Alzheimer’s Caregiver Support Groups

Build a support system with people who understand.

Alzheimer’s Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

NO COST TO ATTEND

See reverse side for dates, times and locations in your area

800.272.3900 | alz.org/seva
ALZHEIMER’S ASSOCIATION CAREGIVER SUPPORT GROUPS

**CHESAPEAKE**

10 a.m. 4th Mon
Chesapeake Lifestyle Ctr.
800 N. Battlefield Blvd.
Patricia McClain, 757.537.2817
Brenna Jacobs, 901.569.9862

7 p.m. 2nd Tue
St. Paul’s UMC
437 Providence Road
Mary Howie, 757.543.9091
Carol Hylton, 757.573.8456

**EASTERN SHORE**

10 a.m. 3rd Wed
Hermitage on the Eastern Shore
23610 North St., Onancock
Kristie Annis, 757.789.7525
John Kellam, 757.787.2592

4 p.m. 2nd Mon
Riverside Eastern Shore Physicians & Surgeons - Medical Library
9524 Hospital Ave, Nassawadox
Melissa Glennon, 757-302-2128

**HAMPTON**

1 p.m. 2nd Mon
Immaculate Conception
Catholic Church
2150 Cunningham Drive
Vicki Gwynn, 757.873.0541,
Colleen Moran, 757.873.0541

6 p.m. 2nd Wed
Bethany United Methodist Church
1509 Todds Lane
Ashley Hickmann, 757.921.4352
Angella Tooley, 757.690.6844
*Starts November 8, 2017

**NEWPORT NEWS**

7 p.m. 1st Mon
Menchville Baptist Church
248 Menchville Road
Peggy Mahoney, 757.344.3592
Harry Berquist, 757.872.6434
Linda Testa, 757.874.9557

10 a.m. 1st Tues
Hidenwood Presbyterian Church
414 Hiden Boulevard
Peggy H. Smith-Thomas,
757.595.0068

10 a.m. 2nd Fri
James River Convalescent Ctr.
540 Aberthaw Avenue
Angela Moore, 757.595.2273
Ruth Simon, 757.898.7340

**NORFOLK**

12:45 p.m. 1st Thu
Alzheimer’s Association
6350 Center Dr., Ste 102
Mary Howie, 757.459.2405
Carol Hylton, 757.573.8456

5:30 p.m. 3rd Wed
Sentara Fort Norfolk
301 Riverview Ave, Suite 202
Sandra Darden, 757.229.1771
Renee Estes, 757.619.1654
*Starts November 15, 2017

**PORTSMOUTH**

7 p.m. 2nd Tue
St. Andrew Lutheran Church
4811 High Street, Portsmouth
Edith Blake, 757.484.5958,
Hillary & Richard Todd
757.484.7199

1 p.m. 1st Thu
Third Baptist Church
461 Godwin St., Portsmouth
Billie Cook, 757.397.9242
Sandra Pierce, 757.292.8486

**SOUTH CENTRAL**

5 p.m. 1st Thu
Hazelnut House
1107 W. Danville Street,
South Hill, 23970
Melissa Baird, 434.447.7661

2 p.m. 1st Thu
Brookview Lodge at
1295 Cobb Street, Farmville
Marion Kyner, 434.392.6106
Rev Roland Grenouillou,
434.547.4794

**VIRGINIA BEACH**

12 p.m. 2nd Mon
Our Lady of Perpetual Help
4560 Princess Anne Road
Olivia Dabney
Raul Permites, 757.495.4211

7 p.m. 2nd Tue
Church of the Holy Family
1279 Great Neck Road
Jim Fedor, 757.481.5702
Carol St. Cyr, 757.343.4970

**WESTERN TIDewater**

3 p.m. 3rd Mon
Lake Prince Woods
100 Anna Goode Way, Suffolk
Denise Brown, 757.923.5521
Precious Tillman, 757.923.5500

12 p.m. 2nd Wed
Emmanuel Episcopal Church
400 N. High Street, Franklin
Joy Cartwright, 434.430.5782
Mary Frances Newsome,
757.569.0604

6 p.m. 3rd Wed
Smithfield Branch Library
255 James Street, Smithfield
Mary Powell, 757.356.0342

**WILLIAMSBURG**

11 a.m. 3rd Wed
Williamsburg UMC, Den Room
500 Jamestown Road
Kay Gardner, 757.810.2384
Respite care for loved one
available. Registration required to
Carolyn Yowell, 757.229.1771

1 p.m. 1st Wed
Williamsburg Community Chapel
3899 John Tyler Hwy, Room 118
John Broadwater, 757.229.1771
Laurie Padgett

**YORKTOWN**

6 p.m. 4th Wed
St. Luke’s United Methodist Church
300 Ella Taylor Road, Yorktown
Danielle Welting, 757.685.1132

Please call designated points of contact to confirm dates and times. Support groups are subject to change in the event of inclement weather.

**Peers & Partners/Early Stage**

Peers & Partners is a specialized 6-month educational and supportive program for people recently diagnosed with early stage Alzheimer’s disease or another form of dementia and their care partner(s). This program offers an opportunity to help you, your friends and family gain valuable knowledge, plan for the future, and connect with others as you navigate this chapter of your life.

The groups are scheduled on a six month cycle. Beginning cycles vary.

Interested? Email us at infoseva@alz.org or call 800.272.3900 for more information or to schedule an interview.

**VOLUNTEER OPPORTUNITIES AVAILABLE!**

Consider volunteering as a support group facilitator or co-facilitator.
Contact the Chapter office at 757.459.2405. Training will be provided.

**UPDATED OCTOBER 11, 2017**