

**WEEKEND
SUPPORT GROUPS**
NATIONAL CAPITAL AREA CHAPTER

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Please note that some support groups are being held virtually and some are meeting in person. You must call or email the facilitator prior to the meeting you wish to attend to obtain login information. THANK YOU!

WEEKEND SUPPORT GROUPS

SECOND SATURDAY

10 a.m. | Café Latino (Spanish language)
Diane Backlund and Sarah Rodriguez
alz.cafelatinoVA@gmail.com

10:30 a.m. | Brighton Gardens Friendship Heights
Teresa Adams, 301.656.1900

THIRD SATURDAY

2 p.m. | Alexandria Support Group
Lori Woelfel, bankingonamemory@gmail.com
Shawn Ulrick, co-facilitator