

## 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).

## 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

## 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

**Morningside House of St. Charles**, | 70 Village Street, **Waldorf**, MD, 20602 | 1st Tuesdays at  
 5:00 p.m. - 6:30 p.m. | Lori Spears [lspears@seniorlifestyle.com](mailto:lspears@seniorlifestyle.com) 301.645.2776, Wendy Carroll 301.645.2776

## 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 301.530.3551

**Brighton Gardens of Friendship Heights** | 5555 Friendship Blvd, **Chevy Chase**, 20815 |  
 2nd Saturdays at 10:30 a.m. | Terri Adams and Nicoline Rademacher 301.656.1900  
*will meet on Oct 21 instead of 14th due to Alz walk*

**Gaithersburg Library** | 18330 Montgomery Village Ave, **Gaithersburg**, MD, 20879 | 2nd Thursdays at  
 7:00 p.m. | Kim Painter [kim.alzassoc@gmail.com](mailto:kim.alzassoc@gmail.com) 301.467.2157, Joan Quinlan [joan.alzassoc@gmail.com](mailto:joan.alzassoc@gmail.com),  
 301.401.3145

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

**Sunrise of Rockville** | 8 Baltimore Rd, **Rockville**, 20850 | 3rd Tuesdays at 7:00 p.m. | Carole Ashendorf  
[csa9606@gmail.com](mailto:csa9606@gmail.com) 281.216.0940 and Kathleen Boyer [Kathleen221@outlook.com](mailto:Kathleen221@outlook.com) 917.747.2441

**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

**Arden Courts of Silver Spring** | 2505 Musgrove Road, **Silver Spring**, 20904 | 1st Tuesday at  
2:30 p.m. | Cathy Lonas 301.847.3051

**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

**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

**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

## PRINCE GEORGE'S COUNTY

**Bowie Senior Center** | 14900 Health Center Drive, **Bowie**, 20716 | 2nd Tuesday at 10:00 a.m. |  
Rosemary Allender 301.262.5082

**Alzheimer's Association** | 4640 Forbes Blvd., Ste. 120, Conference Room, **Lanham**, 20716 |  
4th Thursday at 6:00 p.m. – 7:30 p.m., | Rosemary Allender 301.262.5082

**Carolina Missionary Baptist Church** | 9901 Allentown Road, **Fort Washington**, MD, 20744 |  
2nd Saturdays at 11:00 a.m. | Delmarie Hines 240.356.7137 delmariehines@gmail.com,  
Lynn Carpenter 301.222.7811

**Grace United Methodist Church** | 11700 Old Fort Rd, **Fort Washington**, 20744 | 3rd Saturday at  
10:00 a.m., | Barbara Stevenson 301.248.3027

**First Baptist Church of Glenarden** | 3600 Brightseat Road, **Landover**, 20785 | 3rd Thursday at  
11:00 a.m., | Vikki Kalitsi 240.354.8895, Valerie Outlaw 240.345.8895

**Morningside House of Laurel** | 7700 Cherry Ln, **Laurel**, MD 20707 | 3rd Saturday at 10:00 a.m., |  
Amanda Owens aowens@morningsidehouse.com or Denise Kirksey [dkirksey@morningsidehouse.com](mailto:dkirksey@morningsidehouse.com)  
301.725.2220

**The Lodge at Marlton** | 9590 Crain Hwy, **Upper Marlboro**, MD 20772 | 1st Monday at 1:00 p.m.,  
| Shirley Young 757-508-6595 atistpab@verizon.com & Vivian McAllister 609.304.1940  
*Starting from August 2017 -*

## ST. MARY'S COUNTY

**Medstar St. Mary's Hospital** | Outpatient Pavilion – Health Connections Room B |  
2550 Point Lookout Rd, **Leonardtown**, MD, 20650 | 2nd Wednesdays at 1:00 p.m. |  
Health Connections 301.475.6019

## **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 Tuesdays 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)

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## NORTHWEST

**Veterans Affairs Hospital, Geriatric Clinic – room 3C-114** | 50 Irving Street, NW, Washington, DC 20422, | 2nd Tuesday at 2:15 p.m., | Liz Klosek 301.920.9765

**Iona Senior Services (Group for Adult Children)** | 4125 Albemarle Street, NW, Washington, DC 20016 | 2nd and 4th Wednesdays at 6:00 p.m. | Sharon O'Connor 202.895.9469

## 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

**Faith Presbyterian Church** | 4161 S. Capitol St. SW, Washington DC 20032 | 2nd Tuesdays of the month 10:30 a.m. - 11:30 a.m. | Vickie Henrikson [vlhenrikson@gmail.com](mailto:vlhenrikson@gmail.com), Carroll Quinn [sequin643@gmail.com](mailto:sequin643@gmail.com) 513.673.9921

## Weekly Telephone Support Group

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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 Tuesdays 7:30 p.m. – 8:30 p.m.

(Please email [mbarber@alz.org](mailto:mbarber@alz.org) to receive the necessary information to participate)

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## 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

**Greenfield of Berryville** | 16 Crow Street, **Berryville**, 22611 | Last Wednesday at 12:00 p.m. | Susan Muir 703.237.5606 [smuir@greensfieldseniorliving.com](mailto:smuir@greensfieldseniorliving.com)

## FAIRFAX COUNTY

**Lincolnia Center** | 4710 N Chambliss St. **Alexandria**, VA 22003 | 4th Thursday at 6:00 p.m. | Georgia Miller 571.535.9785, Susan Yohe 703.750.3316

**Aldersgate United Methodist Church** | 1301 Collingwood Rd, **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), Melissa Long [Melissa.j.long@outlook.com](mailto:Melissa.j.long@outlook.com)

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

**Calvary Hill Baptist Church** | 9301 Little River Turnpike, **Fairfax**, 22031 | 2nd and 4th Wednesdays at 10:00 a.m. | Lorna Creedon 703.560.7220

## Fairfax County (Contd..)

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

## Fauquier County

**The Villa at Suffield Meadows** | 6735 Suffield Lane, **Warrenton**, 20187 | 4th Wednesday at 4:00 p.m. |  
Mary Kasky 540.428.3525 Barbara, Stohlman, 703-508-3056

## Loudoun County

**Loudoun County Area Agency on Aging** | 20145 Ashbrook Place, **Ashburn**, VA, 20147 |  
3rd Saturday at 10 a.m. | Lesley Katz, 703.771.5407

**Leesburg Adult Day Center** | 16501 Meadowview Court, **Leesburg**, 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**, 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 3:00 p.m. – 4:00 pm |  
Bobbi Carducci bcarducci@comcast.net 540.903.6831

## Prince William County

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

**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**, 22192 | Fridays at 11:00 a.m. |  
Elizabeth Glycer 703.496.3400

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

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

**Prince William Senior Center** | 13850 Church Hill Drive, **Woodbridge**, 22191 | 2nd and 4th Tuesdays at  
7:00 p.m. | Kate Tanner 703.501.0749

**Old Bridge United Methodist Church** | 3966 Old Bridge Road, **Woodbridge**, 22192 | 3rd Thursday at  
7:00 p.m. | Stuart Evans 703.598.8588

## Rappahannock County

**Rappahannock Public Library** | 4 Library Road, Washington, VA, 22747 | Jamieson Room 1st and 3rd Thursday at 10:00 a.m. | Danny Wilson 540.547.4126 | (*Respite available*)

## Stafford County

**England Run Library** | 806 Lyons Blvd, **Stafford**, VA 22406 4<sup>th</sup> Monday at 10:00 a.m. | Lori Myers 540.370.0835

## Winchester City

**Willows at Meadow Branch** | 1881 Harvest Drive, **Winchester**, 22601 | 3rd Wednesday at 2:00 p.m. - 3:30 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 Weatherholtz-Palmer 540.665.5916, Tina Davis, 540.665.5844

## Special Groups

### People w/ early stage dementia and their care partners

*St. Thomas United Methodist Church* | 8899 Sudley Road, **Manassas**, 20110 | 1st Wednesday (evenings) | Jane Priest 703.766.9018, Mary Kren

### 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* | 45425 Winding Rd. (Youth Center), **Sterling VA** 20165 | 2nd Saturday at 12:00 p.m. – 2:00 p.m. | Tim Frank 703.444.3690

### Forgetful Friends Memory Café

*St. Thomas United Methodist Church* | 8899 Sudley Road, **Manassas**, 20110 | 3rd Saturdays at 11:00 a.m. – 2:30 p.m. | Jane Priest 703.766.9018, Mary Kren

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