



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.

FIRST TUESDAY

Latino Caregiver Meet Up/ Virtual/ Statewide
9:30-11 a.m.
Maria Guadalupe Lopez
443.904.0422 or mglopez196@gmail.com

12-1:30 p.m.
Community-based | Towson
Marilyn Blum
410.356.4805 or marilyn.blum@gmail.com

4:30-5:30 p.m.
Somerset Place - Hagerstown
Karla Anderson
301.791.9221 or KAnderson@5ssl.com

6:30 - 8 p.m.
Early Stage/Late Onset | Towson
Please call 800.272.3900 for pre-screening

SECOND MONDAY

6:30-8 p.m.
Early Stage
Anne Arundel County | Severna Park
Call 800.272.3900 for pre-screening

6:30-8 p.m.
Dementia Caregiver Meet Up/ Hunt Valley
Hybrid
Cole Smith | 443.602.6894 or nsmith@bvsl.net
Jamie Kasoff | 443.604.2626 or Kjamie1@gmail.com

SECOND TUESDAY

3-4:30 p.m.
Mt. Zion Church | BelAir
Barbara Pumphrey
410.676.2787 or bbpumph@aol.com

3:30-4:30 p.m.
Cecil County Dementia Caregiver Support Group
Mackenzie Hill, mhill@ccgov.org or
Amanda Woods, 410.996.8168 or AWoods@ccgov.org

5:30-6:30 p.m.
MAC, Inc. | 909 Progress Circle, Salisbury
Margaret White
410.742.0505 x 128 or mwhite@macinc.org

SECOND WEDNESDAY

10:30 a.m.-12:30 p.m.
Frontotemporal Dementia | Towson
Paula Notarangelo
410.294.2409 or noto27@aol.com

12-1:30 p.m.
MAC, Inc. | 909 Progress Circle, Salisbury
Margaret White
410.742.0505 x 128 or mwhite@macinc.org

6:30-8 p.m.
Korean | Ellicott City
MJ Engle
410.313.6538 or mjengle@gmail.com

6:30-8 p.m.
Levindale | Baltimore
Julie Heyman
443.675.6349 or
Levindale.alzgroup@gmail.com

Young Adult (ages 18-35) | Virtual/ Statewide
6:30-7:30 p.m.
Kathryn King Rabb 352.281.7367 or
kaking0812@gmail.com or
Elizabeth Davis 301.524.0623 or
elizabethgrace1348@gmail.com

SECOND THURSDAY

12:30-2 p.m.
JHH-ElderPlus | Baltimore
Tiffani Williams
410.550.8093 or twilli19@jhmi.edu

3-4:30 p.m.
Ocean Pines Library | 11107 Cathell Rd, Berlin
Margaret White
410.742.0505 x 128 or mwhite@macinc.org

6:30-8 p.m.
Ellicott City | 50+ Center
Kathy Wehr
kwehr@howardcountymd.gov or 410.313.5955

6:30-8 p.m.
Early Stage | Howard County | Ellicott City
Please call 800.272.3900 for pre-screening

THIRD MONDAY

10-11:30 a.m.
Myerberg | Baltimore
Rachel Brodsky
410.843.7421 or rbrodsky@jcsbaltimore.org

THIRD TUESDAY

6:30-8 p.m.
St. Patrick | Havre De Grace
Rosemary Dehn | 410.688.1007 or rmdehn@gmail.com
Janet Girard | 410.939.6026 or janetgirard1@aol.com

6:30-8 p.m.
UPMC Western Maryland Caregiver Support Group -
Cumberland
Jade Hensing
301.876.7093 or westernmarylandsg@gmail.com

THIRD WEDNESDAY

5:30-6:30 p.m.
Dementia Caregiver SG | Virtual/Statewide
Angela Gahs
410.916.1157 or angela.gahs@gmail.com
6-7:30 p.m.
Bay Village Assisted Living
979 Bay Village Dr, Annapolis, MD 21403 - Hybrid
Brent Matherly | 443.370.3830 or
bhmatheryl@gmail.com

6-7:30 p.m.
Spring Arbor of Frederick
6601 English Muffin Way, Frederick MD 21703
Kim Thompson | 240.217.4904 or
klthompson@springarborliving.com

6:30-8 p.m.
Catonsville Presbyterian Church
Carolyn Peters
5300-cpetersalz@usa.net

6:30-8 p.m.
Spring Arbor of Severna Park
345 Ritchie Highway
Severna Park, MD 21146
Jennifer McAndrews | jenmcandrews@gmail.com
410.507.4490

Early Stage/ Younger Onset | Towson
Please call 800.272.3900 for pre-screening

THIRD THURSDAY

12 -1:30 p.m.
Delmarva Community Services
108 Chesapeake Street, Cambridge
Joanne Rue
443.225.6695 or ruej54@comcast.net or
Margaret White
410.742.0505 x 128 or mwhite@macinc.org

6-7 p.m.
VIRTUAL Caregiver Support Group/ Eldersburg
Elyse Weckesser | Elysew@mdvisitingangels.com or
443.340.3147
Margie Cotterman | mcotterman@inspired-joy.com
Text preferred to: 420.404.6804

THIRD FRIDAY

1-2 p.m.
Glen Meadows | Glen Arm
Alicia Secada Lovio
ASecadaLovio@psl.org or 410.319.5019

THIRD SATURDAY

10 a.m. -12 noon
Wayland Baptist Church | Baltimore
Lucy Armstrong | 410.922.5848

FOURTH MONDAY

6:30-8 p.m.

Early Stage Harford County | BelAir

Please call 800.272.3900 for pre-screening

FOURTH TUESDAY

12:30-1:30 p.m.

Edenton | Frederick

Laurie James

301.694.3100 or ljames@edenton-retirement.com

Therese Keegan | tkeegan@edenton-retirement.com or

301.694.3100, Ext. 141

6-7 p.m.

Easton YMCA

202 Peachblossom Rd.

Easton, MD 21601

Leslae Southard

leslaeh@aol.com

(c) 410.322.3838

FOURTH WEDNESDAY

11 a.m.-12:15 pm

Grantsville Senior Center, Grantsville

Twila Bender 301.895.5107 x 3523 or

tbender@mtn.laurel.org

(Lunch is available for purchase after the group
at the senior center)

12-1:30 p.m.

MAC, Inc- 909 Progress Circle, Salisbury

Margaret White

410.742.0505 x 128 or mwhite@macinc.org 6:30-8 p.m.

6:30-8 p.m.

Frontotemporal Dementia | Timonium

Paula Notarangelo | 410.294.2409 or noto27@aol.com

FOURTH THURSDAY

1-2 p.m.

LGBTQA+ Dementia Caregiver Meet Up

Virtual | Statewide

Stephanie Goldstein | steph@ferrettoeldercare.com

Paula Nemoga | 240.575.4338 or

pnemoga@comcast.net

3-4:30 p.m.

Ocean Pines Library - 11107 Cathell Rd, Berlin

Margaret White

410.742.0505 x 128 or mwhite@macinc.org

LAST WEDNESDAY

1-2 p.m.

Homewood | Williamsport

Rebecca Ryan

301.582.6823 or RDRyan@hmwd.org