



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)
- Taxi Voucher Program
- Telephone Reassurance Program
- Volunteer Programs
 - ◆ Telephone Reassurance
 - ◆ VITA (Volunteers Income Tax Assistance)
 - ◆ Ombudsmen/Resident Advocates Program
 - ◆ State Health Information Program (SHIP)
 - ◆ People and Animals Who Serve

410-222-4257

www.aacounty.org/aging

www.facebook.com/ArundelSeniors

Anne Arundel County

COMMUNITY SUPPORT GROUPS



Anne Arundel County
Department of Aging and Disabilities

2666 Riva Road, Suite 400
Annapolis, MD 21401

7320 Ritchie Highway
Glen Burnie, MD 21061

Updated: October 2019

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
4th Tuesday, 7:00 PM

Somerford 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

Brightview South River
8 Lee Airpark Drive, Edgewater
Contact: Sherri Gutkowski or Mary Smith, 410-956-7310
3rd Tuesday, 11:00 AM

Active Day of Annapolis
2525 Riva Road, Suite 100, Annapolis
Contact: 410-573-9100
3rd Thursday, 5:00 PM (*staff and activities available for your care recipient*)

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 – 2:00pm

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

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: connectionsNAMIAA@gmail.com
Sunday, 6:00 PM

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

Regency Park
730 MD State Rt. 3 South, Gambrills
Contact: Kate Krauss, (410) 923-1200
3rd Thursday, 10:00 AM

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

Memory Café, an Early Stage Social Engagement Program
Department of Aging & Disabilities Office
7320 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 Grievors

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 Corneliussen-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