difference between will power and skill power and how to apply daily tricks and tips for health living.	Friday January 23, 2026 10:00 - 11:30 am



Registration requested for educational events.

Scan the QR code or visit:

<https://benevilla.org/workshops> for more educational events and to register or, call 623-584-4999.



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