***DUE TO COVID-19 – ALL 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.**

**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| RSVP Required. Call the facilitator.

**Calvert Library – Southern Branch |** 13920 HG Trueman Rd, Solomons, MD 20688 | 2nd Wednesday at 2:00 pm | Charles Harrell, 410-394-3000, charrell@asbury.org | Dennis Poremski, dporemski@asbury.org| RSVP Required. Call the facilitator.

**MONTGOMERY COUNTY**

**Bradley Hills Presbyterian Church** | 6601 Bradley Blvd, Bethesda, 20817 | 1st and 3rd Friday at 11:45 A.M. | Elaine Byergo 301.906.2520, Lynn Meltzer 301.407.1066 | RSVP Required.  Call the facilitator.

**Gaithersburg Library** | 18330 Montgomery Village Ave, **Gaithersburg**, MD, 20879 | 2nd Thursdaysat 6:30 p.m. | Kim Painter kim.alzassoc@gmail.com 301.467.2157, Joan Quinlan joanquinlan@outlook.com, 301.401.3145 | RSVP Required. Call the facilitator.

**Sunrise of Rockville** | 8 Baltimore Rd, **Rockville**, 20850 | 3rd Tuesdays at 7:00 p.m. | Carole Ashendorfcsa9606@gmail.com - 281.216.0940 | RSVP Required. Call the facilitator

**Arden Courts of Silver Spring** | 2505 Musgrove Road, **Silver Spring**, 20904 | 1st Tuesday at2:30 p.m. | Wendy Johnson 240.413.8690 | RSVP Required. Call the facilitator.

**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 | RSVP Required. Call the facilitator.

**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 | RSVP Required. Call the facilitator.

**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. | Sandy Levy 781.595.8732 | RSVP Required. Call the facilitator.

**PRINCE GEORGE’S COUNTY**

**First Baptist Church of Glenarden** | 3600 Brightseat Road, **Landover**, 20785 | 3rd Monday at06:30 p.m and 3rd Thursday at11:00 a.m., | Vikki Kalitsi 240.354.8895, Valerie Outlaw 240.888.3258 | Voutlaw128@gmail.com| RSVP Required. Call the facilitator.

**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 | RSVP Required. Call the facilitator.

**Faith Temple Baptist Church |** 211 Maryland Park Dr. Capitol Heights, MD 20743 |3rd Saturday at 10am -11:30 am| Eileen Williams | eilwms60@gmail.com |301.254.8554 | RSVP Required. Call the facilitator

**Google Hangouts “Sandwich Gen” 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)