



**Mental Health America of Arizona - Peer Support Groups** 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 x10 to verify meeting times and dates.** The peer support groups are facilitated by trained mental health consumers and focus on adult consumer issues. MHA AZ, 6411 E. Thomas Rd., Scottsdale AZ 85251, [www.mhaarizona.org](http://www.mhaarizona.org) (Sponsored by Visions of Hope Arizona & MIKID)

Revised 8-2-11

Group Name	Focus	City	Day/Time	Meeting Location & Directions
Calm Waters	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.
Taking Control	Bipolar Depression	Phoenix	Tuesday 6:00-8:00pm	<b>John C Lincoln 1 - Deer Valley. Medical Office Bldg. #1. 19841 N. 27th Ave., Phoenix, 85027.</b> Bldg. #1 is north of the hospital on 27th Ave. btwn. Loop 101 & Yorkshire Dr.. Get off of elevator on the 4th floor & look to the rt. for conference room #1
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	General Mental Health Issues	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. Go through large black gate. First door on right is B100.
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 Unit.</b> 18th St. & Van Buren St.. Walk up ramp. Ask at the front desk how to get to the Behavioral Auditorium Unit
Minds Over Matter	Anxiety Depression	Scottsdale	1st & 3rd Wednesday 4:00-5:30pm	<b>Granite Reef Senior Center, 1700 N. Granite Reef Rd., Scottsdale, 85257. Room #9.</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

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Being Heard	Anxiety Depression Bipolar Schizophrenia All Mental Illnesses	Mesa	Wednesday 7:00-9:00pm	<b>Banner Desert Medical Center, 1400 S. Dobson Rd., Mesa, 85202. Rosati Education Center. Mesquite 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 reception area and go to the main hallway. Turn right. Go down this hallway past the next hallway. Then the last room on the right will be the Mesquite room.
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. Parking lot and the main entrance are on the east side of the building. Turn left when you enter the building. Walk past the stairs to the meeting room on the 1st floor.
Obsessive Compulsive Disorders Group	Obsessive Compulsive Disorders	Scottsdale	2nd & 4th Thursday 7:00- 9:00pm	<b>Banner Behavioral Health Center, 7575 E. Earll Dr., Scottsdale, 85251.</b> SW corner of Miller & Earll. North of Thomas Rd.. Check in at the front desk and ask where the OCD group is meeting.
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, Sierra 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 first door on the right, the Sierra 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.