



## SUPPORT GROUPS

### GREATER RICHMOND CHAPTER

#### FREDERICKSBURG AND MIDDLE PENINSULA NORTHERN NECK

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Registration is **recommended** for support groups. Please call our 24/7 Helpline at 800.272.3900 to register.

#### FREDERICKSBURG

##### 3rd Tuesday | 1:30 p.m.

Howell Library  
806 Lyons Blvd, Fredericksburg  
Hosted by Melite and Lori

##### 3rd Tuesday | 5:30 p.m.

Christ Lutheran Church  
1300 Augustine Ave., Fredericksburg  
Hosted by Judy

##### 4th Tuesday | 11 a.m.

Caregiver Support Group  
Christ Lutheran Church  
1300 Augustine Ave., Fredericksburg  
Hosted by Judy

##### 4th Tuesday | 6-7:15 p.m.

Porter Branch Library  
2001 Parkway Blvd, Stafford, VA 22554  
Hosted by Amanda and Mason

##### 1st Wednesday | 5 p.m.

Cooper Library  
20 Washington Ave, Colonial Beach  
Hosted by Julie

#### Picturing New Connections Early Stage Engagement for Persons Living with Dementia & Caregivers

Gari Melchers Home and Studio  
224 Washington Street  
Falmouth, VA 22405

Dates vary, so please click [HERE](#) or  
call the studio at 540.654.1015.

##### Memory Café | 10:30 a.m.-Noon

For Persons with Memory Concerns and  
Caregivers

Dates TBD - Please call 804.967.2580

Salem Church Branch Library  
2607 Salem Church Road  
Fredericksburg, VA 22407

##### Memory Café | 10 - 11 a.m.

For Persons with Memory Concerns and  
Caregivers

Meets Quarterly - Dates TBD

Please call 804.967.2580  
Fredericksburg Branch Library  
1201 Caroline St,  
Fredericksburg, VA 22401

#### MIDDLE PENINSULA NORTHERN NECK (MPNN)

##### 1st Monday | 4:30 p.m.

Rappahannock Westminster-Canterbury  
132 Lancaster Dr.  
Irvington, VA  
Hosted by Mary Arthur

#### FOR PERSONS LIVING WITH DEMENTIA AND CAREGIVERS

##### 1st Tuesday | 11 a.m.-Noon

Bay Aging Active Lifestyle Center, Gloucester  
6650 Main St, Gloucester, VA 23061  
Hosted by: Mary, Samantha, and Taylor

##### 3rd Tuesday | 10:30 a.m.

Daffodil Gardens I - Community Room  
5954 Garden Grove Ln  
Gloucester, VA 23061  
Hosted by Ted