***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.**

**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 at11:00 a.m. | Dwayne B. Hughes 301.980.8412 (*Call to confirm virtual link)*

**SOUTHWEST**

**St. Matthew’s Lutheran Church |** 222 M Street SW, Washington DC |

4th Thursday of the month11:00 a.m. - 12:00 p.m. | Carroll Quinn - 513.673.9921 | Vickie Henrikson 202.251.7117 vlhenrikson@gmail.com, | No rsvp required. Contact the facilitator for Zoom info.

**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 “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)