

## 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](http://www.alzconnected.org).

## CALVERT COUNTY

**Calvert Library – Prince Frederick** | 850 Costley Way, **Prince Frederick**, MD, 20678 |  
 2nd Thursdays at 7:00 p.m. | Jeannette Findley, J.C. Hooker 410.535.0291

## CHARLES COUNTY

**Visiting Angels** | 50 Post Office Road, Suite 201, **Waldorf**, 20602 | 2nd Tuesday at 6:00 p.m. |  
 Barbara Baumeister or Kathy Browne 301.396.8400

**Morningside House of St. Charles**, | 70 Village Street, **Waldorf**, MD, 20602 | 1st Tuesdays at  
 5:00 p.m. - 6:30 p.m. | Wendy Carroll 301.645.2776

## MONTGOMERY COUNTY

**Bradley Hills Presbyterian Church** | 6601 Bradley Boulevard, **Bethesda**, 20817 | 1st and 3rd Friday at  
 11:45 a.m. | Elaine Byergo 301.906.2520, Lynn Meltzer 301.530.3551

**Brighton Gardens of Friendship Heights** | 5555 Friendship Blvd, **Chevy Chase**, 20815 |  
 2nd Saturdays at 10:30 a.m. | Terri Adams and Nicoline Rademacher 301.656.1900

**Gaithersburg Library** | 18330 Montgomery Village Ave, **Gaithersburg**, MD, 20879 | 2nd Thursdays at 6:30  
 p.m. | Kim Painter [kim.alzassoc@gmail.com](mailto:kim.alzassoc@gmail.com) 301.467.2157, Joan Quinlan [joan.alzassoc@gmail.com](mailto:joan.alzassoc@gmail.com),  
 301.401.3145

**Arden Courts of Kensington** | 4301 Knowles Avenue, **Kensington**, 20895 | 1st Tuesday at 6:30 p.m. |  
 Agnes Collins 301.598.4118

**Sunrise of Rockville** | 8 Baltimore Rd, **Rockville**, 20850 | 3rd Tuesdays at 7:00 p.m. | Carole Ashendorf  
[csa9606@gmail.com](mailto:csa9606@gmail.com) 281.216.0940

**Brooke Grove Rehab and Nursing** | 18131 Slade School Road, **Sandy Spring**, 20860 |  
3rd Wednesday at 3:30 p.m. | Bill Neely 301.924.5176 ext 1312, Laura Rounds  
301.260.2300

**Arden Courts of Silver Spring** | 2505 Musgrove Road, **Silver Spring**, 20904 | 1st Tuesday at  
2:30 p.m. | Wendy Johnson 240.413.8690

**Holy Cross Resource Center** | (Three groups for adult children) | 9805 Dameron Drive, **Silver Spring**, 20902 |  
Mondays at 6:00 p.m., Tuesdays at 3:00 p.m., Thursdays at 10:00 a.m., | Sister Kathy Weber 301.754.7152

**Holy Cross Resource Center** | (Three groups for spouses) | 9805 Dameron Drive, **Silver Spring**, 20902 |  
Wednesdays at 10:00 a.m., Thursdays at 3:00 p.m., Fridays at 10:00 a.m. | Sister Kathy Weber  
301.754.7152

**Leisure World on Georgia Avenue** | Interfaith Chapel Library, 3680 South Leisure World Boulevard, **Silver Spring**, 20906 | 1st and 3rd Wednesday at 3:00 p.m. | Sunny Grunder 301.438.2446, Christina Green  
301.570-0525

## PRINCE GEORGE'S COUNTY

**Bowie Senior Center** | 14900 Health Center Drive, **Bowie**, 20716 | 2nd Tuesday at 10:00 a.m. |  
Ann Craynon 301.218-0958

**Golden Age Adult Day Care** | 3112 Belair Drive, **Bowie**, 20715 | 4th Thursday at 6:00 p.m. –  
7:30 p.m., | Ann Craynon 301.218-0958

**First Baptist Church of Glenarden** | 3600 Brightseat Road, **Landover**, 20785 | 3rd Monday at  
06:30 p.m and 3rd Thursday at 11:00 a.m., | Vikki Kalitsi 240.354.8895, Valerie Outlaw  
240.888.3258 | Voutlaw128@gmail.com

**Morningside House of Laurel** | 7700 Cherry Ln, **Laurel**, MD 20707 | 3rd Saturday at 10:00 a.m., |  
Denise Kirksey [dkirksey@morningsidehouse.com](mailto:dkirksey@morningsidehouse.com) |301.725.2220 |Cynthia Campbell |301|725.2220 |  
[cyncam1958@aol.com](mailto:cyncam1958@aol.com)

**The Lodge at Marlton** | 9590 Crain Hwy, **Upper Marlboro**, MD 20772 | 1st Monday at 1:00 p.m –  
02:30p.m., |Shirley Young 757-508-6595 atistpab@verizon.com & Vivian McAllister 609.304.1940

**UM Laurel Regional Hospital** | 7300 Van Dusen Rd, **Laurel**, MD 20707| 2<sup>nd</sup> Thursday at 5:30  
p.m. – 7:00 p.m |Nancy Quarles

## Weekly Telephone Support Group

**Hosted by Holy Cross Resource Center**

Tuesdays at 6:00 p.m.

(Please call 301.754.7152 to receive the necessary information to participate)

## Google Hangouts Support Group (for younger caregivers)

2nd and 4th Thursday 8:00pm p.m. – 9 p.m.

(Please email Linda Weitzman [lcweitzman@gmail.com](mailto:lcweitzman@gmail.com) to receive the necessary information to participate)