Central & Western Virginia Chapter
Support Groups

**For Caregivers**

**Charlottesville, Every Tuesday, 1:00 pm**
Aldersgate United Methodist Church, 1500 Rio Rd E, Charlottesville
Linda
*In-Person Meetings

**Smith Mtn Lake, 1st Monday, 2:00 pm**
Trinity Ecumenical Parish, 40 Lakemount Dr, Moneta
David
*Virtual/Webinar – Link Required

**Harrisonburg, 1st Wednesday, 9:00 am**
Generations Crossing Adult Care, 3765 Taylor Spring Ln, Harrisonburg
Sharon
*In-Person Meetings

**Blacksburg, 1st & 3rd Friday, 3:00 pm**
Warm Hearth-The Village Center, 2387 Warm Hearth Dr, Blacksburg
Nicole
*Virtual/Webinar – Link Required

**Lynchburg, 2nd Tuesday, 1:00 pm**
Heritage Green, 201 Lillian Ln, Lynchburg
Clarissa
*In-Person Meetings

**Salem, 2nd Tuesday, 1:30 pm**
Adult Day Center of Roanoke Valley, 2321 Roanoke Blvd, Salem
Ruth
*In-Person & Virtual/Webinar – Link Required

**Martinsville, 2nd Wednesday, 12:00 pm**
Southern Area Agency on Aging, 204 Cleveland Ave, Martinsville
Stephanie
*In-Person Meetings beginning in September

**Fishersville, 3rd Monday, 2:30 pm**
Retreat of Fishersville, 25 Old Oaks Drive, Fishersville
Sharon
*Virtual Meetings – Link Required

**Charlottesville, 3rd Tuesday, 9:30 am**
The Center at Belvedere, 540 Belvedere Boulevard, Charlottesville
Caroline & Cheairs
*In-Person Meetings

**Vesta, 3rd Tuesday, 12:00 pm**
Mountain Top Rec Park, Route 58 West 3800 Jeb Stuart Hwy
Stephanie
*In-Person Meetings

**Crozet, 3rd Saturday, 10:00 am**
Crozet Library, 2020 Library Avenue, Crozet
Tanya
*In-Person Meetings

**Vinton, 3rd Saturday, 10:00 am**
Thrasher Memorial United Methodist Church, 707 E Washington Ave, Vinton
Jill
*In-Person Meetings

**Forest, 3rd Saturday, 10:30am**
Raspberry Hill Adult Daytime Center, 1381 Crossings Centre Drive, Suite A, Forest
Tara
*In-Person Meetings beginning in November

**Stuart, 4th Tuesday, 12:00 pm**
The Landmark, 227 Landmark Dr, Stuart
Stephanie
*Virtual Meeting – Link Required

**Roanoke, 4th Thursday, 10:30 am**
Harmony Collection at Roanoke, 4402 Pheasant Ridge Rd, Roanoke
Margaret
*In-Person Meetings

**Martinsville, Last Thursday, 1:00 pm**
King’s Grant, 350 King’s Way Road, Martinsville
Tammy
*In-Person Meetings

**Specialty Support Groups For Caregivers**

**Millennial/Young Caregiver Support Group**
2nd & 4th Thursday, 7:00 pm
Kayla
*Virtual Meeting – Link Required

Please note that some support groups have returned to in-person gatherings, while others are still meeting in the virtual platform. Transitioning for groups from virtual to in-person will continue to be taking place over the next few months, as the numbers of the pandemic continue to change.

If you would like more information on a support group, have questions, or would like to register, please call 1-800-272-3900.