

Organization/Topic	Address	Phone	Website and/or Email	Contact	Meeting Time
Alzheimer's Association Greater Richmond Chapter	4600 Cox Road, Suite 130 Glen Allen, VA 23060	804-967-2580 <u>Helpline:</u> 800-272-3900	www.alz.org/grva	Main office staff	See list online or call for support group list
ALS Association	Richmond Office 8100 Three Chopt Road Suite 147 Richmond, VA 23229	804-836-1750 Ext. 102 301-978-9855	www.ALS.org	Christina Vargas	Second Wednesday 3:30-5:00 p.m.
PADRECC Parkinson's Disease Research Education & Clinical Center Open to community	Hunter Holmes McGuire 1201 Broad Rock Blvd Richmond, VA 23249	804-675-5931	www.parkinsons.va.gov/Richmond	Miriam Hirsch Debbie Dellinger	Fourth Thursday of month 1:00 – 3:00 p.m.
Hanover Adult Center Open to community	7231 Stonewall Parkway Mechanicsville, VA 23111	804-746-0743	www.hanoveradultcenter.com	Diane Dillard	Second Wednesday 9:30-11:00 a.m. Educational meeting held Every Third Tues. 5:30 – 7p
Circle Center Adult Day Services Caring for Older Adults Caring for Spouses Care to a Person with PD	4900 West Marshall St. Richmond, VA 23230	804-355-5717 ext. 210	www.circlecenterva.org	Jay Burkhardt	Older adults Last Thursday of month 4:30-6:00 p.m. Spouses First and Third Monday 3:00-4:30 p.m. Parkinson's First Tuesday of month 7:00-8:00 p.m.
Kroger Pharmacy Diabetes	Short Pump 11895 W Broad St Henrico, VA 23233	804-360-3268	www.kroger.com	Anne Harrison	Third Thursday of month 6:00-7:00 p.m.
TOAD Support Group The Other Additional Dementias	The Rec Room RVA	800-272-3900	lollywad@gmail.com	Laura Wadsworth	Fourth Friday of month 2:00-3:30 p.m.

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Post Polio Support Group For information only	See website for meeting locations	804-740-6833 804-778-7891	www.cvppsg.org	Carol Kennedy Linda Van Aken	First Saturday of March, June, September, and December 2:00 p.m.
Chesterfield County Caregiver Connection	6800 Lucy Corr Blvd. Friendship Room Chesterfield, VA 23832	804-768-7878	www.chesterfield.gov	Chesterfield Co. Aging & Disability Services	First Tuesday 4:00-5:15pm
Well Spouse Group	Parham Rd. Campus of Henrico Doctors Hospital	804-545-4952	www.wellspouse.org kathy.jarrell@hcahealthcare.com	Kathy Jarrell	Second Tuesday 7:00-9:00 p.m.
National Alliance on Mental Illness Central VA Chapter	Lakeside Center 5623 Lakeside Ave Richmond, VA 23228	804-364-0346	www.NAMICentralvirginia.org	Betty Miller	Every Wednesday except the second 6:30 p.m.
Memorial Regional Medical Center Cancer Resource Center General Cancer Support	8260 Atlee Road Suite 1110 Mechanicsville, VA 23116	804-764-7506 804-764-7201	www.bonsecours.com	Janet Meyer Ann Petersen	First and Third Tuesday 9:30-11:00 a.m.
Frontotemporal Degeneration (FTD)	Held virtually Contact for number to log on or phone in	804-343-3000	www.seniorconnectionsva.org aphelon@youraaa.org	Angie Phelon	Third Thursday 3:00 – 4:00 p.m.
Sanctuary Christian based support	Held in a private home – call contact for location	804-337-6543		Trina Flannery	Second Wednesday 10:00 a.m.

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Adult Support Group Acquired Brain Injury	Disability Law Center of VA 1512 Willow Lawn Dr Suite 100 Richmond, VA 23230	804-355-5748	www.biav.net Christine@biav.net	Christine Baggini	Third Monday 6:15-7:45 p.m.
Prostate Support	Ridge Baptist Church 1515 Eastridge Rd. Henrico, VA 23229	804-346-4407		Peter Moon	Third Thursday 7:00 p.m.
Bi+ Support Group Bi Sexual Support Group	Metropolitan Community Church 2501 Park Avenue Richmond, VA 23220 Meets in Celebration Hall		http://diversityrichmond.org		Second and Fourth Tuesday of each month 7:00 – 8:30 p.m.
Kinship Connection	9800 Government Center Parkway MultipurposeMeetingRoom Chesterfield, 23832	804-768-7878	www.chesterfield.gov	Chesterfield Co. Aging & Disability Services	Third Thursday 4:30-6:00 p.m.
Kinship Connection	Henrico Dept. of Social Services 8600 Dixon Powers Drive P.O. Box 90775 Henrico, Virginia 23273	804-501-7910	https://henrico.us/dss/	April Baldwin	Fourth Thursday 5:00-6:30 p.m.
Just Breathe A ministry of Shalom Baptist Church	Shalom Baptist Church 8116 Walnut Grove Mechanicsville, VA 23111	804-814-8096		Lisa George	Fourth Monday 7:00 – 8:00 p.m.

