



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 us 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 consumer issues. MHA AZ, 6411 E. Thomas Rd., Scottsdale AZ 85251, www.mhaarizona.org

Revised 5-28-10

Group Name	Focus	City	Day/Time	Meeting Location & Directions
Calm Waters	Bipolar & Depression	Sun City	Monday 6:00-8:00pm	Boswell Hospital, 13180 N. 105th Dr., Sun City, 85351. Ironwood Room. From the 101, exit Thunderbird Road. Go west approx. 2 miles to Boswell Hospital. Follow hospital signs to main entrance. Go in main entrance and either ask for directions at Information Desk or veer to the left & go down hallway about 100 yds. past the Women's Diagnostic Services. Then the 1st classroom on the left is the Ironwood Room.
Together for Wellness	Anxiety Bipolar Depression	East Mesa	Monday 7:00-9:00pm	Banner Baywood Medical Center, 6644 E. Baywood Ave., Mesa, AZ 85206. Santan Room. At Power Rd. & Baywood Ave.. North of Broadway Rd.. Park in the visitor parking garage. Enter main entrance to hospital on the first floor. Go down hall past the elevators. Turn rt.(which is a short rt. that curves left). The Santan Room is at the end of the long straight hallway.
Taking Control	Bipolar Depression	Phoenix	Tuesday 6:00-8:00pm	John C Lincoln 1 - Deer Valley. Medical Office Bldg. #1. 19841 N. 27th Ave., Phoenix, 85027. 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	Lord of Life Lutheran Church, 13724 W. Meeker Blvd., Sun City West, 85375. Room #1. 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 courtyard 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	PSA Behavioral Health Agency, 2255 W. Northern Ave., Phoenix, 85021. Suite B100. 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	St. Lukes Behavioral Health Center, 1800 E. Van Buren St., Phoenix, 85006. Behavioral Auditorium Unit. 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	Granite Reef Senior Center, 1700 N. Granite Reef Rd., Scottsdale, 85257. Room #9. 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 Name	Focus	City	Day/Time	Meeting Location & Directions
PTSD (All PTSD consumers welcome) (begins June 17)	PTSD (All PTSD consumers welcome)	Phoenix	Thursday 6:00-8:00pm	The VA, 650 E. Indian School Rd., Phoenix, 85012. Room K-112. (7th St. & Indian School) From Indian School, go north on 7th St. Make your 2nd left into the VA parking lot (across the street from DJ's Convenience Store). Park in the NE Parking Lot (to the right when you turn in). You will see a tan & white bldg. Just to the right of the bldg. is a walkway that leads to an outside covered seating area. Go down this walkway to the automatic doors on the left & go inside. Make the 1st left past the elevators & then K-112 is the first room on the left.
Being Heard	Anxiety Depression Bipolar Schizophrenia All Mental Illnesses	Mesa	Wednesday 7:00-9:00pm	Banner Desert Medical Center, 1400 S. Dobson Rd., Mesa, 85202. Rosati Education Center. Mesquite Room. 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.
Obsessive Compulsive Disorders Group	Obsessive Compulsive Disorders	Scottsdale	2nd & 4th Thursday 7:00-9:00pm	Banner Behavioral Health Center, 7575 E. Earll Dr., Scottsdale, 85251. 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	Via Linda Senior Center, 10440 E. Via Linda, Scottsdale, 85258, Conf. Room 8. 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	Arrowhead Physicians Bldg., 18699 N. 67th Ave., Glendale, 85308, Sierra Room. (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.
Substance Abuse & Mental Health (Dual Diagnosis)	Substance Abuse & Mental Health (Dual Diagnosis)	Mesa	Friday 7:00-9:00pm	Banner Desert Medical Center, 1400 S. Dobson Rd., Mesa, 85202. Rosati Education Center. Aspen A. 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. Then the 1st room on the right is Aspen A.
Hanging On Together	Anxiety Bipolar Depression	Mesa	Friday 7:00-9:00pm	Banner Desert Medical Center, 1400 S. Dobson Rd., Mesa, 85202. Rosati Education Center. Cholla Room. 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.