

MARCH 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**

*Anticipatory grief is the quiet sorrow we carry while our loved one is still with us yet changing before our eyes. It can feel confusing, lonely, and even guilt-filled to grieve someone who is still living. In this group, we create a safe space to speak openly about the “in-between” – the love, the fear, the exhaustion, and the heartbreak. Together, we find understanding, validation, and strength as we learn to navigate each day with compassion for ourselves and one another.*

*Sue L. group attendee*

Workshops.

Follow us on social media.

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# MARCH 2026

## MARCH EDUCATION WORKSHOPS

<b>Dementia: Understanding the Journey</b>	<p>This educational session offers an overview of dementia, including what it is, how it progresses, and what individuals and families may experience along the way. Participants will gain a clearer understanding of common changes associated with dementia.</p>	<p><b>Thursday</b>  <b>March 03, 2026</b>  <b>1:00 pm - 2:30 pm</b></p>
<b>Pain Release</b>	<p><b>Caregiver Wellness Series</b> - This interactive session targets common chronic pain areas, including low back, joints, headaches, neuropathy, and neck tension, while teaching participant to listen to their bodies and avoid pushing into pain.</p>	<p><b>Thursday</b>  <b>March 5, 2026</b>  <b>11:00 am - 12:30 pm</b></p>
<b>Celebrate Your Strengths</b>	<p><b>Caregiver Wellness Series</b> - This interactive session will promote foundational strength movements designed to target common activities of daily living.</p>	<p><b>Thursday</b>  <b>March 12, 2026</b>  <b>11:00 am - 12:30 pm</b></p>
<b>Spring Cleaning</b> <b>LOCATION:</b> <b>Benevilla Main Campus</b> 16752 N Greasewood St, Surprise, AZ 85378	<p><b>Level Up with Lorrie:</b> <i>Fitness, nutrition, and wellness basics for healthier living.</i></p> <p>In this session, you will the difference Between a nutrition-based detox and a cleanse. You will learn how theses common trends work and the health impacts they have.</p>	<p><b>Friday</b>  <b>March 13, 2026</b>  <b>10:00 - 11:30 am</b></p>
<b>Caregiver Drumming Circle</b>	<p>Caring for other is meaningful, but it can also be stressful. Take time to recharge with a unique, hand-on drumming experience designed especially for caregivers.</p>	<p><b>Wednesday</b>  <b>March 18, 2026</b>  <b>1:00 - 2:30 pm</b></p>
<b>Stronger Together: Dementia Friends, Families &amp; Brain Health</b>	<p>Dementia affects many families and is often misunderstood. This workshop builds understanding and compassion while providing practical strategies for communicating with and supporting those living with dementia and their caregivers. Participants will learn what dementia is, why awareness matters, and how small actions can make a meaningful difference.</p>	<p><b>Tuesday</b>  <b>March 24, 2026</b>  <b>1:00 - 2:00</b></p>

Workshops Continued & Registration Information. 

Follow us on social media.      

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## MARCH EDUCATION WORKSHOPS (CONT.)

<b>Seated Stretch for Caregivers</b>	This interactive session will provide you with simple-to-follow stretches to release muscle tension and allow healthy circulation.	<b>Thursday</b> <b>March 26, 2026</b> <b>11:00 am - 12:30 pm</b>
<b>Spring into Wellness</b> <b>LOCATION:</b> <b>Benevilla Main Campus</b> 16752 N Greasewood St, Surprise, AZ 85378	<b>Level Up with Lorrie:</b> <i>Fitness Nutrition, and wellness basics for healthier living.</i>  In this session you will learn the basics of the 8 Dimensions of Wellness and how you can make simple changes that have significant results toward your health and Vitality.	<b>Friday</b> <b>March 27, 2026</b> <b>10:00 - 11:30 am</b>
<b>Understanding Your Patient Rights Choice</b>	This informative session empowers individuals and caregivers with knowledge to make confident healthcare decisions. Participants will learn about patient rights across a variety of care settings, including hospitals, skilled nursing facilities, and medical offices.	<b>Tuesday</b> <b>March 31, 2026</b> <b>1:00 - 2:30 pm</b>

### LOCATION:

Unless otherwise noted, workshops are held at the Benevilla Education Center  
14601 N Del Webb Blvd, Sun City, AZ 85351

### Space is limited. Registration required.

For more information or to register by phone, call 623-584-4999 or  
email [SupportGroups@benevilla.org](mailto:SupportGroups@benevilla.org).

### REGISTER ONLINE:



#### Caregiver Wellness Series:

Visit [Benevilla.org/caregiver-wellness-series](https://benevilla.org/caregiver-wellness-series)



#### All Other Workshops:

Visit [Benevilla.org/workshops](https://benevilla.org/workshops)