

DUE TO COVID-19 – ALL OUR PROGRAMS ARE BEING CONDUCTED VIRTUALLY. PLEASE CONTACT THE FACILITATOR FOR LOGIN DETAILS

alzheimer's  association®

National Capital Area Chapter

Support Groups
Suburban and Southern
Maryland

Get the Emotional Support You Need

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey.

If you are considering attending a support group, note that schedules and times change occasionally. Please call our **24/7 Helpline at 800.272.3900** before attending a group for the first time to verify meeting information, obtain directions or other information about the group.

Are you unable to attend a support group in person? **ALZConnected®**, powered by the Alzheimer's Association, is a social networking community designed specifically for people with Alzheimer's disease and their family and caregivers. Members can get connected to share concerns and advice. Learn more at www.alzconnected.org.

CALVERT COUNTY

Calvert Library – Prince Frederick | 850 Costley Way, **Prince Frederick**, MD, 20678 | 2nd Thursdays at 7:00 p.m. | Jeannette Findley, J.C. Hooker 410.535.0291 | RSVP Required. Call the facilitator.

Calvert Library – Southern Branch | 13920 HG Trueman Rd, Solomons, MD 20688 | 2nd Wednesday at 2:00 pm | Charles Harrell, 410-394-3000, charrell@asbury.org | Dennis Poremski, dporemski@asbury.org | RSVP Required. Call the facilitator. *HIATUS July-August 2021; Returning September 2021.

MONTGOMERY COUNTY

Bradley Hills Presbyterian Church | 6601 Bradley Blvd, Bethesda, 20817 | 1st and 3rd Friday at 11:45 A.M. | Lynn Meltzer 301.407.1066 | RSVP Required. Call the facilitator.

Sunrise of Rockville | 8 Baltimore Rd, **Rockville**, 20850 | 3rd Tuesdays at 7:00 p.m. | Carole Ashendorf csa9606@gmail.com - 281.216.0940 | RSVP Required. Call the facilitator

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Arden Courts of Silver Spring | 2505 Musgrove Road, **Silver Spring**, 20904 | 1st Tuesday at 2:30 p.m. | Wendy Johnson 240.413.8690 | RSVP Required. Call the facilitator.

Holy Cross Resource Center | (Three groups for adult children) | 9805 Dameron Drive, **Silver Spring**, 20902 | Mondays at 6:00 p.m., Tuesdays at 3:00 p.m., Thursdays at 10:00 a.m., | Sister Kathy Weber 301.754.7152 | RSVP Required. Call the facilitator.

Holy Cross Resource Center | (Three groups for spouses) | 9805 Dameron Drive, **Silver Spring**, 20902 | Wednesdays at 10:00 a.m., Thursdays at 3:00 p.m., Fridays at 10:00 a.m. | Sister Kathy Weber 301.754.7152 | RSVP Required. Call the facilitator.

Leisure World on Georgia Avenue | Interfaith Chapel Library, 3680 South Leisure World Boulevard, **Silver Spring**, 20906 | 1st and 3rd Wednesday at 3:00 p.m. | Sandy Levy smlevy54@gmail.com 781.595.8732 , Nina Helwig ninahelwig5@gmail.com | RSVP Required. Call the facilitator.

PRINCE GEORGE'S COUNTY

First Baptist Church of Glenarden | 3600 Brightseat Road, **Landover**, 20785 | 3rd Monday at 06:30 p.m and 3rd Thursday at 11:00 a.m., | Vikki Kalitsi 240.354.8895, | RSVP Required. Call the facilitator.

The Lodge at Marlton | 9590 Crain Hwy, **Upper Marlboro**, MD 20772 | 1st Monday at 1:00 p.m – 02:30p.m., |Shirley Young 757-508-6595 atistpab@verizon.com & Vivian McAllister 609.304.1940 | RSVP Required. Call the facilitator.

Google Hangouts “Sandwich Gen” Support Group

2nd & 4th Thursday 8:00 p.m. – 9:00 p.m. Virtual Google Meet Support Group | RSVP Required. Email a facilitator Linda Weitzman lcweitzman@gmail.com | Megha Guggari mvguggari@gmail.com

1st & 3rd Thursday 8:00 p.m. – 9:00 p.m. Virtual Google Meet Support Group | RSVP Required. Email the facilitators Dana Belongia & Alex Lopez nationalcapalz@gmail.com

Special Groups

Café Latino (Spanish language) | 1st and 3rd Saturday at 6:00 p.m. | Bee McClean and Reyna Portillo alzcafelatino@gmail.com | **RSVP Required. Email the facilitators.**

Café Latino (Spanish language) | 2nd Saturday at 10:00 a.m. | Diana Backlund and Sarah Rodriguez alzcafelatinoVA@gmail.com | **RSVP Required. Email the facilitators.**

8/12/2021