



ALZHEIMER'S  ASSOCIATION®

**DAYTIME, EVENING
AND 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.

PLEASE CALL 800.272.3900 TO REGISTER. THANK YOU!

WEEK DAY | DAYTIME SUPPORT GROUPS | 8 A.M. - 5 P.M.

FIRST TUESDAY

10 a.m. | Rappahannock Public Library

WEEKLY TUESDAY

2:30 p.m. | Holy Cross Health

For all caregivers

Register [here](#) or call 301.592.2592

Monday through Thursday to register

FIRST WEDNESDAY

3 p.m. | Leisure World

4 p.m. | Leesburg Adult Day Center

Free respite services offered.

FIRST THURSDAY

10 a.m. | St. Andrew's Episcopal Church

10 a.m. | Holy Cross Health

For spouses

Register [here](#) or call 301.592.2592

Monday through Thursday to register

FIRST FRIDAY

9:30 a.m. | Lake Ridge

SECOND TUESDAY

2:30 p.m. | Veterans Affairs Medical Center

SECOND WEDNESDAY

11 a.m. | First Mount Zion Baptist Church

SECOND THURSDAY

10 a.m. | Holy Cross Health

For Adult Children

Register [here](#) or call 301.592.2592

Monday through Thursday to register

SECOND FRIDAY

9:30 a.m. | Lake Ridge

12:30 p.m. | Brooke Grove Rehabilitation and Nursing

Center - Community Partners Room

18131 Slade School Road, Sandy Spring, MD

In partnership with Medstar Health

THIRD TUESDAY

11 a.m. | Carroll Manor

THIRD THURSDAY

10 a.m. | St. Andrew's Episcopal Church

10 a.m. | Holy Cross Health

For Spouses

Register [here](#) or call 301.592.2592

Monday through Thursday to register

ALZHEIMER'S ASSOCIATION | SUPPORT GROUPS

WEEK DAY | DAYTIME SUPPORT GROUPS | 8 A.M. - 5 P.M.

THIRD FRIDAY

9:30 a.m. | Lake Ridge

FOURTH WEDNESDAY

11 a.m. | First Mount Zion Baptist Church

4 p.m. | The Villa at Suffield Meadows

FOURTH THURSDAY

10 a.m. | Holy Cross Health - For Adult Children
Register [here](#) or call 301.592.2592
Monday through Thursday to register

3 p.m. | The Carver Center

4 p.m. | Veterans Affairs Medical Center
Michael Smith, 240.481.8515

FOURTH FRIDAY

9:30 a.m. | Lake Ridge

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

FIRST THURSDAY

8 p.m. | Sandwich Generation Group #2

SECOND TUESDAY

7 p.m. | First Mount Zion Baptist Church

7 p.m. | Prince William Senior Center

7 p.m. | Sunrise at Rockville

SECOND WEDNESDAY

6 p.m. | Iona Senior Services
(For adult children who are caregivers)

7:30 p.m. | Pender UMC
(Younger-onset Dementia Caregivers)

8 p.m. | Sandwich Generation Support Group #3

SECOND THURSDAY

7 p.m. | Calvert Library – Prince Frederick

7:30 p.m. | Aldersgate United Methodist Church

8 p.m. | Sandwich Generation Support Group #1

THIRD THURSDAY

8 p.m. | Sandwich Generation Support Group #2

FOURTH TUESDAY

6 p.m. | Porter Branch Library, Stafford, VA

7 p.m. | First Mount Zion Baptist Church

7 p.m. | Prince William Senior Center

7 p.m. | Sunrise of Rockville

FOURTH WEDNESDAY

6 p.m. | Prince William Senior Center

6 p.m. | Iona Senior Services
(For adult children who are caregivers)

8 p.m. | Sandwich Generation Support Group #3

FOURTH THURSDAY

8 p.m. | Sandwich Generation Support Group #1

WEEKEND SUPPORT GROUPS

SECOND SATURDAY

10 a.m. | Café Latino (Spanish language)

10:30 a.m. | Brighton Gardens Friendship Heights
555 Friendship Blvd., Chevy Chase, MD 20815

THIRD SATURDAY

2 p.m. | Alexandria Support Group