

**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  
District of Columbia**

## 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](http://www.alzconnected.org)**.

### NORTHWEST

**Iona Senior Services (Group for Adult Children who are Caregivers)** | 4125 Albemarle Street, NW, Washington, DC 20016 | 2nd and 4th Wednesdays at 6:00 p.m. | Bill Amt ([bamt@iona.org](mailto:bamt@iona.org)) RSVP Required. Call the facilitator.

**VA Medical Center** | 50 Irving St. NW, Washington, DC 20422 | 2nd Tuesday at 2:15 p.m. - 3:15 p.m. | Salwa (Susu) Habayeb 202.745.8422 [salwa.habayeb@va.gov](mailto:salwa.habayeb@va.gov) | RSVP required. Call the facilitator.

### NORTHEAST

**Providence Hospital – Carroll Manor** | 1150 Varnum Street, NE, Washington, DC 20017 | 3rd Tuesday at 11:00 a.m. | Dwayne B. Hughes 301.980.8412 (*Call to confirm virtual link*)

### SOUTHWEST

**St. Matthew's Lutheran Church** | 222 M Street SW, Washington DC | 4th Thursday of the month 11:00 a.m. - 12:00 p.m. | Carroll Quinn - 513.673.9921 | Vickie Henrikson 202.251.7117 [vlhenrikson@gmail.com](mailto:vlhenrikson@gmail.com), | No rsvp required. Contact the facilitator for Zoom info.

### Weekly Telephone Support Group

**Hosted by Holy Cross Resource Center** - RSVP Required. Call the facilitator.

Tuesdays at 6:00 p.m. (Please call 301.754.7152 to receive the necessary information to participate.)

## Google Hangouts “Sandwich Gen” Support Group

2<sup>nd</sup> & 4<sup>th</sup> Thursday 8:00 p.m. – 9:00 p.m. Virtual Google Meet Support Group | RSVP Required.  
Email a facilitator Linda Weitzman [lcweitzman@gmail.com](mailto:lcweitzman@gmail.com) | Megha Guggari  
[mvguggari@gmail.com](mailto:mvguggari@gmail.com)

1<sup>st</sup> & 3<sup>rd</sup> 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](mailto:nationalcapalz@gmail.com)

## Special Café Latino Support Group

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

**Café Latino (Spanish language)** | 2<sup>nd</sup> Saturday at 10:00 a.m. | Diana Backlund and Sarah Rodriguez [alz.cafelatinoVA@gmail.com](mailto:alz.cafelatinoVA@gmail.com) | **RSVP Required. Email the facilitators.**

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