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.

**PALS SUPPORT GROUP**
**ALL ARE WELCOME!**

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

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

**Northern AZ**
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 Association Conference Room
360 E Coronado Rd Ste 140
Phoenix, 85004

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

**Statewide - Virtual**
3rd Wednesday 5:30-7:30pm
https://meet.goto.com/951959885

Join Hybrid & Virtual meetings from your computer, tablet or smartphone.

https://global.gotomeeting.com/join/951959885

United States: +1 (480) 650-3123  
Access Code: 951-959-885

For more information on how The ALS Association Arizona Chapter can support you, please visit als.org/arizona.
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Sign up to receive text reminders!