



### 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](http://www.aacounty.org/aging)

[www.facebook.com/ArundelSeniors](https://www.facebook.com/ArundelSeniors)

Anne Arundel County

## COMMUNITY SUPPORT GROUP INFORMATION



Anne Arundel County  
Department of Aging and Disabilities

2666 Riva Road, Suite 400  
Annapolis, MD 21401

7320 Ritchie Highway  
Glen Burnie, MD 21061

Updated: September 2024

## 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: 3<sup>rd</sup> Tuesday, 12:30-2:00 PM

7320 Ritchie Highway, Glen Burnie, 2<sup>nd</sup> Wednesday, 1:00-2:30 PM

Virtual Support Group, 3<sup>rd</sup> Monday, 6:00-7:30 PM (For Zoom link,  
contact [caregiver\\_support@aacounty.org](mailto:caregiver_support@aacounty.org) or call 410-222-4339.)

*Anyone needing special accommodations for these support groups must contact Mary Chaput at 410-222-4339 or email [agchap01@aacounty.org](mailto:agchap01@aacounty.org) at least seven (7) days in advance of each support group. TTY users, please call via Maryland Relay 7-1-1.*

Brightview Severna Park  
469 Jumpers Hold Road, Severna Park

2<sup>nd</sup> Wednesday, 11:00 AM

For more information, contact: 410-544-1605

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

Brightview On-line Caregiver Support Group  
2<sup>nd</sup> Monday, 6:00-8:30 pm

For more information, contact [NSmith@bvsl.net](mailto:NSmith@bvsl.net)

Brightview Virtual Caregiver Support Group  
3<sup>rd</sup> Wednesday, 12:00—1:00 pm

Join at: <https://us06web.zoom.us/j/97339077616>

Alzheimer's Association Korean On-line Caregiver Support Group  
2<sup>nd</sup> Wednesday, 6:30-8:00 pm

For more information, contact MJ Engle at 410-313-6538 or email [mjengle@gmail.com](mailto:mjengle@gmail.com).

## **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

Family & Fellowship Ministries Caregiver Support Group  
Holy Family Church  
826 West Centra Avenue, Davidsonville  
1st & 3rd Tuesday  
For more information contact sagabramson@aol.com

### **AUTOIMMUNE DISEASE SUPPORT GROUPS**

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

### **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 GROUP**

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

### **FRONTOTEMPORAL DEMENTIA ON-LINE CAREGIVER SUPPORT GROUP**

Alzheimer's Association  
2nd Wednesday, 10:30am—12:00pm  
Contact Paula Nortarangelo at 410-294-2409 or email noto27@aol.com

### **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

Life with Parkinson's  
Brightview Senior Living, 469 Jumpers Hold Road, Severna Park  
4th Tuesday, 11:00 am (in-person and zoom)  
Contact 410-544-1605

The Parkinson's Forum  
Celebration Village of Manresa 85 Manresa Drive, Annapolis  
1st Wednesday, 10:45am  
RSVP at 410-349-9529 or email bwall@celegrationvillaSL.com

### **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@aahs.org