



ALZHEIMER'S  ASSOCIATION®

## SUPPORT GROUPS VIRTUAL AND IN-PERSON GREATER RICHMOND CHAPTER

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. For the safety of our constituents, volunteers and staff, many support groups are being held virtually. You must call or email the facilitator prior to the meeting you wish to attend to obtain login information. THANK YOU!

### **VIRTUAL MEETINGS**

TO JOIN A VIRTUAL MEETING,  
CLICK ON THE ZOOM LINK, JOIN BY PHONE  
OR CALL 800.272.3900.

**1st Tuesday | 12 p.m.** UVA Memory and  
Aging Clinic Hosted by: Jessica

**3rd Tuesday, 7 p.m.**

Virtual Caregiver Support Group  
Hosted by Merle, Greg, & Erin  
Join Zoom meeting [HERE](#)  
Join audio Zoom by phone: 833.548.0282  
Meeting ID 925 1018 2175  
Passcode: 017184

**1st Thursday | 6 p.m.**

East Henrico - Good Shepherd Baptist  
Church  
Hosted by Wanda  
Join Zoom meeting [HERE](#)  
Join audio Zoom by phone: 833.548.0282  
Meeting ID: 910 8458 9939  
Passcode: 337127

### **IN-PERSON SUPPORT GROUPS**

TO REGISTER FOR AN IN-PERSON SUPPORT  
GROUP, CALL 800.272.3900.

#### **GROUPS FOR CAREGIVERS**

**1st Mondays | 10 a.m.**

Markel Plaza  
4600 Cox Road, Glen Allen  
Hosted by Steve

**1st Tuesday | 10:30 a.m.**

Second Branch Baptist Church  
12217 2nd Branch Rd, Chesterfield  
Hosted by Edith and Sharon

**1st Thursday | 3:30-5 p.m.**

**The Other Additional Dementias (TOAD)  
Caregiver Support Group**

VCU Short Pump Pavilion  
2nd Floor Conference Room  
11958 West Broad Street, Henrico  
Call the Richmond Chapter at 804.967.2580  
for more details.

**2nd Tuesday | 10:30 a.m.**

Metropolitan Baptist Church  
1021 Halifax St., Petersburg, VA 23803  
Hosted by Betty

**IN-PERSON SUPPORT GROUPS**  
**TO REGISTER FOR AN IN-PERSON SUPPORT GROUP, CALL 800.272.3900.**

**2nd Wednesday | 9:30 a.m.**

Hanover Adult Day Center  
7231 Stonewall Pkwy, Mechanicsville  
Hosted by Barbara

**2nd Wednesday | 10 a.m.**

New Life United Methodist Church  
900 Old Hundred Rd, Midlothian  
Hosted by Bob and Leigh

**2nd Thursday | 1 p.m.**

Three Chopt Church of Christ  
9500 Three Chopt Rd., Richmond  
Hosted by Dick and Angie

**3rd Monday | 7 p.m.**

Mechanicsville - Shady Grove  
United Methodist Church  
8209 Shady Grove Rd.  
Mechanicsville, VA 23111  
Hosted by Dave & Beth

**3rd Thursday | 6:30 p.m.**

Near West End -  
Reveille United Methodist Church,  
Hosted by Alice & Beth  
4200 Cary Street Rd, Richmond, VA 23221

**3rd Thursday | 6:30 p.m.**

Central Library  
7051 Lucy Corr Blvd, Chesterfield  
Hosted by Edith and Sharon

**Last Tuesdays | 5:30 p.m.**

Caregiver Support Group  
Heritage Green  
7080 Brooks Farm Road  
Mechanicsville, VA 23111  
Hosted by Shelly

**GROUPS FOR THOSE LIVING WITH  
ALZHEIMER'S OR DEMENTIA AND THEIR  
CAREGIVERS**

**2nd Tuesdays | 10 - 11:30 a.m.**

- **Chesterfield Baptist Church**  
Meetings in February, June and October
- **Bensley Community Building**  
Meetings in March, July and November
- **Stonebridge Recreation Center**  
Meetings in April, August and December

**Memory Café**

**3rd Thursdays | 11 a.m. – 12:30 p.m.**

For Persons with Memory Concerns &  
Caregivers  
VCU Health Hub at 25th  
1330 N. 25th St., Suite A  
Richmond, VA  
Call 800.272.3900 to register.

**Joyful Voices**

**Each Thursday | 10 to 11:30 a.m.**

Salisbury Presbyterian Church  
13621 W Salisbury Rd.  
Midlothian, VA  
Call: 804.794.5311, Ext. 128  
Email: [info@JoyfulVoicesChorus.com](mailto:info@JoyfulVoicesChorus.com)

**2nd Friday | 1 p.m.**

**A virtual group for those living with  
dementia.**

Hosted by: Karen  
Please call 800.272.3900 to be screened,  
registered and receive log-in instructions.