



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.

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

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.

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.

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Updated: December 18, 2025