

# Peer Support Groups

(sponsored by Mental Health Guild)

There is no charge or registration requirement to attend. **Because this listing is updated periodically & the groups are subject to change, you are encouraged to contact Andy at 480-994-4407 to verify meeting times and dates.** The peer support groups are facilitated by trained mental health consumers and focus on adult 18+ consumer issues. [mentalhealthaz.org](http://mentalhealthaz.org)

*\*We recognize that all members, including the group facilitators, are not professionals in the field of mental health. We only offer help by sharing our own experience.*

Revised 6-10-16

Group Name	Focus	City	Day/Time	Meeting Location & Directions
Calm Waters (On a Break)	Bipolar & Depression	Sun City	Sunday 4:00-6:00pm	<b>Menke's Sun City Room, 10307 W. Coggins Dr., Sun City, 85351.</b> From the intersection of N. 103 Ave. & W. Grand Ave., go south on 103rd to W. Coggins Dr. Turn right(west) onto W.Coggins. Go 1/2 block to Menke's Sun City Room, which is on the south side of the street.
Hope	Any Mental Disorders	Goodyear	Monday 5:30-7:30pm	<b>Christ Evangelical Lutheran Church, 918 S. Litchfield Road, Goodyear 85338, Classroom C.</b> 1.5 miles south of I-10 & Litchfield Rd. on the west side. Go behind the church & park behind the building in the rear. Follow the walk on left side of the building all the way around the building to the 2nd door. Classroom C is the first room on the left when entering the building.
First Light	Bipolar Depression	Sun City West	Tuesday 5:30-7:30pm	<b>Lord of Life Lutheran Church, 13724 W. Meeker Blvd., Sun City West, 85375. Room #1.</b> Take either Meeker or RH Johnson Blvd. to the intersection of Meeker & RH Johnson. The church is across the street from the clocktower. From the parking lot of the church, follow signs to the meeting rooms in the courtyard. The group meets in room #1.
New Dawn	Any Mental Disorders	Phoenix	Tuesday 7:00-9:00pm	<b>PSA Behavioral Health Agency, 2255 W. Northern Ave., Phoenix, 85021. Suite B100.</b> 23rd Ave. & Northern Ave.. On the south side of Northern. Park in adjacent parking lot on the east side of the bldg. Enter thru the door furthest to the right, which is the door closest to Northern.
Obsessive Compulsive Disorders Group	Obsessive Compulsive Disorders	Scottsdale	2nd & 4th Tuesday 6:45-8:45pm	<b>Granite Reef Senior Center, 1700 N. Granite Reef Rd., Scottsdale, 85257, Room 8.</b> Granite Reef Rd. is between Hayden & west of the 101. Granite Reef Senior Center is 1 block north of McDowell on the west side of Granite Reef Rd. behind the AM/PM gas station. Group meets in room number 8.
Bipolar Bears	Bipolar Depression	Phoenix	Wednesday 7:00-9:00pm	<b>St. Lukes Behavioral Health Center, 1800 E. Van Buren St., Phoenix, 85006. Behavioral Auditorium Room.</b> From 18th St. & Van Buren, go north on 18th St. to the AIM parking lot. Walk up ramp. Then follow signs to Behavioral Auditorium Room.

# Peer Support Groups

(sponsored by Mental Health Guild)

Group Name	Focus	City	Day/Time	Meeting Location & Directions
Being Heard	Any Mental Disorders	Mesa	Wednesday 7:00-9:00pm	<b>Banner Desert Medical Center, 1400 S. Dobson Rd., Mesa, 85202. Rosati Education Center. Aspen A.</b> Go to main entrance on Dobson. Pull in & come to stop sign. Turn left and then a right into the parking garage. Go thru the garage to the opposite end and park. Enter doors to the right(Rosati Education Center). Veer to the left of reception area and then the 1st room on the right is Aspen A.
New Horizons	Anxiety Depression Bipolar	Yarnell	Tuesday 4-6pm	<b>Yarnell Community Presbyterian Church. 16455 Table Top Way, Yarnell AZ 85362.</b> From Highway 89, go east on Table Top Way half a block to Community Presbyterian Church.
A New Day	Depression	Peoria	Thursday 5:30-7:30pm	<b>West Valley Center for Spiritual Living, 9745 W. Peoria Ave., Peoria 85345.</b> On W. Peoria Ave., west of the 101. It's a 2-story building on the south side of Peoria Ave. with purple and peach colors. Park on the south side of the building & enter through the purple door marked "Papke Hall." The meeting room is right there when you enter that door.
Guiding Light	Bipolar Depression	Scottsdale	Friday 3:00- 4:45pm	<b>Via Linda Senior Center, 10440 E. Via Linda, Scottsdale, 85258, Conf. Room 8.</b> 101 to Shea Blvd. Go east on Shea to Via Linda. Go south on Via Linda to the Scottsdale Senior Center. Turn rt. into parking lot. Go in Senior Center & ask at front desk where conf. room 8 is.
Finding Balance	Bipolar Depression	Glendale	Friday 4:00- 6:00pm	<b>Arrowhead Physicians Bldg., 18699 N. 67th Ave., Glendale, 85308, Palo Verde Room.</b> (67th Ave. & Union Hills Dr.) Pull in main entrance to the hospital, bear rt. & follow drive to the covered parking structure. Drive up ramp & park on 2nd level. Take steps down. Across from parking lot is Arrowhead Physicians Plaza. Enter Plaza & go to the 2nd door on the right, the Palo Verde Room.
Hanging On Together	Anxiety Bipolar Depression	Mesa	Friday 7:00- 9:00pm	<b>Banner Desert Medical Center, 1400 S. Dobson Rd., Mesa, 85202. Rosati Education Center. Cholla Room.</b> Go to main entrance on Dobson. Pull in & come to stop sign. Turn left and then a right into the parking garage. Go thru the garage to the opposite end and park. Enter doors to the right(Rosati Education Center). Veer to the left of the reception area & go to the first hallway. Turn rt. & the Cholla Room is the first room on the left.