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 Facilities Program
- Long-Term Care Ombudsman/Resident Advocate
- National Family Caregiver Support Program (NFCSP)
- Respite Care Referral Program (RCRP)
- Senior Activity Centers
- Senior Care
  - Community First Choice
  - Community Personal Assistance Program (CPAS)
  - Community-Based Options Waiver
  - Evidenced Based Health Promotion
  - Senior Center Plus
- Senior Nutrition Program
- State Health Insurance Assistance Program (SHIP)
  - Senior Medicare Patrol (SMP)
- Telephone Reassurance Program
- Volunteer Programs
  - Telephone Reassurance
  - VITA (Volunteers Income Tax Assistance)
  - Ombudsman/Resident Advocates Program
  - State Health Information Program (SHIP)
  - People and Animals Who Serve

410-222-4257
www.aacounty.org/aging
www.Facebook.com/ArundelSeniors
**CAREGIVER SUPPORT GROUPS**

Anne Arundel County Department of Aging & Disabilities
Family Caregiver Support Program
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

Anyone needing special accommodations for this support group must contact Mary Chaput at 410-222-4339 or by 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**

Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis
Belcher Pavilion, 7th Floor
Contact: Ed Parker, 410-544-8483 or Katherine Gravelle, 410-975-9750
4th Tuesday, 7:00 PM

Somersford Place
2717 Riva Road, Annapolis
Contact: Elizabeth Balderrama, 410-224-7300 x210
2nd Monday, 2:00 PM

Brightview Severna Park
469 Jumpers Hold Road, Severna Park
Contact: Alan or Megan, 410-544-1605
2nd Wednesday, 11:00 AM

Spring Arbor of Severna Park
345 Ritchie Highway, Severna Park
Contact: Maresa Henry or Viola McAvey, 410-544-7774
2nd Wednesday, 6:30 PM

Crofton Support Group
Regency Park Senior Living Community
730 MD State Rt. 3 South, Gambrills
Contact: Dawn Lewis, 301-338-0224, or Kate Krauss, 410-923-1200
2nd Wednesday, 7:00 PM

Early Stage Memory Loss Group (Caregivers & care recipients invited; Pre-screening required.)
Woods Memorial Church, 611 Baltimore Annapolis Blvd., Severna Park
Contact: Yolonda Wright, 1-800-272-3900 or Bonnie Warrington, 410-956-7771
4th Wednesday, 7:00-8:30 PM

**PRIMARY PROGRESSIVE APHASIA (PPA)**

Loyola Graduate Center Columbia
8890 McGaw Road, (Room 304) Columbia
Contact: Cindy Nichols 410-617-7717 or cdnichols@loyola.edu
4th Wednesday, 1:00PM

**STROKE SUPPORT GROUP**

Baltimore-Washington Medical Center
301 Hospital Drive, Glen Burnie, 3rd floor
Contact: 410-787-4348.
2nd Tuesday, 6:00 PM

**WEIGHT LOSS SUPPORT GROUPS**

Bariatric Surgery Support Group
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis
Belcher Pavilion, 7th Floor
Contact: 443-924-2900
3rd Tuesday, 6:00 PM

Food Addicts in Recovery
Unitarian Universalist Church, 333 Dubois Road, Annapolis
Contact: Anne Cassidy, 301-325-9150
Saturdays, 8:00 AM
MENTAL HEALTH SUPPORT GROUPS (CONTINUED)

National Alliance on Mental Illness (NAMI) Recovery Support Group
(for families caring for someone with a mental illness)
Arundel Lodge, 2600 Solomons Island Rd, Edgewater
Contact: 443-569-3498
2nd Thursday, 6:00PM

National Alliance on Mental Illness (NAMI) Recovery Support Group
(for families caring for someone with a mental illness)
Woods Memorial Church, 611 Baltimore Annapolis Blvd., Severna Park
Contact: 443-569-3498
3rd Tuesday, 6:30 PM

MULTIPLE SCLEROSIS SUPPORT GROUP

Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis
Belcher Pavilion, 7th Floor
Contact: Emily Olsen, 443-481-1140
1st Wednesday, 6:00 PM

MYASTHENIA GRAVIS SUPPORT GROUP

Baltimore Washington Medical Center
301 Hospital Drive, Glen Burnie, Padussis Conference Room
Contact: 866-437-2881 or Lynn Waltz, 410-437-3761
1st Saturday, 10:00 AM

PARKINSON'S SUPPORT GROUP

Elks Lodge
160 Truckhouse Road, Severna Park
Contact: Kathy Christian, 410-744-1929
4th Tuesday, 12:00 – 2:00 pm

South County Senior Activity Center
27 Stepneys Lane, Edgewater
Contact: 410-222-1927
4th Friday, 2:00-3:30 pm

Memory Café, an Early Stage Social Engagement Program
Department of Aging & Disabilities Office
7520 Ritchie Highway, Glen Burnie
Contact: Dawn Lewis, 301-338-0224, or Yolanda Wright, 410-561-9099, ext. 208
3rd Monday (4th Monday during January & February); 6:30 PM

APHASIA SUPPORT GROUP

Young Aphasia Support Group
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis
Contact: Judith Crane, 410-987-1303
2nd Monday, 4:30 PM

AUTOIMMUNE DISEASE SUPPORT GROUPS

Lupus Support Group
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis
Belcher Pavilion, 7th Floor
Contact: Akila Hill, 202-787-5381
1st Saturday, 10:00 AM

Lyme’s Disease Support Group
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis
Belcher Pavilion, 7th Floor
Contact: Monte Skall, 703-821-8833
3rd Saturday, 2:00 PM

Myositis Support Group for Maryland, D.C., Northern VA, Delaware
Our Lady of the Fields Catholic Church, 1070 Cecil Avenue, Millersville
Contact: Bitsy Anderson, 410-987-8407 or terrybitsy@verizon.net
3rd Saturday in January, May, August, November

BEREAVEMENT SUPPORT GROUPS

Chesapeake Life Center
90 Ritchie Highway, Pasadena
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 Grievers
**BOWEL & URINARY DIVERSION SUPPORT GROUP**

United Ostomy Support  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7th Floor  
Contact: Paul Rossi, 443-481-5508  
1st Thursday, 7:30 PM

**BRAIN INJURY SUPPORT GROUP**

Mary T. Maryland/Life Quest Building  
820 Ritchie Highway, Severna Park  
Contact: Martin, 443-756-3419 or Jennifer, 443-481-0317  
3rd Wednesday, 6:00 PM (*caregivers welcomed*)

**CANCER SUPPORT GROUPS**

Prostate Cancer Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7th Floor  
Contact: Jackie Shanahan, 443-481-5801  
1st Monday, 6:30-7:30 PM

Lung Cancer Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7th Floor  
Contact: Teresa Putscher, 443-481-5881  
4th Tuesday, 6:00 PM

Head & Neck Cancer Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Donner Pavilion, 1st Floor  
Contact: Jackie Shanahan, 443-481-5801  
1st Tuesday, 6:00-7:00 PM

METAvivors (for women and men with Stage 4 metastatic breast cancer)  
Contact: CJ Cornelissen-James, 410-353-3733

Wellness House of Annapolis  
2625 Mas Que Farm Road, Annapolis  
Multiple counseling, support & therapeutic programs for the whole family  
Contact: 410-990-0941

**CARDIAC & PULMONARY SUPPORT GROUPS**

Healthy Hearts Cardiac Support  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7th Floor,  
Contact: Barbara Furlow, 410-507-3766  
1st Wednesday, 7:30 PM

**DIABETES SUPPORT GROUP**

University of Maryland Center for Diabetes & Endocrinology  
300 Hospital Drive, Suite 223, Glen Burnie  
Contact: 410-787-4940  
4th Wednesday, 6:00-7:00 PM

Diabetes Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7th Floor  
Contact: 443-481-4600 for dates, time and topics

**FIBROMYALGIA AND CHRONIC PAIN SUPPORT GROUP**

Central Maryland Fibromyalgia Support Group  
Contact: Elly Brosius, 703-968-9818 for dates and times

**MENTAL HEALTH SUPPORT GROUPS**

Mental Health Support Group  
Baltimore Washington Medical Center, 301 Hospital Drive, Glen Burnie  
Contact: 410-553-8070  
4th Wednesday, 6:30 PM

Trauma Recovery Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7th Floor  
Contact: Rae Leonard, 443-481-1209  
Every Monday, 6:00 PM

National Alliance on Mental Illness (NAMI) Recovery Support Group  
(for those who are dealing with a mental illness)  
Gloria Dei Lutheran Church, 461 College Pkwy, Arnold  
Contact: connectionsNAMIIAA@gmail.com  
Sunday, 6:00 PM