

MARYLAND VIRTUAL AND IN-PERSON SUPPORT GROUPS



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 groups are in person and some are held virtually. Registration is **recommended** for support groups. **Please call our 24/7 Helpline at 800.272.3900 to register and receive login information for virtual meetings.**

IN-PERSON SUPPORT GROUPS BY COUNTY

ALLEGANY COUNTY

Allegany County Caregiver Support Group

Third Tuesday | 6:30-8 P.M.

UPMC

12500 Willowbrook Rd.

Cumberland, MD 21502

ANNE ARUNDEL COUNTY

Anne Arundel Early Stage Support Group

Pre-screening required.

Second Monday | 6:30-8 P.M.

Woods Memorial Presbyterian Church Rm. 155

611 Baltimore-Annapolis Blvd.

Severna Park, MD 21146

Anne Arundel Caregiver Support Group

Third Wednesday | 7-7:30 P.M.

St Anne's Parish

199 Duke of Gloucester St.

Annapolis, MD 21401

BALTIMORE COUNTY

Dementia Caregiver Meet Up HYBRID

Second Monday | 6:30-8 P.M.

11019 McCormick Rd.

Hunt Valley, MD 21031

Catonsville Caregiver Support Group

Third Wednesday | 6:30-8 P.M.

Catonsville Presbyterian Church

1400 Frederick Rd.

Catonsville, MD 21228

Glen Meadows Caregiver Support Group

Third Friday | 1-2 P.M.

Glen Meadows Retirement Community,

11630 Glen Arm Rd.

Glen Arm, MD 21057

BALTIMORE CITY

JHH-Elder Plus Caregiver Support Group

Second Thursday | 12:30-2 P.M.

Bayview

4940 Eastern Avenue

Mason F. Lord, Building, EAST Tower, 1st floor

Baltimore, MD 21224

Baltimore City Caregiver Support Group

Third Saturday | 10 AM – Noon

Wayland Baptist Church

3200 Garrison Blvd.

Baltimore, MD 21216

CALVERT COUNTY

Calvert Library Twin Beaches Branch

First Wednesday | 3 P.M.
4100 5th St.
North Beach, MD

Calvert Library Southern Branch

Second Wednesday | 3 P.M.
13920 HG Trueman Rd.
Solomons, MD

Calvert Library

Second Thursday | 6:30 P.M.
850 Costley Way
Prince Frederick, MD

CAROLINE COUNTY

Caroline County Caregiver Support Group

Second Thursday | 6-7 P.M.
701 S. 5th Ave.
Denton, MD 21629

CARROLL COUNTY

Caregiver Connections

Third Wednesday | 6-7:30 P.M.
BrightView Senior Living
505 High Acre Dr.
Westminster, MD 21157

CECIL COUNTY

Cecil County Dementia Caregiver Support Group

Second Tuesday | 3:30-4:30 P.M.
200 Chesapeake Blvd.
Elkton, MD 21921

DORCHESTER COUNTY

Dorchester County Caregiver Support Group

Third Thursday | Noon-1:30 P.M.
Delmarva Community Services
108 Cheapeake St.,
Cambridge, MD 21613

FREDERICK COUNTY

Spring Arbor of Frederick Caregiver Support Group

Third Wednesday | 6-7:30 P.M.
6601 English Muffin Way
Frederick, MD 21703

Edenton Caregiver Support Group

Fourth Tuesday | 12:30-1:30 P.M.
Edenton Retirement Community
5800 Genesis Lane, Frederick, MD 21703

GARRETT COUNTY

Garrett County Caregiver Support Group

Fourth Wednesday | 11 A.M. – 12:15 P.M.
Grantsville Senior Center
125 Durst Ct.
Grantsville, MD 21536

HARFORD COUNTY

Harford County Caregiver Support Group

Second Tuesday | 3-4:30 P.M.
Mt. Zion Church
1643 Churchville Rd
Bel Air, MD 21015

St. Patrick/Havre de Grace Caregiver Support Group

Third Tuesday | 6:30-8 P.M.
615 Congress Ave.
Havre De Grace, MD 21078

Harford County Early Stage Support Group

Pre-screening required.

Fourth Monday | 6:30-8 P.M.
Mt. Zion Church
1643 Churchville Rd
Bel Air, MD 21015

HOWARD COUNTY

Howard County Early Stage Support Group

Pre-screening required.

Second Thursday | 6:30 – 8 P.M.
Ellicott City 50+ Center
9411 Frederick Rd.
Ellicott City, MD 21042

MONTGOMERY COUNTY

Brooke Grove / MedStar Montgomery

Second Friday | 12:30 P.M.
Community Partners Room
18131 Slade School Rd.
Sandy Spring, MD

Brighton Gardens Friendship Heights

Second Saturday | 10:30 A.M.
555 Friendship Blvd.
Chevy Chase, MD

Holy Cross Health - Virtual and In-Person

First Thursday | 10 A.M. | All Caregivers
Second Thursday | 10 A.M. | Adult Children
Third Thursday | 10 A.M. | Spouses
Fourth Thursday | 10 A.M. | Adult Children

To register and receive Holy Cross Health meeting locations or login instructions, call 800.272.3900.

TALBOT COUNTY

Talbot County Caregiver Support Group

Fourth Tuesday | 6-7 P.M.

Easton YMCA

202 Peachblossom Rd

Easton, MD 21601

WICOMICO COUNTY

Wicomico County Caregiver Support Group

Second Tuesday | 5:30-6:30 P.M.

MAC, Inc.

909 Progress Circle

Salisbury, MD 21804

Wicomico County Caregiver Support Group

Second Wednesday | Noon-1:30 P.M.

MAC, Inc.

909 Progress Circle

Salisbury, MD 21804

Wicomico County Caregiver Support Group

Fourth Wednesday | Noon-1:30 P.M.

MAC, Inc.

909 Progress Circle

Salisbury, MD 21804

WORCESTER COUNTY

Worcester County Caregiver Support Group

Second Thursday | 3-4:30 P.M.

Ocean Pines Library

11107 Cathell Rd.

Berlin, MD 21811

Worcester County Caregiver Support Group

Fourth Thursday | 3-4:30 P.M.

Ocean Pines Library

11107 Cathell Rd.

Berlin, MD 21811

VIRTUAL SUPPORT GROUPS

Please call 800.272.3900 to receive login instructions prior to the meeting time and date.

Jewish Community Services Support Group

First Monday | 10:-11:30 A.M.

Community-Based Caregiver Support Group

First Tuesday | 12-1:30 P.M.

Early Stage/Late Onset - 65 or older

Care Partners ONLY Group

Pre-screening required.

First Tuesday | 6:30-8 P.M.

Dementia Caregiver Meet Up HYBRID

Second Monday | 6:30-8 P.M.

Levindale Baltimore Caregiver Support Group

Second Wednesday | 6:30-8 P.M.

Jewish Community Services Support Group

Third Monday | 10-11:30 A.M.

Statewide Virtual Caregiver Support Group

Third Wednesday | 5:30-6:30 P.M.

Carroll County Caregiver Support Group

Third Thursday | 6-7 P.M.

Leisure World of Maryland

First Wednesday | 3 p.m.

Leisure World of Rockville

Second and Fourth Tuesdays | 7 p.m.

Leisure World of Camp Spring

Last Monday | 1 p.m.

SPECIALTY SUPPORT GROUPS

For virtual meetings, please call 800.272.3900 to receive login instructions prior to the meeting time and date.

Latino Caregiver MeetUp – Statewide

VIRTUAL

First Tuesday | 9:30-11 A.M.

Sandwich Generation (Caregivers 40 yrs >)

First and Third Thursday | 8 p.m. or

Second and Fourth Thursday | 8 p.m.

Dementia Grief and Bereavement Support Group

VIRTUAL

Third Tuesday | 6:30-8 p.m.

Frontotemporal Dementia Caregiver Support

VIRTUAL

Second Wednesday | 10:30 A.M. – 12:30 P.M.

Korean Caregiver Support Group

VIRTUAL

Second Wednesday | 6:30-8 P.M.

Sandwich Generation (Caregivers 40 yrs >)

Second and Fourth Wednesday | 8 p.m.

Young Onset Support Group with YES

Early Stage, Care Partners, Family

Third Wednesday | 6:30-8 P.M.

Trinity Episcopal Church

120 Allegany Avenue

Towson, MD 21204

Frontotemporal Dementia Caregiver Support Group

VIRTUAL

Fourth Wednesday | 6:30-8 P.M.

LGBTQA+ Dementia Caregiver MeetUp

VIRTUAL

Fourth Thursday | 6:30-7:30 P.M.

Cafe Latino (Spanish Language)

Second Saturday | 10 a.m.

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