



**EVENING
VIRTUAL SUPPORT GROUPS
NATIONAL CAPITAL
AREA CHAPTER**

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. For the safety of our constituents, volunteers and staff, many support groups are being held virtually. You must call or email the facilitator prior to the meeting you wish to attend to obtain login information. THANK YOU!

WEEK DAY | EVENING SUPPORT GROUPS | 5 - 8 P.M.

FIRST THURSDAY

8 p.m. | Sandwich Generation Group #2
Dana Belongia | Belongia@gmail.com

SECOND TUESDAY

7 p.m. | First Mount Zion Baptist Church
Stephanie Craddock, 703.670.0184
Scraddock@firstmountzionbc.org

7 p.m. | Prince William Senior Center
Kate Tanner, 703.501.0749
tannerfam9@aol.com

7 p.m. | Sunrise at Rockville
Carole Ashendorf | csa9606@gmail.com
281.216.0940

SECOND WEDNESDAY

6 p.m. | Iona Senior Services
(For adult children who are caregivers)
Bill Amt, bamt@iona.org

7:30 p.m. | Pender UMC
(Younger-onset Dementia Caregivers)
Sarah Harris, 703.715.9423

8 p.m. | Sandwich Generation Support Group #3
Andrea Friedman
ajfrie@gmail.com

SECOND THURSDAY

7 p.m. | Calvert Library – Prince Frederick
Jeannette Findley & J.C. Hooker, 410.535.0291

7:30 p.m. | Aldersgate United Methodist Church
Joan Sutton, 202.285.6486
joanmillersutton@gmail.com

8 p.m. | Sandwich Generation Support Group #1
Linda Weitzman, lcweitzman@gmail.com
Megha Guggari, mvvguggari@gmail.com

THIRD THURSDAY

8 p.m. | Sandwich Generation Support Group #2
Dana Belongia & Alex Lopez,
nationalcapalz@gmail.com

ALZHEIMER'S ASSOCIATION | VIRTUAL SUPPORT GROUPS

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FOURTH TUESDAY

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