

**WEEKEND
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!

WEEKEND SUPPORT GROUPS

SECOND SATURDAY

10 a.m. | Café Latino (Spanish language)
Diane Backlund and Sarah Rodriguez
alz.cafelatinoVA@gmail.com

THIRD SATURDAY

2 p.m. | Alexandria Support Group
Lori Woelfel, bankingonmemory@gmail.com
Shawn Ulrick, co-facilitator