



Anne Arundel County

COMMUNITY SUPPORT GROUPS

A Maryland Access Point Program

- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Americans with Disabilities Act Office (ADA)
- Assisted Living Program
- Assistive Technology Demonstration and Loan Program
- Grief Counseling Program
- Health Promotions Workshop
- Long-Term Care Ombudsman/Resident Advocate
- National Family Caregiver Support Program (NFCSP)
- Respite Care Referral Program (RCRP)
- Senior Activity Centers
- Senior Care
- Senior Center Plus
- Senior Nutrition Program
- State Health Insurance Assistance Program (SHIP)
- Senior Medicare Patrol (SMP)
- Taxi Voucher Program
- Telephone Reassurance Program
- Veterans Services Coordination Center
- Volunteer Programs

410-222-4257

www.aacounty.org/aging

www.facebook.com/ArundelSeniors



Anne Arundel County
Department of Aging and Disabilities

2666 Riva Road, Suite 400
Annapolis, MD 21401

7320 Ritchie Highway
Glen Burnie, MD 21061

Updated: January 2023

CAREGIVER SUPPORT GROUPS

Anne Arundel County Department of Aging & Disabilities

Family Caregiver Support Program

For more information, contact: 410-222-4375/4339

2666 Riva Road, Suite 400, Annapolis: 3rd Tuesday, 1:00-2:30 PM

7320 Ritchie Highway, Glen Burnie, 2nd Wednesday, 1:00-2:30 PM

Meetings can be attended in-person or virtually. For zoom link, contact Mary Chaput at agchap01@aacounty.org. Anyone needing special accommodations for this support group must contact Mary Chaput at 410-222-4339 or email agchap01@aacounty.org at least seven (7) days in advance of each support group. TTY users, please call via Maryland Relay 7-1-1.

ALZHEIMER'S SUPPORT GROUPS FOR CAREGIVERS

Brightview Severna Park

469 Jumpers Hold Road, Severna Park

For more information, contact: 410-544-1605

2nd Wednesday, 11:00 AM

Spring Arbor of Severna Park

345 Ritchie Highway, Severna Park

For more information, contact: 410-544-7774

Brightview South River

8 Lee Airpark Drive, Edgewater

For more information, contact: 410-956-7310

Early Stage Memory Loss Group (*Caregivers & care recipients invited; Pre-screening required.*)

Woods Memorial Church, 611 Baltimore Annapolis Blvd., Severna Park

For more information, contact: Yolonda Wright, 410-561-9099 ext. 1848

Memory Café, an Early Stage Social Engagement Program

(*Caregivers & care recipients invited; Pre-screening required.*)

Dept. of Aging & Disabilities Office, 7320 Ritchie Highway, Glen Burnie

For more information, contact: Yolonda Wright, 410-561-9099 ext. 1848

3rd Monday (4th Monday during January & February).

BENEFITS OF SUPPORT GROUPS

Whether you've been diagnosed with an illness, are caring for a loved one, or have found yourself in a new life stage, it can be easy to feel alone. And while your friends and family may do everything they can, they may not be able to provide the comfort and encouragement that others in a situation similar to yours can.

Support groups act as a sounding board, where you can listen to others' experiences, talk about your own, and ultimately, recognize that other people understand what you're going through.

Other benefits of support groups include:

- Sharing your feelings and concerns in a judgment-free setting
- Brainstorming ways to tackle a difficult situation
- Sharing tips and strategies
- Benefitting from other people's perspectives — and receiving emotional validation
- Being held accountable for your own growth and awareness
- Building a social support network that may extend beyond the group sessions
- Developing a deeper understanding of your or your loved one's health condition

AUTOIMMUNE DISEASE SUPPORT GROUPS

Myositis Support Group for Maryland, D.C., Northern VA, Delaware
For more information, contact: Bitsy Anderson at terrybitsy@verizon.net
3rd Saturday in January, May, August, November
All meetings are virtual

BEREAVEMENT SUPPORT GROUPS

Chesapeake Life Center
90 Ritchie Highway, Pasadena
For more information, contact: 888-501-7077 (registration is required)

- ◇ Widow/Widower Support Group
- ◇ Child Loss Support Group
- ◇ Morning & Evening Grief Support Group (ages 18 and over)
- ◇ Suicide Grievors

BRAIN INJURY SUPPORT GROUP

For more information, contact: 410-320-8948 or deblcottrill@gmail.com
3rd Tuesday, 7:00 p.m. – 8:30 p.m.

CANCER SUPPORT GROUPS

Wellness House of Annapolis
2625 Mas Que Farm Road, Annapolis
Multiple counseling , support & therapeutic programs for the whole family
For more information, contact: 410-990-0941 (www.wellnesshouse.org)

DIABETES SUPPORT GROUP

University of Maryland Center for Diabetes & Endocrinology
300 Hospital Drive, Suite 223, Glen Burnie
For more information, contact: 410-787-4940

LEWY BODY DEMENTIA SUPPORT GROUP

For more information, contact: melissadaily610@gmail.com
First Monday, 1:00 pm, virtual

MENTAL HEALTH SUPPORT GROUPS

Mental Health Support Group
Baltimore Washington Medical Center, 301 Hospital Drive, Glen Burnie
For more information, contact: 410-553-8070

Luminis Health Trauma Recovery Support Group
For more information, contact: 443-481-1209
Wednesdays, 6:00 PM; Virtual

National Alliance on Mental Illness (NAMI) Anne Arundel County
For more information, contact: 443-995-2222 (namiaac.org)

PARKINSON'S DISEASE SUPPORT GROUPS

South County Parkinson's Group
1997 Annapolis Exchange Parkway, Suite 310, Annapolis
For more information, contact: Tom Bolander, 410-703-3014 or
tbolander@comforcare.com
3rd Friday, 2:00-3:30 pm

PRIMARY PROGRESSIVE APHASIA (PPA)

The Loyola Clinical Centers
Virtual Meetings
For more information, contact: tbennett1@loyola.edu

STROKE SUPPORT GROUP

Baltimore-Washington Medical Center
301 Hospital Drive, Glen Burnie, 3rd floor
For more information, contact: 410-787-4138

Luminis Health
Belcher Pavilion
For more information, contact: 443-481-1329 or fburke@aaahs.org