

Support Group Meetings

Alzheimer's Association Greater Richmond Chapter
4600 Cox Road, Suite 130, Glen Allen, VA 23060
804-967-2580 ▪ 800-272-3900 ▪ Fax: 804-967-2588 ▪ www.alz.org/grva



Richmond Area

Call the Chapter Office for information, 804-967-2580

Ashland, 1st Tuesday, 7:00 pm

First Baptist Church, 800 Thompson St., Ashland, VA 23005. Bob

Bon Air, 3rd Tuesday, 2:00 pm

Bon Air Methodist Ch., 1645 Buford Rd., Family Life Center, Blanchette Brown Room, N. Chesterfield, VA 23235. Nancy

Chesterfield, 1st Tuesday, 10:30 am

Second Branch Baptist Church, 12217 Second Branch Rd., Chesterfield, VA 23838. Edith & Sharon.

Chesterfield, 3rd Thursday, 7:00 pm

Lucy Corr Village, 6800 Lucy Corr Lane., Classroom, Chesterfield, VA 23832, Edith

East End, 4th Saturday, 12:00 pm

Great Hope Baptist Church, 2101 Venable St., Richmond, VA 23223
Jacki & Debora

East Henrico, 1st Thursday, 6:00 pm

Good Shepherd Baptist Church, 1127 N. 28th St., (Conference Room)
Richmond, VA 23223, Wanda & Joann.

Eastern Goochland, 2nd Wednesday, 7:00 pm

Home of Hedy Walker, 1661 Centerville Parke Lane, Manakin Sabot, VA 23103
Susan Kidd

Near West End, 3rd Thursday, 6:30 pm – 7:45 pm

Reveille United Methodist Church, 4200 Cary Street Rd., Richmond, VA 23221
Tina

West End, 4th Tuesday, 6:00 – 7:30 pm

Reinhart Guest House 1100 Libbie Ave, Richmond, VA 23226. Susan

Far West End, 1st Monday, 10:00 am

Mt. Vernon Baptist Church, 11220 Nuckols Rd., Multipurpose Building,
Room M109, Use Entrance #8, Glen Allen, VA 23059. Jessica

Mechanicsville, 3rd Monday, 7:00 pm

Shady Grove United Methodist Church, 8209 Shady Grove Rd.,
Room E106, Mechanicsville, VA 23111. Dave

Mechanicsville, 2nd Wednesday, 9:30 am

Hanover Adult Day Ctr., 7231 Stonewall Parkway, Mechanicsville, VA 23111
Vivian & Barbara.

Midlothian, 2nd Wednesday, 10:00 am

New Life United Methodist Ch., 900 Old Hundred Rd., Midlothian, VA 23114
Bob & Leigh.

Midlothian, 3rd Tuesday, 7:00 pm

Brandermill Woods Health Care Center Media Room,
2100 Brandermill Parkway, Midlothian, VA 23112. Merle & Gregory

Sandston, 4th Thursday, 1:00 pm

Chickahominy YMCA, 5401 Whiteside Rd, Sandston, VA 23150

LGBTQ

Date and Location TBD.



Early Stage, 4th Thursday, 1:30 pm

For Caregivers and for Persons with Dementia

Prescreening is required prior to enrollment and receiving group meeting details. Call the chapter office for information, 967-2580. Jessica

Younger-Onset and Newly Diagnosed. 1st & 3rd Tuesday, 4:30

For Caregivers and for Persons with Dementia

Eight sessions. Will meet twice a month. Prescreening is required prior to enrollment. For information on this group, contact the chapter office at 967-2580. (Alzheimer's Association Salons) Steve

The Other Additional Dementias (TOAD)

4th Friday, 2:00 pm - 3:30 pm

Rare Dementias SG: LBD, PCA, PSP, DLB, FTD, FAD, HD, ACD, WKS, NPH, Binswanger and others. The Rec Room, 4116 W. Broad St., Richmond, VA 23230. Laura

Frontotemporal Dementia (FTD) Caregiver Support Group

3rd Thursday, 3:00 pm

Co-facilitated with Senior Connections. For information on this group, contact Angie Phelon, Senior Connections at 343-3045. Covenant Woods, 7090 Covenant Woods Dr, Mechanicsville, VA 23111. Angie & Raleigh

For Caregivers and for Persons with Dementia 2nd Tuesday, 4:30 pm

Separate, concurrent groups for family members are available. Prescreening is required, for information on this group, contact the chapter office at 967-2592. (Derbyshire Baptist Church) Taylor & Nancy

Younger/Millennial Caregivers

Short Pump, 1st Wednesday, 9:30 am – 11:00 am

Shady Grove United Methodist Church, Disciples of God House, a brick, single family home on the corner of Pouncey Tract and Shady Grove Road to the left of the church office building, 4703 Shady Grove Rd., Glen Allen, VA 23059. Jessica

Tri-Cities Area

For more information, call 1-800-272-3900.

Petersburg, 2nd Wednesday, 4:00 pm

Petersburg Public Library, 1st Floor Conference Room
201 W. Washington Street, Petersburg, VA 23803



Richmond (Church Hill Area)

When: 3rd Thursday of each month

Where: Great Hope Baptist Church, 2101 Venable St., Richmond, VA 23223

Time: 11:00 am – 1:00 pm – Taylor



and Conversations

Short Pump Area

When: 4th Tuesday of May 2019, July 2019, September 2019

Where: Manor House, 13500 N. Gayton Road, Henrico, VA 23233

Time: 3:00 pm – 4:00 pm – Raleigh

Short Pump Area

When: 4th Tuesday of April 2019, June 2019, August 2019, October 2019

Where: Manor House, 13500 N. Gayton Road, Henrico, VA 23233

Time: 6:00 pm – 7:00 pm – Raleigh

Why is a Support Group Important?

A support group is a gathering of caregivers, family, friends and/or persons with dementia to discuss issues surrounding Alzheimer's disease and related dementias. The purpose of the support group is to provide an opportunity to meet regularly for mutual support and to exchange coping skills with one another. The reasons people attend support groups vary. People may come to a group to gain a better understanding of the disease, because they are in crisis, or because they have specific caregiving struggles. They may be looking for advice on a particular subject or just want to be with people who are having similar experiences. The group provides the opportunity for participants to help maintain their own health and well-being, and enhance their ability to care for the person with dementia.

One caregiver, who is caring for her father, says a support group "provides information about Alzheimer's disease and helps you realize that you are not alone - just being with others who understand the caregiver's situation helps. I find it hard to discuss my concerns with those who don't have experience with Alzheimer's as it sounds like I'm complaining - other caregivers understand." A support group can give you moral support and encouragement during a difficult time.

Tips for Caregivers

- The person who best understands a caregiver is someone who has been one. Find someone and talk.
- Become an educated caregiver - learn as much as you can about Alzheimer's disease, the stages, and caregiving skills.
- Know what resources are available and make use of them: in-home care, respite care, adult day care and meals-on-wheels are some community services which can help you.
- Don't smother the person for whom you are caring. Sometimes doing the right thing means doing less.
- Don't be a martyr. You don't have to do it alone. **Ask for help.**
- Take care of yourself - watch your diet, exercise, and get plenty of rest.
- Give yourself credit - if you are feeling unappreciated and overworked, try to set some time aside to treat yourself as the special person that you are.

For more information on Alzheimer's disease, community resources, caregiving techniques, or support groups, please call the Alzheimer's Association 24/7 Helpline at 800-272-3900 or call the office shown below in your area.

Greater Richmond Chapter 4600 Cox Road, Suite 130 Glen Allen, VA 23060 804-967-2580 800-272-3900	Tri-Cities Branch 201 Temple Ave., Ste. E Colonial Heights, VA 23834 804-446-5860 800-272-3900	Fredericksburg Branch 2217 Princess Anne St. Suite 106-1F Fredericksburg, VA 22401 540-228-1502 800-272-3900	Middle Peninsula / Northern Neck Branch 7335 Lewis Avenue Gloucester, VA 23061 804-446-5857 800-272-3900
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