



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 Tuesday | 11 a.m.

Caregiver Support Group
Christ Lutheran Church
1300 Augustine Ave., Fredericksburg
Hosted by Judy

4th Tuesday | 6-7:15 p.m.

Porter Branch Library
2001 Parkway Blvd, Stafford, VA 22554
Hosted by Amanda and Mason

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 | 10:30 a.m.-Noon

For Persons with Memory Concerns and Caregivers

Dates TBD - Please call 804.967.2580

Salem Church Branch Library
2607 Salem Church Road
Fredericksburg, VA 22407

Memory Café | 10:30 a.m.-Noon

For Persons with Memory Concerns and Caregivers

Meets Quarterly - Dates TBD
Please call 804.967.2580
Fredericksburg Branch Library
1201 Caroline St,
Fredericksburg, VA 22401

Memory Café | 12-1 p.m.

For Persons with Memory Concerns and Caregivers

Meets twice a month, but dates vary.
Caroline County YMCA
17422 Library Blvd, Ruther Glen, VA 22546
Call the YMCA at 804.448.9622 for dates.

**MIDDLE PENINSULA NORTHERN NECK
(MPNN)**

1st Monday | 4:30 p.m.

Rappahannock Westminster-Canterbury

132 Lancaster Dr.

Irvington, VA

Hosted by Mary Arthur

**FOR PERSONS LIVING WITH DEMENTIA
AND CAREGIVERS**

1st Tuesday | 11a.m.-Noon

Bay Aging Active Lifestyle Center, Gloucester

6650 Main St, Gloucester, VA 23061

Hosted by: Mary, Samantha, and Taylor

3rd Tuesday | 10:30 a.m.

Daffodil Gardens I - Community Room

5954 Garden Grove Ln

Gloucester, VA 23061

Hosted by Ted