



SUPPORT GROUPS

GREATER RICHMOND CHAPTER

FREDERICKSBURG AND
MIDDLE PENINSULA
NORTHERN NECK

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Registration is **recommended** for support groups. Please call our 24/7 Helpline at 800.272.3900 to register.

FREDERICKSBURG

3rd Tuesday | 1:30 p.m.
Howell Library
806 Lyons Blvd, Fredericksburg
Hosted by Melite and Lori

3rd Tuesday | 5:30 p.m.
Christ Lutheran Church
1300 Augustine Ave., Fredericksburg
Hosted by Judy

4th Tuesdays | 11 a.m.
Caregiver Support Group
Christ Lutheran Church
1300 Augustine Ave., Fredericksburg
Hosted by Judy

1st Wednesday | 5 p.m.
Cooper Library
20 Washington Ave, Colonial Beach
Hosted by Julie

Picturing New Connections
Early Stage Engagement for Persons Living
with Dementia & Caregivers
Gari Melchers Home and Studio
224 Washington Street
Falmouth, VA 22405
Dates vary so please click [HERE](#) or
call the studio at 540.654.1015.

Memory Café
For Persons with Memory Concerns and
Caregivers
2023 Dates: June 16, Sept. 15, and Dec. 15
10:30 a.m. -Noon
Salem Church Branch Library
2607 Salem Church Road
Fredericksburg, VA 22407

MIDDLE PENINSULA NORTHERN NECK (MPNN)

1st Monday | 4:30 p.m.
Rappahannock Westminster-Canterbury
132 Lancaster Dr.
Irvington, VA
Hosted by Mary Arthur

3rd Tuesday | 10:30 a.m.
Gloucester Public Library
6920 Main St, Gloucester
Hosted by Ted

3rd Wednesday | 2 p.m.
Essex Public Library
117 N Church Ln, Tappahannock
Hosted by Jennifer