



## 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

10140 East 33rd St.

Baltimore, MD 21218

###### **Caregiver Support Group**

University of Maryland School of Medicine

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

Geriatric Neuropsychiatry & Advanced Depression  
Treatment Center

701 W. Pratt St. | Suite 1

Baltimore, MD 21201

### **CALVERT COUNTY**

#### **Calvert Library Twin Beaches Branch**

First Wednesday | 3 P.M.

4100 5th St.

North Beach, MD 20714

#### **Calvert Library Southern Branch**

Second Wednesday | 3 P.M.

13920 HG Trueman Rd.

Solomons, MD 20714

#### **Calvert Library**

Second Thursday | 6:30 P.M.

850 Costley Way

Prince Frederick, MD 20678

### **CAROLINE COUNTY**

#### **Caroline County Caregiver Support Group**

Second Thursday | 6-7 P.M.

701 S. 5th Ave.

Denton, MD 21629

### **CARROLL COUNTY**

#### **Caregiver Connections**

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

Brightview Senior Living

505 High Acre Dr.

Westminster, MD 21157

#### **Carroll County Caregiver Support Group-HYBRID**

Third Thursday | 6-7 P.M.

Snowden Creek Senior Apartments .

5825 Oklahoma Rd.

Eldersburg, MD 21784

### **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 Chesapeake 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 21708

#### **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

9401 Frederick Rd.

Ellicott City, MD 21042

**Ellicott City 50+ Center**

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

**Morningside House-Friendship**

Fourth Tuesday | 7-8:30 P.M.  
7548 Old Telegraph Rd.  
Hanover, MD 21076

**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  
8131 Slade School Rd.  
Sandy Spring, MD 20860

**Holy Cross Health-HYBRID**

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**

**Candle Light Cove**

Third Wednesday | 1-2 P.M.  
106 W. Earle St.  
AL Activity Room  
Easton, MD 21601

**WICOMICO COUNTY**

**MAC, Inc. Caregiver Support Group**

Second Wednesday | Noon-1:30 P.M.  
909 Progress Circle  
Salisbury, MD 21804

**MAC, Inc. Caregiver Support Group**

Fourth Wednesday | Noon-1:30 P.M.  
909 Progress Circle  
Salisbury, MD 21804

**WORCESTER COUNTY**

**Ocean Pines Library Caregiver Support Group**

Second Thursday | 3-4:30 P.M.  
11107 Cathell Rd.  
Berlin, MD 21811

**Atlantic General Neurology Caregiver Support Group**

Fourth Thursday | 3-4:30 P.M.  
9714 Health Way Drive  
Berlin, MD 21811

**Pocomoke 50+ Center**

Third Thursday | 5-6:30 P.M.  
400 Walnut Street  
Pocomoke City, MD 21851

**VIRTUAL SUPPORT GROUPS**

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

**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 and older Care Partners Only Group**

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 P.M.

**Statewide Virtual Caregiver Support Group**

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

**Carroll County Caregiver Support Group-HYBRID**

Third Thursday | 6-7 P.M.

**Leisure World of Maryland**

First Wednesday | 3 P.M.

## ALZHEIMER'S ASSOCIATION | MARYLAND SUPPORT GROUPS

### Rockville Caregiver Support Group

Second and Fourth Tuesday | 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 date and time.*

### **Sandwich Generation (Caregivers 40 yrs. and older)**

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

### **Frontotemporal Dementia Caregiver Support Group**

**VIRTUAL**

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

### **LGBTQ+ Dementia Caregiver Meet Up VIRTUAL**

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

### **Cafe Latino (Spanish Language) VIRTUAL**

Second Saturday | 10 A.M.

**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.**

*Updated: November 11, 2025*