



VIRTUAL AND IN-PERSON SUPPORT GROUPS

GREATER MARYLAND CHAPTER

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Please note that some groups are in person and some are held virtually. Registration is **recommended** for support groups. Please call our 24/7 Helpline at 800.272.3900 to register and receive login information for virtual meetings.

SUPPORT GROUPS BY COUNTY

ALLEGANY COUNTY

Allegany County Caregiver Support Group

Third Tuesday | 6:30-8 P.M.

UPMC

12500 Willowbrook Rd.

Cumberland, MD 21502

Contact: Jade Hensinger

westernmdsg@gmail.com or 301.876.7093

ANNE ARUNDEL COUNTY

Anne Arundel Early Stage Support Group

Call 240.549.5086 for pre-screening

Second Monday | 6:30-8 P.M.

Woods Memorial Presbyterian Church Rm. 155

611 Baltimore-Annapolis Blvd.

Severna Park, MD 21146

Contact: Lynn Hubner-Brown

410.533.1678

Contact: Jodi McCann

jamccan@springarborliving.com or 410.446.4252

Anne Arundel Caregiver Support Group

Third Wednesday | 6-7:30 P.M.

St Anne's Parish

199 Duke of Gloucester St.

Annapolis, MD 21401

Contact: Brent Matherly

bhmatherly@gmail.com or 443.370.3830

BALTIMORE COUNTY

Dementia Caregiver Meet Up HYBRID

Second Monday | 6:30-8 P.M.

11019 McCormick Rd.

Hunt Valley, MD 21031

Cole Smith

Contact: Jamie Kasoff

Kjamie1@gmail.com or 443.604.2626

Catonsville Caregiver Support Group

Third Wednesday | 6:30-8 P.M.

Catonsville Presbyterian Church

1400 Frederick Rd.

Catonsville, MD 21228

Contact: Carolyn Peters

5300-cpetersalz@usa.net

Glen Meadows Caregiver Support Group

Third Friday | 1-2 P.M.

Glen Meadows Retirement Community,

11630 Glen Arm Rd.

Glen Arm, MD 21057

Contact: Alicia Secada Lovio

ASecadaLovio@psl.org or 410.319.5019

BALTIMORE CITY

JHH-Elder Plus Caregiver Support Group

Second Thursday | 12:30-2 P.M.

Bayview

4940 Eastern Avenue

Mason F. Lord, Building, EAST Tower, 1st floor

Baltimore, MD 21224

Contact: Tiffani Williams

Twilli19@jhmi.edu or 410.550.8093

Baltimore City Caregiver Support Group

Third Saturday | 10 AM – Noon

Wayland Baptist Church

3200 Garrison Blvd.

Baltimore, MD 21216

Contact: Lucy Armstrong

La7lady@verizon.net or 410.922.5848

CAROLINE COUNTY

Caroline County Caregiver Support Group

Second Thursday | 6-7 P.M.

701 S. 5th Ave.

Denton, MD 21629

Contact: Donna Poole

donna@Arcadia-living.com or 410.777.9022

Contact: Amie Denayer

Amie@Arcadia-Living.com or 443.345.8374

CARROLL COUNTY

Caregiver Connections

Third Wednesday | 6-7:30 P.M.

BrightView Senior Living

505 High Acre Dr.

Westminster, MD 21157

Contact: Andi Walsh

awalsh@bvsl.net or 443.244.4166

CECIL COUNTY

Cecil County Dementia Caregiver Support Group

Second Tuesday | 3:30-4:30 P.M.

200 Chesapeake Blvd.

Elkton, MD 21921

Mackenzie Hill

Contact: Amanda Woods

mhill@ccgov.org or 410.996.8168

or Awoods@ccgov.org

DORCHESTER COUNTY

Dorchester County Caregiver Support Group

Third Thursday | Noon-1:30 P.M.

Delmarva Community Services

108 Cheapeake St.,

Cambridge, MD 21613

Contact: Joanne Rue

Ruej54@comcast.net or 443.225.6695

FREDERICK COUNTY

Spring Arbor of Frederick Caregiver Support Group

Third Wednesday | 6-7:30 P.M.

6601 English Muffin Way

Frederick, MD 21703

Contact: Kim Thompson

klthompson@springarborliving.com or

240.217.4904

Edenton Caregiver Support Group

Fourth Tuesday | 12:30-1:30 P.M.

Edenton Retirement Community

5800 Genesis Lane, Frederick, MD 21703

Contact: Laurie James

ljames@edentonfrederick.com

Contact: Therese Keegan

tkeegan@edenton-retirement.com or 301.694.3100

GARRETT COUNTY

Garrett County Caregiver Support Group

Fourth Wednesday | 11 A.M. – 12:15 P.M.

Grantsville Senior Center

125 Durst Ct.

Grantsville, MD 21536

Contact: Twila Bender

tbender@mtn.laurel.org or 301.895.5107 ext. 3523

HARFORD COUNTY

Harford County Caregiver Support Group

Second Tuesday | 3-4:30 P.M.

Mt. Zion Church

1643 Churchville Rd

Bel Air, MD 21015

Contact: Barbara Pumphrey

bbpumph@aol.com or 410.676.2787

St. Patrick/Havre de Grace Caregiver Support Group

Third Tuesday | 6:30-8 P.M.

615 Congress Ave.

Havre De Grace, MD 21078

Contact: Rosemary Dehn

rmdehn@gmail.com or 410.688.1007

Contact: Janet Girard

Janetgirard1@aol.com or 410.939.6026

Harford County Early Stage Support Group

Fourth Monday | 6:30-8 P.M.
Mt. Zion Church
1643 Churchville Rd
Bel Air, MD 21015
Contact: Pat Maans
Bill.patm@comcast.net or 443.528.0260

HOWARD COUNTY

Howard County Early Stage Support Group

Second Thursday | 6:30 – 8 P.M.
Ellicott City 50+ Center
9411 Frederick Rd.
Ellicott City, MD 21042
Contact: Kathy Wehr
kwehr@howardcountymd.gov or 410.313.5955
Contact: Jean Parker
Silver100fox@yahoo.com or 410.722.0833
Contact: Regina Joffe
rjoffe@howardcountymd.gov or 410.313.5955

Howard County Caregiver Support Group

3rd Wednesday
6-7:30 P.M.
Sunrise of Columbia
6500 Freetown Road, Columbia MD 21044
Facilitators: Finda Solee & Britney Martini
Contact: Britney: 410.531.1444
Columbia.avc@sunriseseniorliving.com or
Text: 443.774.9236

TALBOT COUNTY

Talbot County Caregiver Support Group

Fourth Tuesday | 6-7 P.M.
Easton YMCA
202 Peachblossom Rd
Easton, MD 21601
Contact: Leslae Southard
leslaeh@aol.com or 410.322.3838

WICOMICO COUNTY

Wicomico County Caregiver Support Group

Second Wednesday | Noon-1:30 P.M.
MAC, Inc.
909 Progress Circle
Salisbury, MD 21804
Contact: Margaret White
mwhite@macinc.org or 410.742.0505 ext. 128

Wicomico County Caregiver Support Group

Fourth Wednesday | Noon-1:30 P.M.
MAC, Inc.
909 Progress Circle
Salisbury, MD 21804
Contact: Margaret White
mwhite@macinc.org or 410.742.0505 ext. 128

WORCESTER COUNTY

Worcester County Caregiver Support Group

Second Thursday | 3-4:30 P.M.
Ocean Pines Library
11107 Cathell Rd.
Berlin, MD 21811
Contact: Heather Adkins
heather.adkins@worcoa.org

Worcester County Caregiver Support Group

Fourth Thursday | 3-4:30 P.M.
Ocean Pines Library
11107 Cathell Rd.
Berlin, MD 21811
Contact: Heather Adkins
heather.adkins@worcoa.org

VIRTUAL SUPPORT GROUPS - MEETING ONLINE

Please reach out to the contact person to receive login instructions prior to the meeting time and date.

JCS/Myerbert Center Caregiver Support Group

First & Third Monday | 10-11:30 AM
Contact: Alison Lynch
alynch@jcsbaltimore.org or 410.843.7514

Community-Based Caregiver Support Group

First Tuesday | 12-1:30 P.M.
Contact: Marilyn Blum
Marilyn.blum@gmail.com or 410.356.4805

Early Stage/Late Onset - 65 or older
Care Partners ONLY Group

Call 240.549.5086 for pre-screening
First Tuesday | 6:30-8 P.M.
Contact: Julie Vocci
jvocci@yahoo.com
Contact: Lisa Kovens-Harris
harkov8@comcast.net
Contact: Colleen Hessel
Crusso@lifebridgehealth.org

**VIRTUAL SUPPORT GROUPS - MEETING ONLINE
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Dementia Caregiver Meet Up HYBRID

Second Monday | 6:30-8 PM.

Contact: Cole Smith

nsmith@bvsl.net or 443.602.6894,

Contact: Jamie Kasoff

Kjamie1@gmail.com or 443.604.2626

Levindale Baltimore Caregiver Support Group

Second Wednesday | 6:30-8 P.M.

Contact: Julie Heyman

Levindale.alzgroup@gmail.com or 443.675.6349

**Early Stage/Late Onset | 65 or older
Persons Living with MCI or Dementia Diagnosis**

Call 240.549.5086 for pre-screening

Third Tuesday | 6:30-7:30 P.M.

Contact: Julie Vocci

jvocci@yahoo.com

Contact: Lisa Kovens-Harris

harkov8@comcast.net

Contact: Colleen Hessel

Crusso@lifebridgehealth.org

Statewide Virtual Caregiver Support Group

Third Wednesday | 5:30-6:30 P.M.

Contact: Angela Gahs

Angela.gahs@gmail.com or 410.916.1157

Carroll County Caregiver Support Group

Third Thursday | 6-7 P.M.

Contact: Elyse Weckesser

elysew@visitingangels.com or 443.340.3147

Contact: Margie Cotterman

mcotterman@inspired-joy.com or 420.404.6804

(text preferred)

SPECIALTY SUPPORT GROUPS

For online meetings, please reach out to the contact person to receive login instructions prior to the meeting time and date.

**Latino Caregiver MeetUp – Statewide
ONLINE**

First Tuesday | 9:30-11 A.M.

Contact: Maria Guadalupe Lopez

mglopez196@gmail.com or 443.904.0422

**Frontotemporal Dementia Caregiver Support
ONLINE**

Second Wednesday | 10:30 A.M. – 12:30 P.M. OR

Fourth Wednesday | 6:30-8:00 P.M.

Contact: Paula Notarangelo

Noto27@aol.com or 410.294.2409

**Korean Caregiver Support Group
ONLINE**

Second Wednesday | 6:30-8 P.M.

Contact: MJ Engle

mjengle@gmail.com or 410.313.6538

**Young Onset Support Group with YES!
Early Stage, Care Partners, Family**

Third Wednesday | 6:30-8 P.M.

Trinity Episcopal Church

120 Allegany Avenue

Towson, MD 21204

Contact: Deb Hanna

deborah.hanna18@gmail.com or 410.790.8679

Contact: Evie Vandermeer - evie.vandermeer@gmail.com

Contact: Michelle Pasciuti - michellepasciuti@googlemail.com

Contact: Kathy Rogers - kathrync.rogers@gmail.com

**LGBTQA+ Dementia Caregiver MeetUp
ONLINE**

Fourth Thursday | 6:30-7:30 P.M.

Contact: Stephanie Goldstein

steph@ferrettoeldercare.com or 240.575.4338

Contact: Paula Nemoga

pnemoga@comcast.net