



**WEEKDAY EVENING  
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!

**WEEKDAY | EVENING SUPPORT GROUPS | 5 - 8 P.M.**

**FIRST THURSDAY**

8 p.m. | Sandwich Generation Group #2  
Dana Belongia | Belongia@gmail.com

**SECOND TUESDAY**

7 p.m. | First Mount Zion Baptist Church  
Stephanie Craddock | 703.398.6171  
Scraddock@firstmountzionbc.org

7 p.m. | Prince William Senior Center  
Kate Tanner | 703.501.0749  
tannerfam9@aol.com

7 p.m. | Sunrise at Rockville  
Carole Ashendorf | csa9606@gmail.com  
281.216.0940

**SECOND WEDNESDAY**

6 p.m. | Iona Senior Services  
(For adult children who are caregivers)  
Bill Amt | bamt@iona.org

7:30 p.m. | Pender UMC  
Younger-onset Dementia Caregivers  
Sarah Harris | 703.715.9423

8 p.m. | Sandwich Generation Support Group #3  
Andrea Friedman | ajfrie@gmail.com

**SECOND THURSDAY**

7 p.m. | Calvert Library – Prince Frederick  
Jeannette Findley & J.C. Hooker | 410.535.0291

7:30 p.m. | Aldersgate United Methodist Church  
Joan Sutton | 202.285.6486  
joanmillersutton@gmail.com

8 p.m. | Sandwich Generation Support Group #1  
Linda Weitzman | lcweitzman@gmail.com  
Megha Guggar | mvguggari@gmail.com

**THIRD THURSDAY**

8 p.m. | Sandwich Generation Support Group #2  
Dana Belongia & Alex Lopez,  
nationalcapalz@gmail.com

**FOURTH MONDAY**

5 p.m. | Benjamin Gaither Center (VIRTUAL)  
Melissa Koppal | MelissaKoppal@yahoo.com

**FOURTH TUESDAY**

6 p.m. | Porter Branch Library, Stafford, VA  
Amanda Morgan | mcgheeaj05@yahoo.com  
Mason Morgan | wadis1@yahoo.com

7 p.m. | First Mount Zion Baptist Church  
Stephanie Craddock | 703.398.6171  
Scraddock@firstmountzionbc.org

## ALZHEIMER'S ASSOCIATION | SUPPORT GROUPS

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