



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 & Mid-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 | 6-7:30 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. Suite 260

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- ElderPlus Caregiver Support Group

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

Stadium Place, Ednor 1

1040 East 33rd St.

Baltimore, MD 21218

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 | 1-2:30 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 | 10:30 A.M. – Noon
Grantsville Senior Center
125 Durst Ct.
Grantsville, MD 21536

Garrett County Caregiver Support Group

Second Wednesday | 2:30 – 4 P.M.
Mary Browning Senior Center
104 East Center St.
Oakland, MD 21550

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

Ellicott City 50+ Center

Second Thursday | 6:30 - 8 P.M.
9401 Frederick Rd.
Ellicott City, MD 21042

Sunrise of Columbia

Third Wednesday | 6 - 7:30 P.M.
6500 Freetown Rd.
Columbia, MD 21044

MONTGOMERY COUNTY

Brooke Grove / MedStar Montgomery

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

WICOMICO COUNTY

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.

Atlantic General Neurology

9714 Health Way Drive

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.

Virtual Dementia 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.

Baltimore City Caregiver Support Group

Third Saturday | 10 AM – Noon

This is a phone meeting only.

Dementia Caregiver Meet Up HYBRID

Second Monday | 6:30-8 PM.

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.

Rockville Caregiver Support Group

Second and Fourth Tuesdays | 7 P.M.

Camp Springs Caregiver Support Group

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.

Sandwich Generation (Caregivers 40 yrs >)

VIRTUAL

First and Third Thursday | 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 partnership with Yes and for more information on younger onset, go to [YES!](#)

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

Trinity Episcopal Church

120 Allegany Avenue

Towson, MD 21204

Frontotemporal Dementia Caregiver Support Group

VIRTUAL

Fourth Wednesday | 7-8:30 P.M.

LGBTQA+ Dementia Caregiver MeetUp

VIRTUAL

Fourth Wednesday | 6:30-7:30 P.M.

Cafe Latino (Spanish Language)

VIRTUAL

Second Saturday | 10 a.m.

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