



ALZHEIMER'S  ASSOCIATION®

**DAYTIME
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!

WEEK DAY | DAYTIME SUPPORT GROUPS | 8 A.M. - 4 P.M.

FIRST MONDAY

1 p.m. | Landsdowne Woods of VA
Ashley Scott | adscott@alz.org

FIRST TUESDAY

10 a.m. | Rappahannock Public Library
Danny Wilson, 540.547.4126,
rapplander@gmail.com
Ellie Clark | blessingsfromellie@gmail.com

WEEKLY TUESDAY

2:30 p.m. | Holy Cross Health
For all caregivers
Register [here](#) or contact Chaplain Pam
301.592.2592

FIRST WEDNESDAY

3 p.m. | Leisure World on Georgia Avenue
Sandy Levy & Nina Helwig
ninahelwig5@gmail.com

4 p.m. | Leesburg Adult Day Center
Jaimee Conner, 703.771.5334
Free respite services offered.

FIRST THURSDAY

10 a.m. | St. Andrew's Episcopal Church
Barbara Kincaid, 703.671.3707 |

10 a.m. | Holy Cross Health
For spouses
Register [here](#) or contact Chaplain Pam
301.592.2592

FIRST FRIDAY

9:30 a.m. | Lake Ridge
Elizabeth Glycer, lizglyer@gmail.com

SECOND TUESDAY

2:30 p.m. | Veterans Affairs Medical Center
Salwa (Susu) Habayeb, 202.745.8422
salwa.habayeb@va.gov OR
Michael Smith, 240.481.8515
smithmw78@georgetown.edu

SECOND WEDNESDAY

11 a.m. | First Mount Zion Baptist Church
Stephanie Craddock, 703.398.6171
Scraddock@firstmountzionbc.org

ALZHEIMER'S ASSOCIATION | SUPPORT GROUPS

WEEK DAY | DAYTIME SUPPORT GROUPS | 8 A.M. - 4 P.M.

301.592.2592

SECOND THURSDAY

10 a.m. | Holy Cross Health
For Adult Children
Register [here](#) or contact Chaplain Pam
301.592.2592

3 p.m. | The Carver Center
Bobbi Carducci, 540.903.6831,
bcarducci@comcast.net

SECOND FRIDAY

9:30 a.m. | Lake Ridge
Elizabeth Glycer, lizglyer@gmail.com

4 p.m. | Veterans Affairs Medical Center
Michael Smith, 240.481.8515
smithmw78@georgetown.edu OR
Nicole Ramos, Ncagr2022@gmail.com

THIRD TUESDAY

11 a.m. | Carroll Manor
Dwayne B. Hughes, 301.980.8412

FOURTH FRIDAY

9:30 a.m. | Lake Ridge
Elizabeth Glycer, lizglyer@gmail.com

THIRD WEDNESDAY

3 p.m. | Leisure World on Georgia Avenue
Sandy Levy & Nina Helwig,
ninahelwig5@gmail.com

THIRD THURSDAY

10 a.m. | St. Andrew's Episcopal Church
Barbara Kincaid, 703.671.3707

10 a.m. | Holy Cross Health
For Spouses
Register [here](#) or contact Chaplain Pam
301.592.2592

THIRD FRIDAY

9:30 a.m. | Lake Ridge
Elizabeth Glycer, lizglyer@gmail.com

FOURTH WEDNESDAY

11 a.m. | First Mount Zion Baptist Church
Stephanie Craddock, 703.398.6171
Scraddock@firstmountzionbc.org

4 p.m. | The Villa at Suffield Meadows
Sophia Cameron
camerons@fauquierhealth.org

FOURTH THURSDAY

10 a.m. | Holy Cross Health
For Adult Children
Register [here](#) or contact Chaplain Pam