Alzheimer's Association Caregiver Support Groups
National Capital Area 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

- **Last Monday | 1 p.m.** – The Lodge at Marlton
- **Last Monday | 1 p.m.** — Camp Springs Caregivers Support Group *(Caregivers)*

Tuesday

- **Tuesdays (Weekly) | 9:30 a.m.** — Latino Caregiver Statewide Meet Up *(Caregivers)*
- **Second Tuesday | 2:30 p.m. and Fourth Tuesday | 4 p.m.** — Veterans Affairs Medical Center
- **Second and Fourth Tuesday | 7 p.m. —** Prince William Senior Center
- **Second and Fourth Tuesday | 7 p.m.** — Rockville Caregiver Support Group *(Caregivers)*
- **Second and Fourth Tuesday | 7 p.m.** — First Mount Zion Baptist Church – via teleconference
- **Third Tuesday | 6:30 p.m.** — Dementia Grief and Bereavement Support Group

Wednesday

- **First Wednesday | 6:30 p.m.** — Forgetful Friends Networking
- **Second Wednesday | 6:30 p.m.** — Korean Caregiver Support Group
- **Second Wednesday | 7:30 p.m.** — Younger-Onset Dementia Caregivers Support Group, Pender United Methodist Church *(Caregivers)*
- **Second Wednesday | 10:30 a.m. and Fourth Wednesday | 6:30 p.m.** — Frontotemporal Dementia Caregiver Support *(Caregivers)*
- **Second and Fourth Wednesday | 11 a.m.** — First Mount Zion Baptist Church
- **Second and Fourth Wednesday | 8 p.m.** — Sandwich Generation Support Group #3 *(Caregivers)*
- **Second and Fourth Wednesday | 11 a.m.** — First Mount Zion Baptist Church

- **Fourth Wednesday | 6 p.m. —** Prince William Senior Center

Thursday

- **Thursdays (Weekly) | 10 a.m.** — Caregiver Support Group, Holy Cross Health
- **First and Third Thursday | 10 a.m.** — St. Andrew's Episcopal Church
- **Second Thursday | 7:30 p.m.** — Aldersgate United Methodist Church
- **Fourth Thursday | 3 p.m.** — The Carver Center
- **Fourth Thursday | 6:30 p.m.** — LGBTQA+ Dementia Caregiver Meet Up *(Caregivers)*

Friday

- **Fridays (Weekly) | 9:30 a.m.** — Lake Ridge *(Held via telephone)*

Saturday

- **Second Saturday | 10 a.m.** — Café Latino *(Spanish language)*

Sunday

- **Third Sunday | 2 p.m.** — Alexandria Support Group

In-Person Caregiver Support Groups in Maryland

Bel Air, MD

- **Second Tuesday | 3 p.m.** – Harford County Caregiver Group, Mt. Zion Church, 1643 Churchville Rd., Bel Air, MD 21015
- **Fourth Monday | 6:30 p.m.** – Harford County Early-Stage Support Group, Mt. Zion Church, 1643 Churchville Rd., Bel Air, MD 21015 *(Prescreening required)*

North Beach, MD

- **First Wednesday | 3 p.m.** – Calvert Library Twin Beaches Branch, 4100 5th St, North Beach, MD 20714

Prince Frederick, MD

- **Second Thursday | 6:30 p.m.** – Calvert Library Prince Frederick, 850 Costley Way, Prince Frederick, MD 20678

Sandy Spring, MD

- **Second and Fourth Friday | 1 p.m.** – Brooke Grove Rehabilitation and Nursing Center, Community Partners Room, 18131 Slade School Rd, Sandy Spring, MD 20860 *(In partnership with MedStar Health)*

Solomons, MD

- **Second Wednesday | 3 p.m.** – Calvert Library Southern Branch, 13920 HG Trueman Rd, Solomons, MD 20688

Towson, MD

- **Third Wednesday | 6:30 p.m.** – Young Onset Support Group, Trinity Episcopal Church, 120 Allegheny Ave, Towson, MD 21204 *(Early stage, care partners, and family)*

In-Person Caregiver Support Groups in Virginia

Fairfax, VA

- **First Wednesday | 5:30 p.m.** - Amy's Army Caregiver Support Group, Fair Lakes at the Vellum Mortgage Office, 12700 Fair Lakes Circle Suite 400, Fairfax, VA

Manassas, VA

- **First & Third Tuesday | 3:30 p.m.** - Forgetful Friends, Sanctuary of the Manassas Church of the Brethren, 10047 Nokesville Rd., Manassas, VA
- **Third Thursday | 10:30 a.m.** - St. Thomas United Methodist, 8899 Sudley Road, Manassas, VA

Warrenton, VA

- **Fourth Wednesday | 11:30 a.m.** - The Villa at Suffield Meadows, *6735 Suffield Lane, Warrenton, VA*

Memory Cafes

Early stage engagement groups or memory cafes in Maryland

- **Last Thursday | 2 p.m.** — Leisure World (Club House 2, Rossmoor Room), 3701 Rossmoor Blvd, Silver Spring, MD.
- **Second Saturdays | 10 a.m.** — Cam's Connected Community Memory Café, The Tribute at The Glen, 4151 Old Bridge Rd, Woodbridge, VA 22192.

Early stage engagement groups or memory cafes in Virginia

- **First and Third Tuesdays | 3:30 p.m.** — Forgetful Friends Chorus (Support group and memory café), Sanctuary of the Manassas Church of the Brethren, 10047 Nokesville Rd., Manassas, VA

Early stage engagement groups or memory cafes held virtually

- **First Friday | 2 p.m.** — Oasis.
- **First Wednesday | 6:30 p.m.** — Forgetful Friends Networking (Support group and memory café),