



DAYTIME SUPPORT GROUPS

SOUTHEASTERN VIRGINIA 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 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 for meetings and to receive login information for virtual meetings.**

DAYTIME SUPPORT GROUPS

SOUTHSIDE

Portsmouth

1st Thursday | 1-2 p.m.
Third Baptist Church
461 Godwin St., Portsmouth, VA 23704
(Joe B. Fleming Multi-Purpose Bldg,
London Blvd. and Armstrong Street, right
around the corner from the church.)

Virginia Beach

3rd Monday | 12-1:30 p.m.
Our Lady of Perpetual Help
4560 Princess Anne Rd.
Registration is required.
Please call 757.495.4211 to register.

Chesapeake

4th Monday | 1-2 p.m.
Chesapeake Lifestyle Center
800 N. Battlefield Blvd.

Norfolk

Second Thursday | 1 p.m.
Primeplus Senior Center
7300 Newport Ave #100
Norfolk, VA 23505

Second Saturday | 10 a.m.
Grace Episcopal Church
1400 E. Brambleton Ave.
Norfolk, VA 23504

WESTERN TIDEWATER

3rd Friday | 3-4 p.m.
Smithfield
Virtual Via Zoom

PENINSULA

Newport News
1st Wednesday | 7 - 8 p.m.
Orcutt Baptist Church
653 Baxter Ln.

Williamsburg

1st Wednesday | 1-2 p.m.
Peninsula Agency on Aging
4551 John Tyler Highway, Ste 101
Laurie Padgett | 757.345.6277

Newport News

2nd Wednesday | 1-2 p.m.
Peninsula Agency on Aging
739 Thimble Shoals Blvd.
Kimberly Canty or
Jennifer McPherson 757.933.2607

Williamsburg

2nd Thursday | 11-12 p.m.
Virtual via Zoom

SOUTH CENTRAL

Farmville

1st Wednesday | 2-3 p.m.
St. John's Lutheran Church
1301 Milnwood Rd.

HAMPTON

Every other month on the
3rd Saturday of the month
(2024 dates: Jan, March, May,
July, September, November)
11 a.m. - 12:30 p.m.
Sixth Mount Zion Baptist Temple
3100 Butternut Dr.
Hampton, VA 23666

SUFFOLK

First Tuesday of each month
1-2 p.m.
Lake Prince Woods
100 Anna Goode Way
Suffolk, Virginia 23434

EASTERN SHORE

First Thursday of each month
10-11 a.m.
Baptist Bible Church
24577 Front St.
Accomac, VA 23301

FILIPINO SUPPORT GROUP

Saturday, June 22, Aug. 24,
Oct. 26, Dec. 28 | 3 - 4 p.m.
Philippine Cultural Center of VA
4857 Baxter Rd.
Virginia Beach, VA 23462