

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.

NORTHWEST

Iona Senior Services (Group for Spouses and Adult Children) | 4125 Albemarle Street, NW, Washington, DC 20016 | 2nd and 4th Wednesdays at 6:00 p.m. | Bill Amt (bamt@iona.org) RSVP Required. Call the facilitator.

NORTHEAST

Providence Hospital – Carroll Manor | 1150 Varnum Street, NE, Washington, DC 20017 | 3rd Tuesday at 11:00 a.m. | Dwayne B. Hughes 301.980.8412 (*Call to confirm location*)

SOUTHWEST

St. Matthew's Lutheran Church | 222 M Street SW, Washington DC | 4th Thursday of the month 11:00 a.m. - 12:00 p.m. | Vickie Henrikson vlhenrikson@gmail.com, Carroll Quinn - 513.673.9921 | RSVP required. Call the facilitator.

Weekly Telephone Support Group

Hosted by Holy Cross Resource Center - RSVP Required. Call the facilitator.

Tuesdays at 6:00 p.m. (Please call 301.754.7152 to receive the necessary information to participate.)

Google Hangouts Support Group

2nd and 4th Thursday 8:00 p.m. – 9:00 p.m. RSVP Required. Call the facilitator.

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