



## DAYTIME SUPPORT GROUPS

### SOUTHEASTERN VIRGINIA AREA 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 for meetings and to receive login information for virtual meetings.**

### DAYTIME SUPPORT GROUPS

#### **SOUTHSIDE**

##### **Portsmouth**

1st Thursday | 1-2 p.m.

Third Baptist Church

461 Godwin St., Portsmouth, VA 23704  
(Joe B. Fleming Multi-Purpose Bldg,  
London Blvd. and Armstrong Street, right  
around the corner from the church.)

##### **Virginia Beach**

3rd Monday | 12-1:30 p.m.

Our Lady of Perpetual Help

4560 Princess Anne Rd.

*Registration is required.*

*Please call 757.495.4211 to register.*

4th Monday | 1-2 p.m.

Chesapeake Lifestyle Center

800 N. Battlefield Blvd.

##### **Norfolk**

Second Thursday | 1 p.m.

Primeplus Senior Center

7300 Newport Ave #100

Norfolk, VA 23505

#### **WESTERN TIDEWATER**

3rd Friday | 3-4 p.m.

Smithfield

Virtual Via Zoom

#### **PENINSULA**

##### **Newport News**

1st Wednesday | 7 - 8 p.m.

Orcutt Baptist Church

653 Baxter Ln.

##### **Williamsburg**

1st Wednesday | 1-2 p.m.

Peninsula Agency on Aging

4551 John Tyler Highway, Ste 101

Laurie Padgett | 757.345.6277

##### **Newport News**

2nd Wednesday | 1-2 p.m.

Peninsula Agency on Aging

739 Thimble Shoals Blvd.

Kimberly Canty or

Jennifer McPherson 757.933.2607

##### **Williamsburg**

2nd Thursday | 11-12 p.m.

Virtual via Zoom

#### **SOUTH CENTRAL**

##### **Farmville**

1st Wednesday | 2-3 p.m.

St. John's Lutheran Church

1301 Milnwood Rd.

#### **HAMPTON**

Every other month on the  
3rd Saturday of the month

(2024 dates: Jan, March, May,  
July, September, November)

11 a.m. - 12:30 p.m.

Sixth Mount Zion Baptist Temple

3100 Butternut Dr.

Hampton, VA 23666

#### **SUFFOLK**

First Tuesday of each month  
1-2 p.m.

Lake Prince Woods

100 Anna Goode Way

Suffolk, Virginia 23434

#### **EASTERN SHORE**

First Thursday of each month  
10-11 a.m.

Baptist Bible Church

24577 Front St.

Accomac, VA 23301

#### **FILIPINO SUPPORT GROUP**

Saturday, June 22, Aug. 24,

Oct. 26, Dec. 28 | 3 - 4 p.m.

Philippine Cultural Center of VA  
4857 Baxter Rd.

Virginia Beach, VA 23462