

Cochise County (Southwest)

- AARP Chapter 3123: Fourth Wednesday of the month, 1 p.m., Ethel Berger Center, Sierra Vista, 520-459-2655.
- Adult Children of Alcoholics: Tuesdays from 5:30 to 6:30 p.m., Village Meadows Church of Christ, Sierra Vista, 520-378-6091.
- Al-Anon, Bisbee: Mondays and Wednesdays, St. John's Episcopal Church, Bisbee, 7 p.m., 520-432-4448 or 432-7845.
- Al-Anon, Sierra Vista: Sundays, 9:30 to 10:30 a.m., Room 106A of Wick Building on the corner of Wilcox and Fab Ave.; and Wednesdays, 6 to 7 p.m., Serenity Club on Highway 92, 520-378-2053.
- Al-Ateen meeting: Wednesdays, 6 to 7 p.m., Serenity Club on Highway 92, Sierra Vista.
- Better Breathers Club: Every third Tuesday of the month, 3:45 p.m., conference room of Sierra Vista Regional Health Center, 520-417-4528.
- Bisbee Living With Cancer Support Group: First Monday of the month, 10-11:30 a.m., Trinity United Methodist Church, Bisbee, 520-432-4721 or 432-5149.
- Brain Tumor/Traumatic Brain Injury Support Group: Fourth Wednesday of the month, 2 to 4 p.m., Ethel Berger Center, Sierra Vista, 520-378-1581 or 456-5736.
- Cancer Support Group: First Tuesdays, noon, Cochise Oncology, Sierra Vista, 520-803-6644, cochiseoncology.com.
- Cancer Support Group: First Thursday of the month, 5:30 to 7 p.m., 4990 E. Mediterranean Dr. in Sierra Vista, 520-417-1163.
- Cancer Survivor Network: Second Wednesday of the month, 10 to 11 a.m., Sierra Vista Cancer Center, 520-459-1718.
- Caregiver's Support Group: Last Monday of the month, 2 p.m., Faith Presbyterian Church Fellowship Hall at 2053 E. Choctaw Drive, Sierra Vista, 520-378-9400.
- C.A.R.E.S. (Child Advocacy through Rural Education & Support) second Thursday, 1:30 p.m., 999 E. Fry Blvd., Ste 109, Sierra Vista, 520-678-9695.
- Compassionate Friends (family support group after the death of a child): First Thursday of the month, 6:30 to 8:30 p.m., Mountain View Assembly of God, Sierra Vista, 520-803-0004 or 803-0593.
- Diabetes Support Group: First Wednesdays, 6:30 to 7:30 p.m. at Sierra Vista Regional Health Center's Outreach Education Center at 1840 Paseo San Luis in Sierra Vista, 520-458-0136.
- G.A.R.D. — Guided Abusive Relationship Discussion (women only): Wednesday, 5-6 p.m., Copper Queen Hospital conference room, Bisbee.
- Hepatitis C Support Group: Tuesdays, 7 p.m., Bisbee Y, Bisbee, 520-432-1413.

- Keep It Simple, Al-Anon meeting, Wednesdays, 6 to 7 p.m., Serenity Club on Highway 92, Sierra Vista, 520-378-3640.
- La Leche League (breastfeeding support group): Third Saturday of the month (except Dec.), 10-11:30 a.m., New Hope Fellowship Church, Sierra Vista, 520-216-3151.
- Look Good Feel Better (women's cancer support group): Second Monday, 5:15 to 7:15 p.m., 4990 E. Mediterranean Dr., Sierra Vista, 520-417-1163.
- Loved Ones Incarcerated support group: Meets in Bisbee, Sierra Vista and Douglas. Please call for locations and times, 520-234-6076.
- Low-Vision Support Group: Tuesdays, 10 to 11:30 a.m., Oscar Yrun Center, Sierra Vista, 520-458-6441.
- MOMS (Moms Offering Moms Support) Club of Sierra Vista, West: Second Wednesdays, 10 a.m., momsclubofsierravista.com, e-mail moms club of Sierra Vista for location.
- NAMI CARE Support Group: For persons affected by depression, anxiety, bipolar disorder, other mental illnesses. Thursdays, 6:30-8 p.m., NAMI Resource Center, 77 Calle Portal A-280 (upstairs), Sierra Vista, call 520-459-3228 or (800) 380-2322.
- NAMI Family & Friends Support Group: For those who have an adult loved one coping with mental illness, Thursdays, 6:30-8 p.m., 77 Calle Portal, Sierra Vista, call 520-459-3228 or (800) 380-2322.
- NAMI Peer Support Groups: Support for parents/caregivers of children with emotional/behavioral disorders. Peer groups for kids too. Second and fourth Tuesdays, 6-7:30 p.m., Church of Christ, 815 El Camino Real, Sierra Vista, call 520-459-3228 or (800) 380-2322.
- Narcotics Anonymous: Half Moon Group (open/discussion), Monday, 6:30 p.m., St. Paul's Missionary Baptist Church upstairs, corner of Carmichael and Theater, Sierra Vista, 520-459-1298.
- Narcotics Anonymous: Full Moon Group (open), Wednesday, 8 p.m., Oscar Yrun Community Center, 520-459-1298, natucson.org.
- Narcotics Anonymous: "It Works, How & Why" (open, step study), Thursday, 5:30 p.m., St. Paul's Missionary Baptist Church upstairs, Carmichael and Theater, Sierra Vista, 520-459-1298.
- Narcotics Anonymous: "We Do Recover" (open/discussion), Saturday, 7:30 p.m., St. Paul's Missionary Baptist Church upstairs, corner of Carmichael and Theater, Sierra Vista, 520-459-1298, natucson.org.
- One Minute at a Time, Al-Anon meeting: Thursdays, noon to 1 p.m., St. Andrew Church, Sierra Vista, 520-439-9703.
- Overeaters Anonymous: Mondays at 7 p.m., Thursdays at 6:30 p.m., Saturdays at 10 a.m., Church of Christ in Village Meadows, Sierra Vista, 520-458-8870.
- Parkinson's Disease Support Group: Second Wednesday of the month, 1:15 to 3 p.m., Mona Bishop Room of Sierra Vista Public Library, 520-458-5870.

- Perinatal Bereavement Support Group: For families who have experienced the loss of a baby. First Tuesday, 6:30-8:30 p.m., Sierra Vista Regional Health Center's Outreach Education Center at 1840 Paseo San Luis, Sierra Vista, 520-417-3547.
- Postpartum Support Group: Every first and third Thursday, 6 p.m., Sierra Vista Public Library, 520-459-3468 or e-mail at sierravistapostpartum@yahoo.com.
- Special Needs Family Support Group: Second and fourth Mondays, 4755 E Campus Drive, Sierra Vista, 520-508-4248.
- Stroke Support Group: Fourth Wednesday of the month, 4 to 5 p.m., Ethel Berger Center, Sierra Vista, 520-417-4560 or shelly.heilman@svrhc.org.
- Thunder Mountain Parent Support Group (for children with special needs): Second and fourth Mondays, 6-7:30 p.m., Village Meadows Elementary School, Sierra Vista.
- TOPS AZ 90 (weight loss support): Tuesdays, weigh in 5:15 to 5:50 p.m., program 6 to 7 p.m., First Christian Church, Sierra Vista, 520-459-1645 or 378-0904
- TOPS AZ 215 (weight loss support group): Fridays, weigh in 7:45 to 8:45 a.m., meeting starts 9 a.m., First Christian Church, Sierra Vista, 520-459-2147 or 459-7379.
- TOPS (weight loss support group): Mondays, 1 p.m., Grace Lutheran Church, (620) 432-9163.
- TOPS AZ 523 (weight loss support group): Thursday, Church of Christ, 815 El Camino Real. Sierra Vista, Weigh-in at 5:15 p.m. Meeting at 6 p.m., 520-439-4366.
- US TOO (Prostate cancer support group): Last Friday of the month, 7:30 to 8:30 a.m., Sun Canyon Inn, Sierra Vista, no meetings in Nov. or Dec., 520-803-1409 or 459-2392.
- Valor Hospice Care Bereavement Support Group: Third Tuesday of the month, noon to 1 p.m., Faith Presbyterian, 2053 E. Choctaw Drive, Sierra Vista, 520-458-9450.
- Weight Loss Surgery Friends: Fourth Tuesday of the month, 6 p.m., the Mona Bishop room at the public library, Sierra Vista, 520-458-8610.
- Widowed Support Center meetings: Second Tuesday of the month, 2 p.m., corner of Fry and Buffalo Soldier, Sierra Vista, 520-533-3807.

Cochise County (Northeast)

Weekly

Monday

Parents Anonymous Support Group: Meets every Monday from 6:30 to 8 p.m. at the Community Presbyterian Church, 590 S. Huachuca in Benson.

Peer Support Group: Meets every Monday at 7 p.m. to whenever (about 10 p.m.) at 253 S, Lawson Lane in Willcox. For anyone with mental illness and/or substance abuse. Fireside meetings/smoking/handicapped. NA format (the table is open to anything). Not affiliate with Narcotics Anonymous in Arizona. Call Donna or Hazel at 520-766-6900 or 384-2991. Learn to balance our lives, meet friends, play games, and achieve success.

Tuesday

TOPS (Take Off Pounds Sensibly): A weight loss support group; Meets every Tuesday at 5:30 p.m., at the Willcox United Methodist Church Fellowship Hall, 124 S. Curtis. For more information, call Debbie at 520-384-3119 or Barbara at 520-384-2924. New members are always welcome.

Wednesday

Alanon: Meets Wednesdays at 7 p.m. at Wynne Chapel, Hwy. 191 and Richland Way (behind LaFamilia Restaurant), five miles north of Sunsites).

Thursday

AA and NA Meetings

Alcoholics Anonymous (AA): Meets every Tuesday at 7:30 p.m. Open meeting at 335 N. Arizona Ave. For more information call 520-507-0423 or leave a message.

Elfrida AA: Meets each Saturday at 7 p.m., at St. Francis Catholic Church, 4110 Jefferson Ave., in Elfrida.

Narcotics Anonymous (NA): Meets every Tuesday from 6-7 p.m. This is an open meeting - all are invited. For information, call 520-384-2112 or 888-480-4547.

Narcotics Anonymous: Meets every Tuesday from 6 p.m. to 7 p.m., at 253 S. Lawson Lane in Willcox. Fireside meetings/ smoking/ handicapped. NA format (the table is open to anything). Not affiliate with Narcotics Anonymous in Arizona. For more information, call the Willcox NA and/or Peer Support Hotline at 520-384-2991 or 766-6900.

Narcotics Anonymous (NA): Meets every Thursday from 6-7 p.m. This is an open meeting - all are invited. For information, call 520-384-2112 or 888-480-4547.

Narcotics Anonymous (NA): Meets every Thursday at 7 p.m. at the Willcox United Methodist, 124 S. Curtis. For information, call Glen or Dixie Bowman at 520-384-6206.

Narcotics Anonymous: Meets every Thursday from 9 p.m. to 10 p.m., at 253 S. Lawson Lane in Willcox. Fireside meetings/ smoking/handicapped. NA format (the table is open to anything). Not

affiliate with Narcotics Anonymous in Arizona. For more information, call the Willcox NA and/or Peer Support Hotline at 520-384-2991 or 766-6900.

Dragoon AA Meeting: Meets every Thursday nights at 7:30 p.m. in the Women's Club Building in Dragoon.

Alcolicos Anonimos se reunen cada Viernes a las 7:30 p.m. en el Adult Center por las calles Arizona y Delos.

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Monthly

Tuesday

Evening Immunization Clinic: Meets every first Tuesday of the month, from 4-6 p.m. at Cochise County Health Services, 450 S. Haskell Ave., in Willcox.

WASA: Meets the second Tuesday of each month at noon to 1:15 p.m. at the Willcox Train Depot (City Hall), 150 S. Railroad. Bring a sack lunch if desired.

Wednesday

Willcox Area Special Needs Support Group: Meets the first Wednesday of every month from 6 p.m. to 7:30 p.m. at the District Education Center School Board Meeting Room (across from the swimming pool). Contact Carol Crockett for more information, 520-384-4214.

Willcox Area Diabetes Support Group: Meets the second Wednesday of each month at 9 a.m. in the NCHS Dining Room. Call Carrie Reed, Social Services Coordinator at 520-384-3541. Adults, teens and children are welcome.

Thursday

Sunsites Diabetes Support Group: Meets the third Thursday of each month at 2 p.m. in the Sunsites Senior Center in Sunsites. Call Carrie Reed, Social Services Coordinator at 520-384-3541.

Saturday

Willcox Area Cancer Support Group: Meets on an 'as-needed' basis. Call Lisa Glenn at 520-384-2658.

Graham County

Alcoholics Anonymous meets every day in Safford and Pima. Call 928-428-1484 for the time and place.

Adult Flu shots are available for \$20.00. No Medicare or other billing will be available. Please call 928-428-0110 for an appointment.

Flu shots are now available for all children 18 yrs. or younger free of charge. Call 928-428-0110 for an appointment.

An Alcoholics Anonymous Nooner's Meeting is Mondays, noon to 1 p.m., in room 1 at St. Rose of Lima Church. This is a nonsmoking, open meeting. A nonsmoking, closed meeting is 7:30-8:30 p.m. at Pima Town Hall.

A veterans representative/adjutant is available at American Legion Post 32 in Safford on Tuesdays from 4-7:30 p.m. and Thursdays from 10 a.m.-2 p.m. Call 928-428-2990 for appointment.

Narcotics Anonymous meets 6-7 p.m. at the First Methodist Church library, 1020 S. 10th Ave., Safford. For more information call 928-651-4024.

Santa Cruz County

Alcoholics Anonymous (In English)

Sunday:

8 a.m., 12 & 12 Book Study Group: Patagonia Senior Center, Patagonia (Open discussion)

Monday:

7 p.m., Beginners and Step Study Group: St. Andrews Church, 969 Country Club Dr., Nogales (Closed -step study)

Tuesday:

7:30 p.m., Sonoita Group: Sonoita Bible Church, Hwy. 83 North of 82, Sonoita (Open discussion)

Wednesday:

6:30 p.m., Big Book Study group: Post Office Center, NW corner of Hwy 82 & 83(Open discussion)

7 p.m., Hump Day Group: at St. Andrews Church, 969 N. Country Club Dr., Nogales (Open Big Book discussion)

7 p.m., Tubac Group: The Church at Tubac, 2242 W. Frontage Rd., Tubac, north of Exit 34 (Open discussion)

Friday:

12:15 p.m., Lunch Meeting: Kino Springs Restaurant, 187 Kino Springs Dr., Nogales (Open discussion)

7:30 p.m., Patagonia Group: Patagonia Community Church, 387 McKeown Ave., Patagonia (Open discussion)

7 p.m. The Church at Tubac, 2242 W. Frontage Rd., Tubac (Step Study)

Alcoholics Anonymous (In Spanish)

Monday - Saturday:

7 - 8:30p.m., 969 N. Grand Ave., Nogales.

Sunday:

1 - 2:30 p.m., 969 N. Grand Ave., Nogales second floor.

Al-Anon (English):

Thursdays

5 - 6 p.m., Carondelet Holy Cross Hospital, 1171 W. Target Range Rd., Nogales, Call Amanda at

520-287-0165 or Estela at 520-377-9270

Al-Anon (Spanish)

Monday & Wednesday:

5:30- 7 p.m., Carondelet Holy Cross Hospital, 1171 W. Target Range Rd., Nogales, Comerci Room, Adela at 520-287-2986 or Cristina 520-281-1675.

Arizona Court Appointed Special Advocate Program (CASA) is a group of regular citizens making significant contributions to the community by becoming involved in protecting the fragile rights of abused, neglected and abandoned children. For more information, call Margie Fish at 520-375-7740, or visit web site www.azcaca.org or e mail mfish@courts.az.gov.

[Diabetes](#) Program classes on Wednesday at 10 a.m. - 12 p.m. and 5 -7 p.m., with gestational classes from 2 - 5 p.m. Classes are at 81 E. La Castellana. Call Cecilia Navarro at 520-375-6074 for information.

Foster Care. Arizona's children need you. The Foster Care Connection sets monthly orientations for those interested in learning more about foster care or adoption of DES children. There is a desperate need for foster parents. Please feel free to stop by to visit the new facilities located at 1020 N. Grand Ave., Nogales. For information on times and meeting place, call Thomas at 520-397-0925.

Grief Support Group sponsored by Carondelet Hospice of Santa Cruz County, free and open to the public, meets Thursdays, 3:30 - 5 p.m. in the conference room of Dependable Home Health, 857 W. Bell Rd., Nogales. For information call David Buss at 520-285-5930.

Juntos Contra el [Cancer](#) of the Mariposa Community Health Center has a bilingual cancer support group at Platicamos Salud, 3241 N. Grand Ave every fourth Friday of the month from 5:30 to 7:30 p.m. For more information call Norma C. Guerra at 520-375-6058 or 520-281-2860.

[Lupus](#) Support Group Mariposa Community Center of Excellence in Women's Health meetings are on the second Tuesday of each month from 5:30 to 7:30 p.m. at Mariposa's Platicamos Salud classroom located at 3241 N Grand Ave. Nogales. For more information, call Anbelle Unanue at 520-375.6057.

Mariposa Clinic Various Classes: Several classes available for the public. Classes on: tobacco cessation; health issues; empowerment classes; healthy lifestyles; WIC; heart health; awareness and education; family and individual support; breast awareness, and car seat classes. The classes are at various times and locations. For information call 520-375-6050.

Mothers Against Drunk Driving (MADD), Santa Cruz County Community Action Team, Arizona. Ruth Anne Alvarez: coordinator. Please call 520-281-0177 or 520-377-2527 if you would like to volunteer or receive information regarding MADD. Meeting set for first Wednesday of month at 6 p.m. at 2313 N. Grand Ave., Nogales, AZ 85621.

Rio Rico Council on Aging is open to all Rio Rico seniors and is open 10 a.m. - 2 p.m. Lunch is served at noon Tuesday - Friday with reservations called in one business day prior to lunch date. Call 520-281-7880 between 10 a.m. - and 2 p.m. for reservations. Other activities for the seniors include [exercise](#) classes, bingo, crafts, flea markets, bake & craft shows and anything else they wish to do as a group including trips to the casino on the second Monday of the month. The seniors meet in the Rio Rico Community Center, 391 Avenida Coatimundi in Rio Rico.

Santa Cruz County Response Team & Task Force Against Domestic Violence, (SEAHEC): SEAHEC is an organization to make the public aware of domestic violence and to help those women who have survived personal violence such as incest, rape, battering and child sexual abuse to participate in their project to create a shirt to tell her story.. For information on classes and workshops for SEAHEC, please call Alica Chavez, Program Assistant at 520-287-4722. SEAHEC is located at 1171 W. Target Ranch Rd in Nogales.

Santa Cruz County Victim's Services board of directors meetings are every 60 days at various times and places, for information call Agustine Arriola at 520-281-5868.

The Senior Center of Nogales / The Council on Aging has classes and programs for senior citizens. Some of the daily classes are 11 a.m. - noon; Mondays Acting Classes; Tuesdays Dance Classes; Wednesdays Aerobics Classes; Thursdays Arts & Crafts Classes; Fridays [Computer Classes](#).

Classes for Medication Management are held by Dr Garcia; Director; regarding medications, [side effects](#) and proper dosages for all attending seniors at noon before lunch. For further information, please call Maribel Ozuna at 520-287-7422. The center is located at 125 E. Madison St. in Nogales. Volunteers are always needed.

Senior Citizens of Patagonia meets the first Monday of every month, 9 a.m. at the Patagonia Senior/Community Center. Call 520-394-2494.

Telecare is a service organization that calls seniors on a daily basis to check on their welfare. This free service is available in English and Spanish to anyone who might benefit from it. If you would like to volunteer; or if you know anyone who might like such a daily call, please call Jerry Smith at 520-281-0943. Telecare meets on the first Saturday of alternate months: August, October, December, February and April. A board of directors meeting is called by the president whenever necessary. Each team is a separate unit and has a social get-together whenever they choose to.

TOPS (Take Off Pounds Sensibly) meets each Monday at 8:45 a.m. in the Abundant Life Assembly of God Church, Patagonia Highway, Nogales. Contact Joann Bruno at 520-287-4423 or habla Espanol, Frances De La Ossa at 520-287-5568. TOPS is currently looking for teens to be willing to help start a new Chapter of TOPS for Teens. It is never too early to begin a healthy lifestyle.

Tubac Center of the Art arts programming for Santa Cruz Valley featuring ongoing exhibits, art workshops, performing arts and lecture series, educational outreach to schools and comprehensive Summer Arts program for children 6-11. For further information, including prices and scholarship information please call 520-398-2371.

Tubac Rotary Club meets Fridays at 8 a.m. at Nob Hill Restaurant in Tubac. For information, call Tom Maddock at 520-398-9388.

United Way of Santa Cruz County meets the first Thursday of the month at the Esplendor Resort at Rio Rico for lunch at noon. Address: P.O. Box 2174, Nogales, AZ 85628. Call Andrea Lopez at (520) 761-1840, fax 520-761-1845.

University of Arizona Cooperative Extension of Santa Cruz County is the outreach arm of the College of Agriculture and Life Sciences. Cooperative Extension offers classes and information concerning Health; Family and Youth Development; Agriculture and Natural Resources. Ongoing programs include Nutrition classes that teach families with children to stretch their limited food dollars; plan and prepare nutritious foods and improve their nutritional status and health. These classes are also available for schools to use with their students. Additional classes are also provided in [osteoporosis](#)

[prevention](#). These Bone Builders classes provide information concerning the risks, screening, treatment and exercises for the prevention of osteoporosis. They also have 4-H Youth Development, Community Leadership and Master Gardener education. The meetings are at 3241 N. Grand Ave. No 6. For nutrition classes please contact Sonia Ramirez at 520-281-2994 and for other information; or contact Dean Fish or Melody Skiver at 520-281-2994. The University of Arizona Cooperative Extension is interested in starting up more Community clubs, such as sewing, cooking, embroidery other sports shooting or any subject you may be interested in. They also need more volunteers to head up these clubs.