

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.

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 | RSVP Required. Call the facilitator.

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 301.407.1066 | RSVP Required. Call the facilitator.

Brighton Gardens of Friendship Heights | 5555 Friendship Blvd, **Chevy Chase**, 20815 | 1st Tuesday at 7pm and 2nd Saturdays at 10:30 a.m. | Terri Adams and Nicoline Rademacher 301.656.1900 | RSVP Required. Call the facilitator.

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

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

Sunrise of Rockville | 8 Baltimore Rd, **Rockville**, 20850 | 3rd Tuesdays at 7:00 p.m. | Carole Ashendorf
csa9606@gmail.com - 281.216.0940 | RSVP Required. Call the facilitator

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 | RSVP Required. Call the facilitator.

Arden Courts of Silver Spring | 2505 Musgrove Road, **Silver Spring**, 20904 | 1st Tuesday at 2:30 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. | Sunny Grunder 301.438.2446, Christina Green
301.570.0525 | RSVP Required. Call the facilitator.

Arden Courts of Potomac | 10718 Potomac Tennis Lane, Potomac, 20854 | 3rd Tuesday at 3:00 pm | Andrew
Ryan 240.389.4890 | RSVP Required. Call the facilitator.

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 | RSVP Required. Call the facilitator.

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 | RSVP Required. Call the facilitator.

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 | RSVP Required. Call the facilitator.

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

UM Laurel Regional Hospital | 7300 Van Dusen Rd, **Laurel**, MD 20707 | 2nd Thursday at 5:30 p.m. – 7:00 p.m
|Nancy Quarles | RSVP Required. Call the facilitator.

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 to receive the necessary information to participate)