

DUE TO COVID-19 – Most of OUR PROGRAMS ARE BEING CONDUCTED VIRTUALLY. PLEASE CONTACT THE FACILITATOR FOR LOGIN DETAILS

Get the Emotional Support You Need

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey.

If you are considering attending a support group, note that schedules and times change occasionally. Please call our **24/7 Helpline at 800.272.3900** before attending a group for the first time to verify meeting information, obtain directions or other information about the group.

Are you unable to attend a support group in person? **ALZConnected®**, powered by the Alzheimer's Association, is a social networking community designed specifically for people with Alzheimer's disease and their family and caregivers. Members can get connected to share **concerns and advice**. Learn more at www.alzconnected.org.

ARLINGTON COUNTY

St. Andrew's Episcopal Church | 4000 Lorcom Lane, **Arlington**, 22207 | 1st & 3rd Thursday 10:00 a.m. | Barbara Kincaid 703-671-3707, Amanda Earle Max 732-557-1197, Jane Walker 703-522-3792 | Please RSVP with any of the facilitators. Call the facilitator.

FAIRFAX COUNTY

Aldersgate United Methodist Church | 1301 Collingwood Road, **Alexandria**, 22308 | 2nd Thursday at 7:30 p.m – 9pm. |Joan Sutton 202.285.6486| RSVP Required. Call the facilitator.

Goodwin House | 4800 Fillmore Avenue, **Alexandria**, 22311 | 2nd Saturday at 10:30 a.m. | Karen Profitt 508.400.1703| RSVP Required. Call the facilitator.

Tysons-Pimmit Library Virtual via Zoom | 7584 Leesburg Pike Falls Church, VA 22043 | 4th Tuesday at 7:00 p.m. | Rebecca Greene, rfgreene2@yahoo.com| 703-587-4301| Co-facilitator Colleen Duewel | RSVP Required.

Historic Silas Burke House | 9617 Burke Lake Road, **Burke,VA** 22015 |4th Sunday at 2:00 p.m. | |Phyllis Humphrey humphreypm@aol.com | RSVP Required. Call the facilitator.

Alexandria Support Group | Virtual support group due to Covid-19. |3rd Sunday at 2:00 p.m. |Lori Woelfel | bankingonamemory@gmail.com | Shawn Ulrick co-facilitator

Fauquier County

The Villa at Suffield Meadows | 6735 Suffield Lane, **Warrenton, VA** 20187 | 4th Wednesday at 4:00 p.m. | Barbara Stohlman, 703.508.3056| RSVP Required. Call the facilitator.

Loudoun County

Leesburg Adult Day Center | 16501 Meadowview Court, **Leesburg, VA** 20175 | 1st Wednesday at 4:00 p.m. | Jaimee Conner 703.771.5334 | *(Free respite services offered. Please call Jaimee for more information.)*

Lansdowne Woods of Virginia | 19375 Magnolia Grove Square, **Lansdowne, VA** 20176 | 1st Thursday at 12:00 p.m. | Judy Smith 703.608.0482| RSVP Required. Call the facilitator.

The Carver Center | 200 Willie Palmer Drive, **Purcellville, VA**, 20132 | 4th Thursday at 3 p.m. | Bobbi Carducci, 540.903.6831, bcarducci@comcast.net | RSVP Required. Call the facilitator.

Prince William County

First Mount Zion Baptist Church |16622 Dumfries Road, Dumfries, VA 22025 | Stephanie Craddock, 703.670.0184, Scradock@firstmountzionbc.org | RSVP Required. Call the facilitator.
 Group # 1 Meets every 2nd & 4th Wednesday at 11:00 a.m.
 Group # 2 Meets every 2nd & 4th Tuesday at 7:00 p.m.
 Group # 3 Meets every 2nd & 4th Wednesday at 11:00 a.m.

Westminster at Lake Ridge | 12191 Clipper Drive, **Lake Ridge, VA** 22192 | Every Friday at 11:00 a.m. | Elizabeth Glycer lizglyer@gmail.com| RSVP Required. Call the facilitator.

St. Thomas UMC Support Group **(in-Person)** | 8899 Sudley Rd, Manassas, VA 20110 | 3rd Thursday at 7:00 p.m. | Mary Kren 703.361.8841| RSVP Required. Call the facilitator.

Prince William Senior Center | 13850 Church Hill Drive, **Woodbridge, VA** 22191| 2nd & 4th Tuesdays at 7:00 p.m. | Kate Tanner 703.501.0749 | Floyd Rose 703.908.9280| RSVP Required. Call the facilitator.

Rappahannock County

Rappahannock Public Library | 4 Library Road, **Washington, VA**, 22747 | 1st & 3rd Tuesday at 10:00 a.m. | Danny Wilson 540.547.4126, rapplander@gmail.com | Ellie Clark , blessingsfromellie@gmail.com| RSVP Required. Call the facilitator.

Special Groups

Younger-onset Dementia Caregivers, Pender United Methodist Church | 12401 Alder Woods Drive, **Fairfax**, 22033 | 1stThursdays at 7:30 p.m. | Sarah Harris 703.715.9423 | RSVP Required. Call the facilitator.

Memory Café

Forgetful Friends Early-Engagement Program -| RSVP Required. Call the facilitator.

***Forgetful Friends Chorus-**

Every Tuesday at 6:30pm via Zoom during COVID| Meets in Manassas | Connie Young- 703-743-1841 | Mary Kren 703.361.8841

***Forgetful Friends Networking Meeting**

People with early stage dementia and their care partners (please call)

St. Thomas UMC | 8899 Sudley Road, **Manassas, VA** 20110 | 1st Wednesday 6:30 p.m. | Mary Kren- 703.361.8841

Google Hangouts “Sandwich Generation” Support Groups

2nd & 4th Thursday 8:00 p.m. – 9:00 p.m. Virtual Google Meet Support Group | RSVP Required. Email a facilitator Linda Weitzman lcweitzman@gmail.com | Megha Guggari mvguggari@gmail.com

1st & 3rd Thursday 8:00 p.m. – 9:00 p.m. Virtual Google Meet Support Group | RSVP Required. Email the facilitators Dana Belongia & Alex Lopez nationalcapalz@gmail.com 2nd and 4th Thursday 8:00 p.m. – 9:00 p.m.

Café Latino Spanish Language groups

Café Latino (Spanish language) | 1st and 3rd Saturday at 6:00 p.m. | Bee McClean and Reyna Portillo alzcafelatino@gmail.com | **RSVP Required. Email the facilitators.**

Café Latino (Spanish language) | 2nd Saturday at 10:00 a.m. | Diana Backlund and Sarah Rodriguez alz.cafelatinoVA@gmail.com | **RSVP Required. Email the facilitators.**

