Alzheimer's Association Caregiver Support Groups
Greater Richmond Virginia Chapter

Support group details are updated regularly and subject to change. If you need help with registration, please call the Alzheimer's Association 24/7 Helpline at 800.272.3900 or visit alz.org/crf.

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Virtual Caregiver Support Groups

Monday

- **First Monday | 4:30 p.m.** — Caregiver Support Group – Hosted by RWC-Irvington & BayAging

Tuesday

- **First Tuesday | 12 p.m.** — Younger Onset Caregivers – Hosted by UVA Memory and Aging Clinic

Thursday

- **First Thursday | 6 p.m.** - Caregiver Support Group

Friday

- **Second Friday | 1 p.m.** – Persons Living with Early Stage Support Group – Hosted by the Central & Western Virginia Chapter

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In-Person Caregiver Support Groups

Chesterfield

- **First Tuesday l 10:30 a.m.** – Caregiver Support Group, Second Branch Baptist Church, 12217 Second Branch Road, Chesterfield VA 23838
- **Second Wednesday l 10 a.m.** – Caregiver Support Group, New Life United Methodist Church, 900 Old Hundred Road, Midlothian, VA 23114
- **Third Thursday l 6:30 p.m.** – Caregiver Support Group, Central Library, 7051 Lucy Corr Blvd, Chesterfield, VA 23832

Colonial Beach

- **Colonial Beach – First Wednesday l 5 p.m.** – Caregiver Support Group, Cooper Library, 20 Washington Avenue, Colonial Beach, VA 22443

Essex

- **Third Wednesday | 2 p.m.** – Caregiver Support Group, Essex Public Library, 117 N Church Lane, Tappahannock, VA 22560

Fredericksburg

- **Third Tuesday | 1:30 p.m.** – Caregiver Support Group, Howell Library, 806 Lyons Blvd, Fredericksburg, VA 22406
- **Third Tuesday | 5:30 p.m.** – Caregiver Support Group, Christ Lutheran Church, 1300 Augustine Avenue, Fredericksburg, VA 22401
- **Fourth Tuesday | 11 a.m.** – Caregiver Support Group, Christ Lutheran Church, 1300 Augustine Avenue, Fredericksburg, VA 22401

Gloucester

- **Third Tuesday | 10:30 a.m.** – Caregiver Support Group, Daffodil Gardens-Community Room, 5954 Garden Grove Lane, Gloucester, VA 23061

Hanover

- **Second Wednesday | 9:30 a.m.** – Caregiver Support Group, Hanover Adult Day Center, 7231 Stonewall Parkway, Mechanicsville, VA 23111
- **Third Monday | 7 p.m.** – Caregiver Support Group, Shady Grove United Methodist Church, 8209 Shady Grove Road, Mechanicsville, VA 23111

Henrico

- **First Monday | 10 a.m.** – Caregiver Support Group, Markel Plaza – Room James A, 4600 Cox Road, Glen Allen, VA 23060
- **First Thursday | 3:30 p.m.–5 p.m.** – TOAD (The Other Additional Dementias) Caregiver Support Group, VCU Short Pump Pavilion, 2nd Floor Conference Room, 11958 West Broad Street, Henrico, VA 23233
- **Second Thursday | 1 p.m.** – Caregiver Support Group, Three Chopt Church of Christ, 9500 Three Chopt Road, Richmond, VA 23229

Hopewell

- **First Wednesday | 10 a.m.** – Caregiver Support Group, First Baptist Church-Hopewell, 401 N 2nd Ave, Hopewell, VA 23860

Lancaster

- **First Monday | 4:30 p.m.** – Caregiver Support Group, Rappahannock Westminster Canterbury, 132 Lancaster Dr, Irvington, VA 22480

Nottoway (Crewe)

- **Third Thursday | 7 p.m.** - Caregiver Support Group, Christ Community Church , 1012 West Carolina Avenue Crewe, VA 23930

Prince Edward (Farmville)

- **First Wednesday I 2 p.m.** - Caregiver Support Group, St. John's Lutheran Church, 1301 Milnwood Road, Farmville, VA 23901

Richmond

- **Third Thursday I 6:30 p.m.** – Caregiver Support Group, Reveille United Methodist Church, 4200 Cary Street Road, Richmond, VA 23221

Memory Cafes

Colonial Beach

- **Fourth Mondays I 10:30 a.m.-12 p.m**. - Colonial Beach Memory Cafe - Cooper Library, 20 Washington Ave, Colonial Beach, VA 22443.

Gloucester

- **Second Wednesdays | 1:30 p.m.-3 p.m.** — Gloucester Memory Café – Daffodil Gardens, 5954 Garden Grove Lane, Gloucester, VA 23061.

Essex

- **Fourth Wednesdays | 1:30 p.m.-3 p.m.** — Essex Memory Café – Java Jacks Cafe, 504 S Church Lane, Tappahannock, VA 22560.

Fredericksburg

- **First Fridays | 10:30 a.m.-12 p.m.** — Fredericksburg Memory Café – Fredericksburg Branch, 1201 Caroline St, Fredericksburg, VA 22401.
- **Second Fridays | 10:30 a.m.-12 p.m.** — Fredericksburg Memory Café – Howell Library, 806 Lyons Blvd, Fredericksburg, VA 22406.
- **Third Fridays | 10:30 a.m.-12 p.m.** — Fredericksburg Memory Café – Salem Church Library, 2607 Salem Church Rd, Fredericksburg, VA 22407.

Henrico

- **Third Thursdays | 11 a.m.-12:30 p.m.** — Henrico Memory Café – Eastern Henrico Recreation Center, 1440 N Laburnum Ave, Richmond, VA 23223.

Kilmarnock

- **Third Wednesdays | 1:30 p.m.-3 p.m.** — Kilmarnock Memory Café – Lee's Restaurant, 30 S Main Street, Kilmarnock, VA 22482.

Mathews

- **Fourth Tuesdays | 10:30 a.m.-12 p.m.** — Mathews Memory Café – 10494 Buckley Hall Road, Mathews, VA 23109.

Additional Programs For Those Living with Dementia

Additional offerings of engagement programs for those living with dementia and their caregivers. These programs are in partnership with other community partners.

- **Tuesdays (Weekly) | 1 p.m.-3 p.m.** — Joy Circle (Engagement for PWD and Support Group for Caregivers) – Friendship Baptist Church, 5200 Newbys Bridge Road, Chesterfield, VA 23832. Contact: Pastor Matt McCauley - joycircle.fbc@gmail.com
- **Tuesdays (Weekly) | 1:30 p.m.-3:30 p.m.** — Joy Circle (Engagement for PWD and Support Group for Caregivers) – St. Matthew's Episcopal Church, 1101 Forest Ave, Henrico, VA 23229. Contact: Susan Rickman - 804-389-9800 or joycircle.stmatts@gmail.com
- **Wednesdays (Weekly) | 11 a.m.-12 p.m.** — OMA Chesterfield (Opening Minds Through Art) (Art Engagement for PWD and Support Group for Caregivers) – Location rotates around Chesterfield. Contact: Bonnie Cauthorn
- **Thursdays (Weekly) | 10 a.m.-11:30 a.m.** — Joyful Voices Chorus – Salisbury Presbyterian Church, 13621 W Salisbury Road, Midlothian, VA 23113. Contact: Joyful Voices Chorus
- **Thursdays (Weekly) | 1 p.m.-3 p.m.** — Joy Circle (Engagement for PWD and Support Group for Caregivers) – Trinity United Methodist Church, 903 Forest Avenue, Richmond, VA 23229. Contact: Sandy Peele - 804-288-6056 (church office)
- **Thursdays (Weekly) | 1 p.m.-2:30 p.m.** — Joy Group (Engagement for PWD and Support Group for Caregivers) – St. Mark's United Methodist Church, 11551 Lucks Lane, Midlothian, VA 23114. Contact: Kristie Faison - 804-543-4649 or kristiefaison@gmail.com
- **Thursdays (Weekly) | 1:30 p.m.-3:30 p.m.** — Joy Circle (Engagement for PWD and Support Group for Caregivers) – First English Lutheran Church, 1603 Monument Avenue, Richmond, VA 23220. Contact: Matt Thornhill - mthornhill@circlecenterva.org
- **Fridays & Saturdays (Weekly) | 10:30 a.m.-11:30 a.m.** — OMA (Opening Minds Through Art) (Art Engagement for PWD and Support Group for Caregivers) – Glen Allen Cultural Arts Center, 2880 Mountain Rd, Glen Allen, VA 23060. Contact: Jen DeCerff
- **Meets Quarterly, Dates Vary | 10:30 a.m.-12 p.m.** — Picturing New Connections (Gallery Tour and Art Activities) – Gari Melchers Home and Studio, 224 Washington Street, Falmouth, VA 22406. Contact: Gari Melchers Studio at 540-654-1015