



SUPPORT GROUPS

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 support groups are being held virtually and some are meeting in person. **PLEASE CALL 800.272.3900 TO REGISTER. THANK YOU!**

Last updated: April 28, 2025

MONDAY MEETINGS

LAST MONDAY

1 p.m. | Lodge at Marlton - Virtual

1 p.m. | Camp Springs Caregiver Support Group - Virtual

TUESDAY MEETINGS

FIRST TUESDAY

10 a.m. | Rappahannock Public Library - Virtual

3:30 p.m. | Forgetful Friends - In-Person

Sanctuary of the Manassas Church of the Brethren, 10047 Nokesville Rd., Manassas, VA 20110

SECOND TUESDAY

2:30 p.m. | Veterans Affairs Medical Center - Virtual

3-4:30 p.m. | Harford County Caregiver Support Group - In-Person Mt.

Zion Church, 1643 Churchville Rd., Bel Air, MD 21015

THIRD TUESDAY

10 a.m. | Rappahannock Public Library - Virtual

3:30 p.m. | Forgetful Friends - In-Person

Sanctuary of the Manassas Church of the Brethren, 10047 Nokesville Rd., Manassas, VA 20110

FOURTH TUESDAY

4 p.m. | Veterans Affairs Medical Center - Virtual

WEEKLY TUESDAY

2:30 p.m. | Holy Cross Health – Virtual - For all caregivers

To register and receive Holy Cross Health meeting locations or login instructions, call 800.272.3900.

WEDNESDAY MEETINGS

FIRST WEDNESDAY

3 p.m. | Leisure World Virtual

3 p.m. | Calvert Library Twin Beaches Branch In-Person

4100 5th St., North Beach, MD

4 p.m. | Leesburg Adult Day Center - In-Person - Free respite services offered.

16501 Meadowview Court, Leesburg, VA 20175

5:30 p.m. | Amy's Army caregiver support group - In-Person

Fair Lakes at the Vellum Mortgage Office

2700 Fair Lakes Circle Suite 400, Fairfax, VA 22033

SECOND WEDNESDAY

11 a.m. | First Mount Zion Baptist Church - Virtual

3 p.m. | Calvert Library Southern Branch - In Person

13920 HG Trueman Rd., Solomons, MD

FOURTH WEDNESDAY

11 a.m. | First Mount Zion Baptist Church - Virtual

11:30 a.m. | The Villa at Suffield Meadows - In-Person

6735 Suffield Lane, Warrenton, VA 2018

THURSDAY MEETINGS

FIRST THURSDAY

10 a.m. | St. Andrew's Episcopal Church – Virtual

10 a.m. | Holy Cross Health – Virtual - For spouses

To register and receive Holy Cross Health meeting locations or login instructions, call 800.272.3900.

SECOND THURSDAY

10 a.m. | Holy Cross Health – Virtual - For Adult Children

To register and receive Holy Cross Health meeting locations or login instructions, call 800.272.3900.

THIRD THURSDAY

10 a.m. | St. Andrew's Episcopal Church - Virtual

10 a.m. | Holy Cross Health – Virtual - For Spouses

To register and receive Holy Cross Health meeting locations or login instructions, call 800.272.3900.

10:30 a.m. | In-Person

St. Thomas United Methodist, 8899 Sudley Road, Manassas, VA

FOURTH THURSDAY

10 a.m. | Holy Cross Health - For Adult Children - Virtual

To register and receive Holy Cross Health meeting locations or login instructions, call 800.272.3900. 3

p.m. | The Carver Center - Virtual

FRIDAY MEETINGS

FIRST FRIDAY

9:30 a.m. | Lake Ridge -Via Telephone

SECOND FRIDAY

9:30 a.m. | Lake Ridge - Via Telephone

12:30 p.m. | In-Person

Brooke Grove Rehabilitation and Nursing Center - Community Partners Room

18131 Slade School Road, Sandy Spring, MD

In partnership with Medstar Health

THIRD FRIDAY

9:30 a.m. | Lake Ridge - Via Telephone

FOURTH FRIDAY

9:30 a.m. | Lake Ridge - Via Telephone

MONDAY EVENING MEETINGS

FOURTH MONDAY

6:30-8 P.M. | Harford County Early-Stage Support Group - In-Person Pre-screening required.

Mt. Zion Church, 1643 Churchville Rd., Bel Air, MD 21015

TUESDAY EVENING MEETINGS

SECOND TUESDAY

7 p.m. | First Mount Zion Baptist Church - Virtual

7 p.m. | Prince William Senior Center - Virtual

7 p.m. | Rockville Caregiver Support Group- Virtual

FOURTH TUESDAY

7 p.m. | First Mount Zion Baptist Church - Virtual

7 p.m. | Prince William Senior Center - Virtual

7 p.m. | Rockville Caregiver Support Group Virtual

WEDNESDAY EVENING MEETINGS

FIRST WEDNESDAY

6:30 p.m. | Forgetful Friends Networking - Virtual

SECOND WEDNESDAY

6 p.m. | Iona Senior Services – Virtual (For adult children who are caregivers)

7:30 p.m. | Pender UMC - Virtual (Younger-onset Dementia Caregivers)

8 p.m. | Sandwich Generation Support Group #3 Virtual

FOURTH WEDNESDAY

6 p.m. | Prince William Senior Center - Virtual

6 p.m. | Iona Senior Services - Virtual (For adult children who are caregivers)

8 p.m. | Sandwich Generation Support Group #3 - Virtual

THURSDAY EVENING MEETINGS

SECOND THURSDAY

6:30 p.m. | Calvert Library - In-Person

850 Costley Way, Prince Frederick, MD

7:30 p.m. | Aldersgate United Methodist Church - Virtual

THIRD THURSDAY

8 p.m. | Sandwich Generation Support Group #2 - Virtual

SATURDAY MEETING

SECOND SATURDAY

10 a.m. | Café Latino (Spanish language) - Virtual

SUNDAY MEETING

THIRD SUNDAY

2 p.m. | Alexandria Support Group - Virtual

SPECIALTY SUPPORT GROUPS

For virtual meetings, please call 800.272.3900 to receive login instructions prior to the meeting time and date.

Latino Caregiver MeetUp – Statewide - Virtual First

Tuesday | 9:30-11 A.M.

Sandwich Generation (Caregivers 40 yrs >) - Virtual First

and Third Thursday | 8 p.m.

Dementia Grief and Bereavement Support Group - Virtual Third

Tuesday | 6:30-8 p.m.

Frontotemporal Dementia Caregiver Support - Virtual Second

Wednesday | 10:30 A.M. – 12:30 P.M.

Korean Caregiver Support Group - Virtual Second

Wednesday | 6:30-8 P.M.

Sandwich Generation (Caregivers 40 yrs >) - Virtual Second

and Fourth Wednesday | 8 p.m.

Young Onset Support Group with YES - Early Stage, Care Partners, Family - In-Person Third

Wednesday | 6:30-8 P.M.

Trinity Episcopal Church, 120 Allegany Avenue, Towson, MD 21204

Frontotemporal Dementia Caregiver Support Group - Virtual Fourth

Wednesday | 6:30-8 P.M.

LGBTQA+ Dementia Caregiver MeetUp - Virtual Fourth

Thursday | 6:30-7:30 P.M.

Cafe Latino (Spanish Language) - Virtual Second

Saturday | 10 a.m.