

**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. | The Lodge at Marlton
Shirley Young, 757.508.6595
atistpab@verizon.net

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

12 p.m. | Lansdowne Woods of Virginia
Judy Misbin, judy.misbin@gmail.com

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

ALZHEIMER'S ASSOCIATION | SUPPORT GROUPS

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

SECOND WEDNESDAY

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

SECOND THURSDAY

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

SECOND FRIDAY

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

THIRD TUESDAY

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

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
301.592.2592

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

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

FOURTH FRIDAY

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

**WEEKDAY EVENING
SUPPORT GROUPS
NATIONAL CAPITAL
AREA CHAPTER**

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

FIRST THURSDAY

8 p.m. | Sandwich Generation Group #2
Dana Belongia | Belongia@gmail.com

SECOND TUESDAY

7 p.m. | First Mount Zion Baptist Church
Stephanie Craddock | 703.398.6171
Scraddock@firstmountzionbc.org

7 p.m. | Prince William Senior Center
Kate Tanner | 703.501.0749
tannerfam9@aol.com

7 p.m. | Sunrise at Rockville
Carole Ashendorf | csa9606@gmail.com
281.216.0940

SECOND WEDNESDAY

6 p.m. | Iona Senior Services
(For adult children who are caregivers)
Bill Amt | bamt@iona.org

7:30 p.m. | Pender UMC
Younger-onset Dementia Caregivers
Sarah Harris | 703.715.9423

8 p.m. | Sandwich Generation Support Group #3
Andrea Friedman | ajfrie@gmail.com

SECOND THURSDAY

7 p.m. | Calvert Library – Prince Frederick
Jeannette Findley & J.C. Hooker | 410.535.0291

7:30 p.m. | Aldersgate United Methodist Church
Joan Sutton | 202.285.6486
joanmillersutton@gmail.com

8 p.m. | Sandwich Generation Support Group #1
Linda Weitzman | lcweitzman@gmail.com
Megha Guggar | mvguggari@gmail.com

THIRD THURSDAY

8 p.m. | Sandwich Generation Support Group #2
Dana Belongia & Alex Lopez,
nationalcapalz@gmail.com

FOURTH MONDAY

5 p.m. | Benjamin Gaither Center (VIRTUAL)
Melissa Koppal | MelissaKoppal@yahoo.com

FOURTH TUESDAY

6 p.m. | Porter Branch Library, Stafford, VA
Amanda Morgan | mcgheeaj05@yahoo.com
Mason Morgan | wadis1@yahoo.com

7 p.m. | First Mount Zion Baptist Church
Stephanie Craddock | 703.398.6171
Scraddock@firstmountzionbc.org

ALZHEIMER'S ASSOCIATION | SUPPORT GROUPS

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

7 p.m. | Prince William Senior Center
Kate Tanner | 703.501.0749
tannerfam9@aol.com

7 p.m. | Sunrise of Rockville
Carole Ashendorf | csa9606@gmail.com
281.216.0940

FOURTH WEDNESDAY

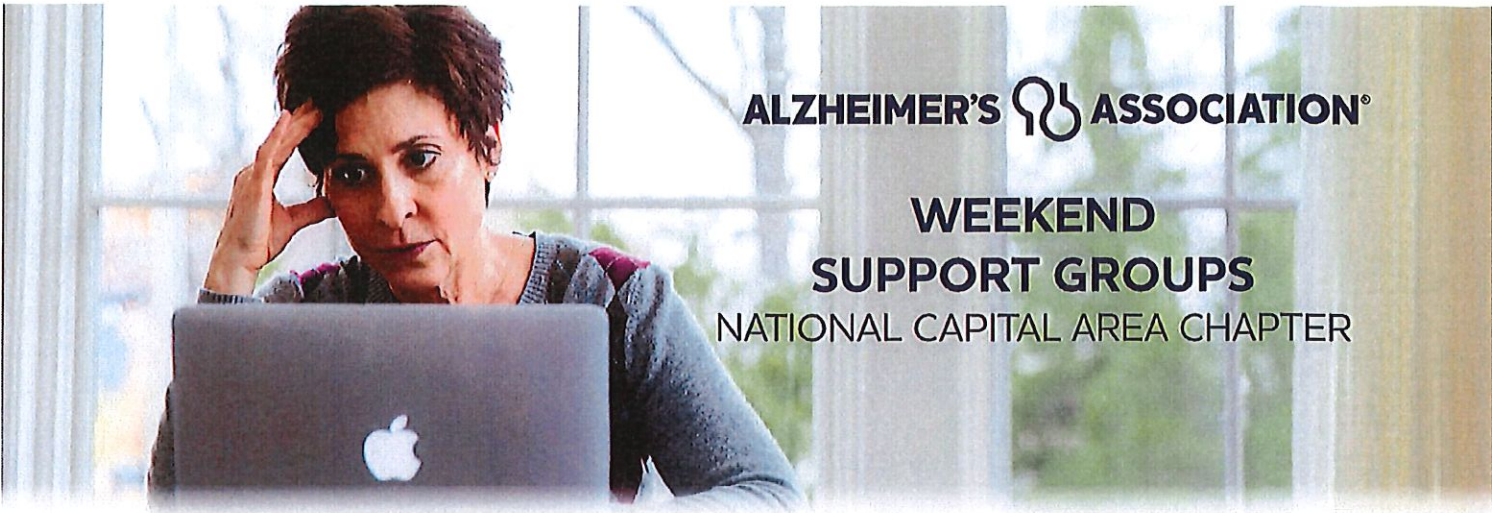
6 p.m. | Prince William Senior Center
Kate Tanner | 703.501.0749
tannerfam9@aol.com

6 p.m. | Iona Senior Services
For adult children who are caregivers
Bill Amt, bamt@iona.org

8 p.m. | Sandwich Generation Support Group #3
Andrea Friedman | ajfrie@gmail.com

FOURTH THURSDAY

8 p.m. | Sandwich Generation Support Group #1
Linda Weitzman | lcweitzman@gmail.com
Megha Guggari | mvguggari@gmail.com



ALZHEIMER'S  ASSOCIATION®

**WEEKEND
SUPPORT GROUPS**
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WEEKEND SUPPORT GROUPS

SECOND SATURDAY

10 a.m. | Café Latino (Spanish language)
Diane Backlund and Sarah Rodriguez
alz.cafelatinoVA@gmail.com

10:30 a.m. | Brighton Gardens Friendship Heights
Teresa Adams, 301.656.1900

THIRD SATURDAY

2 p.m. | Alexandria Support Group
Lori Woelfel, bankingonamemory@gmail.com
Shawn Ulrick, co-facilitator