

## Senior Connections - Caregiver Support Groups

Topic	Organization	Web Info	Location	Contact Name	Contact #	Contact Email	Meeting Times
ALS - Caregivers Only		<a href="http://www.als.org">www.als.org</a>	Virtual	Hannah Meyer	202-464-8090	<a href="mailto:hannah.meyer@als.org">hannah.meyer@als.org</a>	Third Tuesday of the month, 3:30pm
ALS Caregivers / Patients / Families	ALS Association - Central Virginia ALS Support Group	<a href="https://www.als.org/dc-md-va/local-care-services/support-groups/central-virginia-als-support-group">https://www.als.org/dc-md-va/local-care-services/support-groups/central-virginia-als-support-group</a>	Virtual	Christina Vargas	804-297-1954	<a href="mailto:Christina.vargas@als.org">Christina.vargas@als.org</a>	Second Wednesday of the month, 2:30-4:30 p.m.
Alzheimer's	Alzheimer's Association	<a href="https://www.alz.org/support-groups/2023-GRVA-Support-Groups-09262023-1.pdf">2023-GRVA-Support-Groups-09262023-1).pdf (alz.org)</a>	virtual and in person				
Acquired Brain Injury - caregivers only	Brain Injury Association of VA	<a href="https://www.biaiv.net/support-groups">Support Groups - Brain Injury Association of Virginia (biaiv.net)</a>	virtual	Debra Holloway		<a href="mailto:debra@biaiv.net">debra@biaiv.net</a>	First Wednesday of every month, 6 pm
Acquired Brain Injury - for people living with brain injury, their family and friends	Brain Injury Association of VA	<a href="https://www.biaiv.net/support-groups">Support Groups - Brain Injury Association of Virginia (biaiv.net)</a>	virtual and in person	Christine Baggini		<a href="mailto:christine@biaiv.net">christine@biaiv.net</a>	virtual - Fourth Tuesday of every month, 6pm; in-person - 3rd Monday of every month, 6pm
Family Caregivers	Circle Center	<a href="http://circlecenterva.org">Caregiver Support - Circle Center (circlecenterva.org)</a>	Virtual	Jay Burkhardt	804.355.5717	<a href="mailto:jburkhardt@circlecenterva.org">jburkhardt@circlecenterva.org</a>	Second Thursday of the month, 4:30-6:00 pm
Family Caregivers	Circle Center	<a href="http://circlecenterva.org">Caregiver Support - Circle Center (circlecenterva.org)</a>	In-Person, The Circle Center, 4900 West Marshall St., Richmond 23230	Jay Burkhardt	804.355.5717	<a href="mailto:jburkhardt@circlecenterva.org">jburkhardt@circlecenterva.org</a>	Fourth Thursday of the month, 2:30pm - 4:00pm
Caregivers	Health Brigade	<a href="http://www.healthbrigade.org">www.healthbrigade.org</a> ; <a href="https://docs.google.com/forms/d/e/1FAIpQLSFSpfu5R21J8p6Mwnxgl3gxSiffmU3BdNMPLCfyBNjbl6gWTA/viewform">https://docs.google.com/forms/d/e/1FAIpQLSFSpfu5R21J8p6Mwnxgl3gxSiffmU3BdNMPLCfyBNjbl6gWTA/viewform</a>	In-Person, 1010 N Thompson St., Richmond, VA 23230	Ashley Mottley	804-358-6343	<a href="mailto:amottley@healthbrigade.org">amottley@healthbrigade.org</a>	Thursdays, 6pm-7:30pm; Dec 7th _ Jan. 25th.
Frontotemporal Degeneration (FTD) Caregivers	Senior Connections	<a href="http://www.seniorconnections-va.org">www.seniorconnections-va.org</a>	virtual	Dee Caras & Missi Harden	804-343-3000	<a href="mailto:dcaras@youraaa.org">dcaras@youraaa.org</a> <a href="mailto:m.harden143@gmail.com">m.harden143@gmail.com</a>	Third Thursday of the month, 2:00-3:00pm
Just Breathe' Caregiver Group	Shalom Baptist Church	<a href="https://shalombaptist.net/">https://shalombaptist.net/</a>	Shalom Baptist Church 8116 Walnut Grove Rd Mechanicsville, VA 23111	Leisa George	804-814-8096	<a href="mailto:Leisag76@gmail.com">Leisag76@gmail.com</a>	Fourth Monday of the month, 7pm - 8pm
Kinship Care	Henrico County	<a href="http://recruitinggrandparents.henrico.us">Recruiting Grandparents (henrico.us)</a>	In Person; Henrico Human Services Building - West End, 4301 E Parham Rd, Richmond VA 23228	Renee White	804-501-5866		Fourth Thursday of the month, 10:30 am - 12pm
LGBTQ+ Caregivers	LGBTQ Caregiver Center	<a href="https://lgbtqcaregivers.org/">https://lgbtqcaregivers.org/</a>	<a href="#">LGBTQ Caregiver Group   Facebook</a>				
Parkinson's Disease Research Education & Clinical Center - PADRECC Support Group - open to community	US Dept of Veterans Affairs - Parkinsons Disease Research, Education and Clinical Centers (PADRECC)	<a href="https://www.parkinsons.va.gov/Richmond/">https://www.parkinsons.va.gov/Richmond/</a>	Virtual	Jessica Kaplan	804-675-5931	<a href="mailto:Jessica.Kaplan2@va.gov">Jessica.Kaplan2@va.gov</a>	First Monday of the month, 1pm - 2pm
Parkinsons Group	Circle Center	<a href="http://circlecenterva.org">Caregiver Support - Circle Center (circlecenterva.org)</a>	Virtual	Jay Burkhardt	804.355.5717	<a href="mailto:jburkhardt@circlecenterva.org">jburkhardt@circlecenterva.org</a>	First Tuesday of the month, 6pm - 7:30pm