

## Get the Emotional Support You Need

Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey.

If you are considering attending a support group, note that schedules and times change occasionally. Please call our **24/7 Helpline at 800.272.3900** before attending a group for the first time to verify meeting information, obtain directions or other information about the group.

Are you unable to attend a support group in person? **ALZConnected®**, powered by the Alzheimer's Association, is a social networking community designed specifically for people with Alzheimer's disease and their family and caregivers. Members can get connected to share concerns and advice. Learn more at [www.alzconnected.org](http://www.alzconnected.org).

## NORTHWEST

**Iona Senior Services (Group for Spouses and Adult Children)** | 4125 Albemarle Street, NW, Washington, DC 20016 |  
 2nd and 4th Wednesdays at 6:00 p.m. | Bill Amt ([bamt@iona.org](mailto:bamt@iona.org))

## NORTHEAST

**Providence Hospital – Carroll Manor** | 1150 Varnum Street, NE, Washington, DC 20017 |  
 3rd Tuesday at 11:00 a.m. | Dwayne B. Hughes 301.980.8412 (*Call to confirm location*)

## SOUTHWEST

**Faith Presbyterian Church** | 4161 S. Capitol St. SW, Washington DC 20032 |  
 2<sup>nd</sup> Tuesdays of the month 10:30 a.m. - 11:30 a.m. | Vickie Henrikson [vlhenrikson@gmail.com](mailto:vlhenrikson@gmail.com),  
 Carroll Quinn 513.673.9921

**St. Matthew's Lutheran Church** | 222 M Street SW, Washington DC |  
 4th Thursday of the month 11:00 a.m. - 12:00 p.m. | Vickie Henrikson [vlhenrikson@gmail.com](mailto:vlhenrikson@gmail.com),  
 Carroll Quinn - 513.673.9921

## Weekly Telephone Support Group

**Hosted by Holy Cross Resource Center**

Tuesdays at 6:00 p.m.

(Please call 301.754.7152 to receive the necessary information to participate.)

## Google Hangouts Support Group

2nd and 4th Thursday 8:00 p.m. – 9:00 p.m.

(Please email Linda Weitzman [lcweitzman@gmail.com](mailto:lcweitzman@gmail.com) to receive the necessary information to participate)