



alzheimer's  association®

VIRTUAL 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. If you are considering attending a support group, note that schedules and times change occasionally. Please contact the facilitator before attending a group to obtain zoom links or other information about the group. These virtual groups are meeting on Zoom or by phone at this time.

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. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

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

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 Conne, 703.771.5334
Free respite services offered.

FIRST THURSDAY

10 a.m. | St. Andrew's Episcopal Church
Barbara Kincaid, 703.671.3707 |
Jane Walker, 703.522.3792

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

3 p.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

FIRST FRIDAY

10 a.m. | Holy Cross Resource Center
(For adult children)
Sister Kathy Weber, 301.754.7152

11 a.m. | Westminster at Lake Ridge
Elizabeth Glycer, lizglyer@gmail.com

SECOND TUESDAY

10 a.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

3 p.m. | Holy Cross Resource Center (For adult children)
Sister Kathy Weber, 301.754.7152

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 | VIRTUAL SUPPORT GROUPS

SECOND WEDNESDAY

11 a.m. | First Mount Zion Baptist Church
Stephanie Craddock, 703.670.0184,
Scraddock@firstmountzionbc.org

SECOND THURSDAY

3 p.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

SECOND FRIDAY

10 a.m. | Holy Cross Resource Center
(For adult children)
Sister Kathy Weber, 301.754.7152

11 a.m. | Westminster at Lake Ridge
Elizabeth Glycer, lizglyer@gmail.com

THIRD MONDAY

6 p.m. | Holy Cross Resource Center (For adult children)
Sister Kathy Weber, 301.754.7152

THIRD TUESDAY

10 a.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

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

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

3 p.m. | Holy Cross Resource Center (For adult children)
Sister Kathy Weber, 301.754.7152

THIRD WEDNESDAY

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

1 p.m. | Brook Grove
Laura Rounds, 301.260.2300
lrounds@bgf.org

THIRD THURSDAY

10 a.m. | St. Andrew's Episcopal Church
Barbara Kincaid, 703.671.3707 |
Jane Walker, 703.522.3792

11 a.m. | First Baptist Church of Glenarden
Vikki Kalitsi, 240.354.8895,
vkalitsi@visitingangelspg.com

3 p.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

THIRD FRIDAY

10 a.m. | Holy Cross Resource Center (For adult children)
Sister Kathy Weber, 301.754.7152

11 a.m. | Westminster at Lake Ridge
Elizabeth Glycer, lizglyer@gmail.com

FOURTH MONDAY

6 p.m. | Holy Cross Resource Center (For adult children)
Sister Kathy Weber, 301.754.7152

FOURTH TUESDAY

10 a.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

3 p.m. | Holy Cross Resource Center (For adult children)
Sister Kathy Weber, 301.754.7152

FOURTH WEDNESDAY

11 a.m. | First Mount Zion Baptist Church
Stephanie Craddock, 703.670.0184, Scraddock@
firstmountzionbc.org

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

FOURTH THURSDAY

3 p.m. | Holy Cross Resource Center (For spouses)
Sister Kathy Weber, 301.754.7152

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

10 a.m. | Holy Cross Resource Center (For adult children)
Sister Kathy Weber, 301.754.7152

11 a.m. | Westminster at Lake Ridge
Elizabeth Glycer, lizglyer@gmail.com

For the safety of our constituents, volunteers and staff, many support groups are being held virtually. You must call or email the facilitator prior to the meeting you wish to attend to obtain login information. THANK YOU!

ALZHEIMER'S ASSOCIATION | VIRTUAL SUPPORT GROUPS

WEEK DAY | EVENING SUPPORT GROUPS | 5 - 8 P.M.

FIRST MONDAY

6 p.m. | Holy Cross Resource Center (For adult children)
Sister Kathy Weber, 301.754.7152

FIRST TUESDAY

6 p.m. | Holy Cross Resource Center
301.754.7152

FIRST THURSDAY

6 p.m. | Holy Cross Resource Center (For adult children)
Sister Kathy Weber, 301.754.7152

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

SECOND MONDAY

6 p.m. | Holy Cross Resource Center (For adult children)
Sister Kathy Weber, 301.754.7152

SECOND TUESDAY

6 p.m. | Holy Cross Resource Center
301.754.7152

7 p.m. | First Mount Zion Baptist Church
Stephanie Craddock, 703.670.0184, Scradock@firstmountzionbc.org

7 p.m. | Prince William Senior Center
Kate Tanner, 703.501.0749
Floyd Rose, 703.908.9280

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
Linda Weitzman, lcweitzman@gmail.com | Megha
Guggari, mvguggari@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

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

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

THIRD MONDAY

6 p.m. | Holy Cross Resource Center (For adult children)
Sister Kathy Weber, 301.754.7152

THIRD TUESDAY

6 p.m. | Holy Cross Resource Center | 301.754.7152

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

THIRD THURSDAY

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

FOURTH MONDAY

6 p.m. | Holy Cross Resource Center (For adult children)
Sister Kathy Weber, 301.754.7152

FOURTH TUESDAY

6 p.m. | Holy Cross Resource Center | 301.754.7152

7 p.m. | First Mount Zion Baptist Church
Stephanie Craddock, 703.670.0184, Scradock@firstmountzionbc.org

7 p.m. | Tysons-Pimmit Library
Rebecca Greene, rfgreene2@yahoo.com
703.587.4301

7 p.m. | Prince William Senior Center
Kate Tanner, 703.501.0749
Floyd Rose, 703.908.9280

FOURTH WEDNESDAY

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 & Giovanna,
alzsandygenwed@gmail.com

FOURTH THURSDAY

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

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

For the safety of our constituents, volunteers and staff, some support groups are being held virtually. You must call or email the facilitator prior to the meeting you wish to attend to obtain login information. THANK YOU!

ALZHEIMER'S ASSOCIATION | VIRTUAL SUPPORT GROUPS

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. | Cherry Blossom PACE

Karen Profitt, 508.400.1703

THIRD SUNDAY

2 p.m. | Alexandria Support Group

Lori Woelfel, bankingonamemory@gmail.com |

Shawn Ulrick, co-facilitator

For the safety of our constituents, volunteers and staff, some support groups are being held virtually. You must call or email the facilitator prior to the meeting you wish to attend to obtain login information.

ALZ.ORG/NCA | 24/7 HELPLINE 800.272.3900