



ALZHEIMER'S  ASSOCIATION®

**SUPPORT GROUPS
VIRTUAL AND IN-PERSON**

Greater Richmond Chapter

**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. We offer support groups that are virtual and in-person. For any questions about support groups, please call 1-800-272-3900 or 804-967-2580. THANK YOU!

1st Monday - 4:30 p.m.

Virtual Caregiver Support Group

Join Zoom meeting [HERE](#)

Hosted by Mary Arthur

1st Wednesday - 5 p.m.

Caregiver Support Group

Cooper Library

20 Washington Ave, Colonial Beach

Hosted by Julie

3rd Tuesday - 10:30 a.m.

Caregiver Support Group

Daffodil Gardens I - Community Room

5954 Garden Grove Ln, Gloucester

Hosted by Ted

3rd Wednesday - 2 p.m.

Caregiver Support Group

Essex Public Library

117 N Church Lane, Tappahannock

Hosted by Jennifer

1st Tuesday - 11 a.m.-Noon

**For Persons Living with Dementia and
Caregivers**

Bay Aging Active Lifestyle Center, Gloucester

6650 Main St, Gloucester

Hosted by: Bay Aging

Memory Café

4th Wednesday | 1:30 p.m. - 3 p.m.

**For Persons with Memory Concerns
and Caregivers**

Java Jacks Café

504 Church Lane, Tappahannock

Hosted by: Bay Aging