

APRIL 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

“Our support group is a safe and welcoming space where members can share openly, find understanding, and connect with others who truly relate. Together, we support one another, learn new ways to cope, and leave each session with encouragement and hope.”

Rocio Busby, Support group Leader

APRIL 2026

APRIL EDUCATION WORKSHOPS

When Forgetfulness feels different: Understanding early cognitive changes	Occasional forgetfulness is a normal part of life, but sometimes changes in memory or thinking can signal something more. This informative session will help participants understand Mild Cognitive Impairment (MCI) and how it differs from dementia. Presented by Lori Nisson, MSW, LCSW, Family & Community Services	Thursday April 2, 2026 1:00 -2:30 pm
Caregiver Moments of Calm: A Painting Respite	Painting Respite is a free monthly program created to give caregivers intentional time to pause, breathe, and focus on their own mental and emotional wellbeing.	Wednesday April 8, 2026 1:00 -2:30 pm
Seated Stretch for Caregivers	This interactive session will provide you with simple-to-follow stretches to release muscle tension and allow healthy circulation. You will learn stress-releasing breathing techniques with the stretches that restore a calm and relaxed feeling to your day.	Thursday April 16, 2026 11:00 am- 12:30 pm
Find Your Rhythm: Drumming Sounds Caregiver Support	Caring for others is meaningful, but it can also be stressful. This monthly caregiver drumming experience offers a creative, hands on way to relax, recharge, and connect in a small group setting. All drums and materials are provided.	Wednesday April 22, 2026 1:00 -2:30 pm
Senior Living Decision Made Simple: Finding the right place, time, and fit.	Navigating senior living options can feel overwhelming, but it doesn't have to be. Join us for an insightful session designed to help you understand when the time might be right for placement and what options are available for your loved one or yourself.	Thursday April 23, 2026 1:00 -2:30 pm

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.

Visit the website below or for more information or to register by phone, call 623-584-4999 or email SupportGroups@benevilla.org.



Caregiver Moments of Calm: A Painting Respite
Visit [Benevilla.org/caregiver-art-time](https://benevilla.org/caregiver-art-time)



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



Benevilla®

Follow us on social media. [f](#) [@](#) [v](#) [in](#) [d](#) [X](#)

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