

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.

ARLINGTON COUNTY

St. Andrew's Episcopal Church | 4000 Lorcom Lane, **Arlington**, 22207 | 1st & 3rd Thursday 10:00 a.m. | Jane Walker 703.522.3792 Liz Wheeler 703.516.4899

CLARKE COUNTY

Camino Real Restaurant | 16 Crow St, **Berryville VA**, 22611 | Last Wednesday at 12:00 p.m. | Susan Muir – 304.261.9451

FAIRFAX COUNTY

Lincolnia Center | 4710 N Chambliss Street, **Alexandria, VA** 22003 | 3rd Tuesday at 2:00 p.m. | Susan Yohe | Josephine Andrews Egyir | 703.914.1373

Aldersgate United Methodist Church | 1301 Collingwood Road, **Alexandria**, 22308 | 2nd Thursday at 7:30 p.m. | Joan Sutton 202.285.6486

Goodwin House | 4800 Fillmore Avenue, **Alexandria**, 22311 | 1st Saturday at 10:30 a.m. | Karen Profitt 508.400.1703

Capital Baptist Church | 3504 Gallows Road, **Annandale, VA**, 22003 | 2nd Thursday at 7:00 p.m. | Heidi Garvis, heidi@caringconsiderations.com – 571.451.9396 | Rebecca Greene <rfgreene2@yahoo.com>

Ravenworth Baptist Church | 5100 Ravenworth Road, **Annandale, VA**, 22003 | 2nd Tuesday at 7p.m. | Veena Mysore, vmysore@hotmail.com | 703.941.4113 | Nicole McMonigle-Knight, 571.422.6231

Fort Belvoir – For Military Families | Family Medical Clinic, 9300 DeWitt Loop, **Ft. Belvoir, VA** 22060 | 2nd Tuesday at 3:00 p.m. | Vicky Surash, surashvw@aol.com – 703.619.4726

Calvary Hill Baptist Church | 9301 Little River Turnpike, **Fairfax, VA** 22031 | 1st Wednesday at 10:00 a.m. | Colleen Turner, co16413@gmail.com |

Fairfax County (Contd..)

Tall Oaks Assisted Living | 12052 North Shore Drive, **Reston, VA 20190** | 2nd Monday at 7:00 p.m. | Judy & Maury Kitces, 703.759.9478

Historic Silas Burke House | 9617 Burke Lake Road, **Burke, VA 22015** | 4th Sunday at 2:00 p.m. | Maureen Charlton 703.250.1637 | Charltonfamily@verizon.net | Phyllis Humphrey (**starting July 2019)

Fauquier County

The Villa at Suffield Meadows | 6735 Suffield Lane, **Warrenton, VA 20187** | 4th Wednesday at 4:00 p.m. | Mary Kasky 540.428.3525 Barbara Stohlman, 703.508.3056

Loudoun County

Leesburg Adult Day Center | 16501 Meadowview Court, **Leesburg, VA 20175** | 1st Wednesday at 4:00 p.m. | Jaimee Conner 703.771.5334 | *(Free respite services offered. Please call Jaimee for more information.)*

Lansdowne Woods of Virginia | 19375 Magnolia Grove Square, **Lansdowne, VA 20176** | 1st Thursday at 12:00 p.m. | Deb Harney 703.283.6554, Judy Smith 703.608.0482

The Carver Center | 200 Willie Palmer Drive, **Purcellville, VA, 20132** | 4th Thursday at 3 p.m. | Bobbi Carducci, 540.903.6831, bcarducci@comcast.net

Prince William County

First Mount Zion Baptist Church | 16622 Dumfries Road, Dumfries, VA 22025 | Stephanie Craddock, 703.670.0184, Scradock@firstmountzionbc.org
 Group # 1 Meets every 2nd & 4th Wednesday at 11:00 a.m.
 Group # 2 Meets every 2nd & 4th Tuesday at 7:00 p.m.
 Group # 3 Meets every 1st & 3rd Monday at 7:00 p.m.

Four Seasons 55+ Community, | 16400 Four Seasons Drive, **Dumfries, VA 22025** | Community Clubhouse, | 2nd Tuesday at 3:00 p.m. | Johann Grieco, 703.850.7970 | Donella Gibson, 703.501.4429

Heritage Hunt - Marsh Mansion (Garden Room) | Heritage Hunt Drive and Fieldstone Way, **Gainesville, 20155** | 1st Thursday at 6:30 p.m. | Janet Pennington 571.248.0143

Westminster at Lake Ridge | 12191 Clipper Drive, **Lake Ridge, VA 22192** | Every Friday at 11:00 a.m. | Elizabeth Glycer 703.496.3400

Novant Health Caton Merchant House | 9201 Portner Avenue, **Manassas, VA 20110** | 3rd Thursday at 7:30 p.m. | Mary Kren 703.361.8841

St. Thomas United Methodist Church | 8899 Sudley Road, **Manassas, VA 20110** | 1st Friday at 9:30 a.m. | Mary Kren 703.361.8841

Prince William Senior Center | 13850 Church Hill Drive, **Woodbridge, VA 22191** | 2nd & 4th Tuesdays at 7:00 p.m. | Kate Tanner 703.501.0749 | Floyd Rose 703.908.9280

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Old Bridge United Methodist Church | 3966 Old Bridge Road, **Woodbridge, VA 22192** | 3rd Thursday at 7 p.m. | Stuart Evans 703.598.8588

Rappahannock County

Rappahannock Public Library | 4 Library Road, **Washington, VA, 22747** | 1st & 3rd Thursday at 10:00 a.m. | Danny Wilson 540.547.4126, rapplander@gmail.com | Ellie Clark , blessingsfromellie@gmail.com

Stafford County

Howell Library | 806 Lyons Blvd, **Stafford, VA 22406** | 4th Monday at 10:00 a.m. | Lori Myers 540.370.0835

Winchester City

Willows at Meadow Branch | 1881 Harvest Drive, **Winchester, VA 22601** | 3rd Wednesday at 2:00 p.m. | Tina Davis, 540-665-5844

Westminster-Canterbury | Employee Learning Center | 300 Westminster-Canterbury Drive, Winchester, 22603 | 4th Thursday at 3:00 p.m. | Donielle W Palmer 540.665.5916 | Tina Davis, 540.665.5844

Special Groups

Younger-onset Dementia Caregivers, Pender United Methodist Church | 12401 Alder Woods Drive, **Fairfax, 22033** | 2nd Wednesday at 7:30 p.m. | Sarah Harris 703.715.9423 | Susan Theon 703.796.9525

Memory Café

Galilee United Methodist Church (Youth Center), | 45425 Winding Rd. **Sterling VA 20165** | 2nd Saturday, 12:00 pm – 2:00 pm | Tim Frank 703.444.3690

Forgetful Friends Early-Engagement Program

*Potluck Lunch

St. Thomas United Methodist Church | 8899 Sudley Road, **Manassas, VA 20110** | 3rd Saturday 11:00-2:30pm | Mary Kren 703.361.8841 | Connie Young- 703.743.1841| Jane Priest- 703.766.9018

*Forgetful Friends Chorus-

Meets in Manassas | Connie Young- 703-743-1841

*Forgetful Friends Networking Meeting

People with early stage dementia and their care partners (please call)

St. Thomas UMC | 8899 Sudley Road, **Manassas, VA 20110** | 1st Wednesday 6:30 p.m. | Mary Kren- 703.361.8841 | Jane Priest-703.766.9018

Google Hangouts Support Group | 2nd and 4th Thursday 8:00 p.m. – 9:00 p.m.

(Please email Linda Weitzman lcweitzman@gmail.com to receive the necessary information to participate

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