

### 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).

## ARLINGTON COUNTY

**St. Andrew's Episcopal Church** | 4000 Lorcom Lane, **Arlington**, 22207 | 1st & 3rd Thursday 10:00 a.m. | Jane Walker 703.522.3792 Liz Wheeler 703.516.4899

## CLARKE COUNTY

**Camino Real Restaurant** | 16 Crow St, **Berryville VA**, 22611 | Last Wednesday at 12:00 p.m. | Susan Muir – 304.261.9451

## FAIRFAX COUNTY

**Lincolnia Center** | 4710 N Chambliss Street, **Alexandria, VA** 22003 | 4th Thursday at 6:00 p.m. | Susan Yohe – 703.914.1373

**Aldersgate United Methodist Church** | 1301 Collingwood Road, **Alexandria**, 22308 | 2nd Thursday at 7:30 p.m., Joan Sutton 202.285.6486

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

**Capital Baptist Church** | 3504 Gallows Road, **Annandale, VA**, 22003 | 2nd Thursday at 7:00 p.m. | Heidi Garvis, [heidi@caringconsiderations.com](mailto:heidi@caringconsiderations.com) – 571.451.9396 | Melissa Long, [Melissa.j.long@outlook.com](mailto:Melissa.j.long@outlook.com) – 571.451.3978

**Ravensworth Baptist Church** | 5100 Ravensworth Road, **Annandale, VA**, 22003 | 2<sup>nd</sup> Tuesday at 7p.m. | Veena Mysore, [vmysore@hotmail.com](mailto:vmysore@hotmail.com) | 703.941.4113 | Nicole McMonigle-Knight, 571.422.6231

**Fort Belvoir – For Military Families** | Family Medical Clinic, 9300 DeWitt Loop, **Ft. Belvoir, VA** 22060 | 2nd Tuesday at 3:00 p.m. | Vicky Surash, [surashvw@aol.com](mailto:surashvw@aol.com) – 703.619.4726

**Calvary Hill Baptist Church** | 9301 Little River Turnpike, **Fairfax, VA** 22031 | 1st Wednesday at 10:00 a.m. | Colleen Turner, [co16413@gmail.com](mailto:co16413@gmail.com) |

## Fairfax County (Contd..)

**Tall Oaks Assisted Living** | 12052 North Shore Drive, **Reston, VA 20190** | 2nd Monday at 7:00 p.m. | Judy & Maury Kitces, 703.759.9478

## Fauquier County

**The Villa at Suffield Meadows** | 6735 Suffield Lane, **Warrenton, VA 20187** | 4th Wednesday at 4:00 p.m. | Mary Kasky 540.428.3525 Barbara Stohlman, 703.508.3056

## 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. | Deb Harney 703.283.6554, Judy Smith 703.608.0482

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

## Prince William County

**First Mount Zion Baptist Church** | 16622 Dumfries Road, Dumfries, VA 22025 | Stephanie Craddock, 703.670.0184, Scradock@firstmountzionbc.org  
 Group # 1 Meets every 2<sup>nd</sup> & 4th Wednesday at 11:00 a.m.  
 Group # 2 Meets every 2<sup>nd</sup> & 4th Tuesday at 7:00 p.m.  
 Group # 3 Meets every 1<sup>st</sup> & 3rd Monday at 7:00 p.m.

**Four Seasons 55+ Community**, | 16400 Four Seasons Drive, **Dumfries, VA 22025** | Community Clubhouse, | 2nd Tuesday at 3:00 p.m. | Johann Grieco, 703.850.7970 | Donella Gibson, 703.501.4429

**Heritage Hunt - Marsh Mansion (Garden Room)** | Heritage Hunt Drive and Fieldstone Way, **Gainesville, 20155** | 1st Thursday at 6:30 p.m. | Janet Pennington 571.248.0143

**Westminster at Lake Ridge** | 12191 Clipper Drive, **Lake Ridge, VA 22192** | Every Friday at 11:00 a.m. | Elizabeth Glycer 703.496.3400

**Novant Health Caton Merchant House** | 9201 Portner Avenue, **Manassas, VA 20110** | 3rd Thursday at 7:30 p.m. | Mary Kren 703.361.8841

**St. Thomas United Methodist Church** | 8899 Sudley Road, **Manassas, VA 20110** | 1st Friday at 9:30 a.m. | Mary Kren 703.361.8841

**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

**Old Bridge United Methodist Church** | 3966 Old Bridge Road, **Woodbridge, VA 22192** | 3rd Thursday at 7 p.m. | Stuart Evans 703.598.8588

## Rappahannock County

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

## Stafford County

**Howell Library** | 806 Lyons Blvd, **Stafford, VA** 22406 | 4th Monday at 10:00 a.m. | Lori Myers 540.370.0835

## Winchester City

**Willows at Meadow Branch** | 1881 Harvest Drive, **Winchester, VA** 22601 | 3rd Wednesday at 2:00 p.m. | Tina Davis, 540-665-5844

**Westminster-Canterbury** | Employee Learning Center | 300 Westminster-Canterbury Drive, Winchester, 22603 | 4th Thursday at 3:00 p.m. | Donielle W Palmer 540.665.5916 | Tina Davis, 540.665.5844

## Special Groups

**Younger-onset Dementia Caregivers, Pender United Methodist Church** | 12401 Alder Woods Drive, **Fairfax**, 22033 | 2nd Wednesday at 7:30 p.m. | Sarah Harris 703.715.9423 | Susan Theon 703.796.9525

### Memory Café

**Galilee United Methodist Church** (Youth Center), | 45425 Winding Rd. **Sterling VA** 20165 | 2nd Saturday, 12:00 pm – 2:00 pm | Tim Frank 703.444.3690

### Forgetful Friends Early-Engagement Program

#### \*Potluck Lunch

**St. Thomas United Methodist Church** | 8899 Sudley Road, **Manassas, VA** 20110 | 3<sup>rd</sup> Saturday 11:00-2:30pm | Mary Kren 703.361.8841 | Connie Young- 703.743.1841 | Jane Priest- 703.766.9018

#### \*Forgetful Friends Chorus-

Meets in Manassas | Connie Young- 703-743-1841

#### \*Forgetful Friends Networking Meeting

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

**St. Thomas UMC** | 8899 Sudley Road, **Manassas, VA** 20110 | 1<sup>st</sup> Wednesday 6:30 p.m. | Mary Kren- 703.361.8841 | Jane Priest-703.766.9018

**01/09/2019**

## **Google Hangouts Support Group**

2nd and 4th Thursday 7:30 p.m. – 8:30 p.m

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