



ALZHEIMER'S  ASSOCIATION®

## MARYLAND VIRTUAL AND IN-PERSON 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 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 and receive login information for virtual meetings.**

### IN-PERSON SUPPORT GROUPS BY COUNTY

#### ALLEGANY COUNTY

##### Allegany County Caregiver Support Group

Third Tuesday | 6:30-8 P.M.

UPMC

Physician Conference room

12500 Willowbrook Rd.

Cumberland, MD 21502

#### ANNE ARUNDEL COUNTY

##### Anne Arundel Early Stage Support Group

*Pre-screening required.*

Second Monday | 6:30-8 P.M.

Woods Memorial Presbyterian Church Rm. 155

611 Baltimore-Annapolis Blvd.

Severna Park, MD 21146

##### Anne Arundel Caregiver Support Group

Third Wednesday | 7-7:30 P.M.

St. Anne's Parish

199 Duke of Gloucester St.

Annapolis, MD 21401

#### BALTIMORE COUNTY

##### Dementia Caregiver Meet Up HYBRID

Second Monday | 6:30-8 P.M.

11019 McCormick Rd.

Hunt Valley, MD 21031

##### Catonsville Caregiver Support Group

Third Wednesday | 6:30-8 P.M.

Catonsville Presbyterian Church

1400 Frederick Rd.

Catonsville, MD 21228

##### Glen Meadows Caregiver Support Group

Third Friday | 1-2 P.M.

Glen Meadows Retirement Community,

11630 Glen Arm Rd.

Glen Arm, MD 21057

#### BALTIMORE CITY

##### JHH-Elder Plus Caregiver Support Group

Second Thursday | 12:30-2 P.M.

Bayview

4940 Eastern Avenue

Mason F. Lord, Building, EAST Tower, 1st floor

Baltimore, MD 21224

##### Baltimore City Caregiver Support Group

Third Saturday | 10 AM – Noon

Wayland Baptist Church

3200 Garrison Blvd.

Baltimore, MD 21216

**CALVERT COUNTY**

Calvert Library Twin Beaches Branch

First Wednesday | 3 P.M.  
4100 5th St.  
North Beach, MD

Calvert Library Southern Branch

Second Wednesday | 3 P.M.  
13920 HG Trueman Rd.  
Solomons, MD

Calvert Library

Second Thursday | 6:30 P.M.  
850 Costley Way  
Prince Frederick, MD

**CAROLINE COUNTY**

Caroline County Caregiver Support Group

Second Thursday | 6-7 P.M.  
701 S. 5th Ave.  
Denton, MD 21629

**CARROLL COUNTY**

Caregiver Connections

Third Wednesday | 6-7:30 P.M.  
BrightView Senior Living  
505 High Acre Dr.  
Westminster, MD 21157

**CECIL COUNTY**

Cecil County Dementia Caregiver Support Group

Second Tuesday | 3:30-4:30 P.M.  
200 Chesapeake Blvd.  
Elkton, MD 21921

**DORCHESTER COUNTY**

Dorchester County Caregiver Support Group

Third Thursday | Noon-1:30 P.M.  
Delmarva Community Services  
108 Cheapeake St.,  
Cambridge, MD 21613

**FREDERICK COUNTY**

Spring Arbor of Frederick Caregiver Support Group

Third Wednesday | 6-7:30 P.M.  
6601 English Muffin Way  
Frederick, MD 21703

Edenton Caregiver Support Group

Fourth Tuesday | 12:30-1:30 P.M.  
Edenton Retirement Community  
5800 Genesis Lane, Frederick, MD 21703

**GARRETT COUNTY**

Garrett County Caregiver Support Group

Fourth Wednesday | 11 A.M. – 12:15 P.M.  
Grantsville Senior Center  
125 Durst Ct.  
Grantsville, MD 21536

**HARFORD COUNTY**

Harford County Caregiver Support Group

Second Tuesday | 3-4:30 P.M.  
Mt. Zion Church  
1643 Churchville Rd  
Bel Air, MD 21015

St. Patrick/Havre de Grace Caregiver Support Group

Third Tuesday | 6:30-8 P.M.  
615 Congress Ave.  
Havre De Grace, MD 21078

Harford County Early Stage Support Group

*Pre-screening required.*

Fourth Monday | 6:30-8 P.M.  
Mt. Zion Church  
1643 Churchville Rd  
Bel Air, MD 21015

**HOWARD COUNTY**

Howard County Early Stage Support Group

*Pre-screening required.*

Second Thursday | 6:30 – 8 P.M.  
Ellicott City 50+ Center  
9411 Frederick Rd.  
Ellicott City, MD 21042

**MONTGOMERY COUNTY**

Brooke Grove / MedStar Montgomery

Second Friday | 12:30 P.M.  
Community Partners Room  
18131 Slade School Rd.  
Sandy Spring, MD

Brighton Gardens Friendship Heights

Second Saturday | 10:30 A.M.  
555 Friendship Blvd.  
Chevy Chase, MD

Holy Cross Health - Virtual and In-Person

First Thursday | 10 A.M. | All Caregivers  
Second Thursday | 10 A.M. | Adult Children  
Third Thursday | 10 A.M. | Spouses  
Fourth Thursday | 10 A.M. | Adult Children

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

## TALBOT COUNTY

### Talbot County Caregiver Support Group

Fourth Tuesday | 6-7 P.M.

Easton YMCA

202 Peachblossom Rd

Easton, MD 21601

## WICOMICO COUNTY

### Wicomico County Caregiver Support Group

Second Tuesday | 5:30-6:30 P.M.

MAC, Inc.

909 Progress Circle

Salisbury, MD 21804

### Wicomico County Caregiver Support Group

Second Wednesday | Noon-1:30 P.M.

MAC, Inc.

909 Progress Circle

Salisbury, MD 21804

### Wicomico County Caregiver Support Group

Fourth Wednesday | Noon-1:30 P.M.

MAC, Inc.

909 Progress Circle

Salisbury, MD 21804

## WORCESTER COUNTY

### Worcester County Caregiver Support Group

Second Thursday | 3-4:30 P.M.

Ocean Pines Library

11107 Cathell Rd.

Berlin, MD 21811

### Worcester County Caregiver Support Group

Fourth Thursday | 3-4:30 P.M.

Ocean Pines Library

11107 Cathell Rd.

Berlin, MD 21811

## VIRTUAL SUPPORT GROUPS

*Please call 800.272.3900 to receive login instructions prior to the meeting time and date.*

### Jewish Community Services Support Group

First Monday | 10-11:30 A.M.

### Community-Based Caregiver Support Group

First Tuesday | 12-1:30 P.M.

### Early Stage/Late Onset - 65 or older Care Partners ONLY Group

*Pre-screening required.*

First Tuesday | 6:30-8 P.M.

### Dementia Caregiver Meet Up HYBRID

Second Monday | 6:30-8 P.M.

### Levindale Baltimore Caregiver Support Group

Second Wednesday | 6:30-8 P.M.

### Jewish Community Services Support Group

Third Monday | 10-11:30 A.M.

### Statewide Virtual Caregiver Support Group

Third Wednesday | 5:30-6:30 P.M.

### Carroll County Caregiver Support Group

Third Thursday | 6-7 P.M.

### Leisure World of Maryland

First Wednesday | 3 p.m.

### Leisure World of Rockville

Second and Fourth Tuesdays | 7 p.m.

### Leisure World of Camp Spring

Last Monday | 1 p.m.

## 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

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.

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