



NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

2026 Support Group Schedule

Location

North County Office
7320 Ritchie Hwy.,
Glen Burnie

Location

Heritage Complex
Independence Room,
2664 Riva Road,
Annapolis

Time: 1:00-2:30 pm

Time: 12:30-2:00 pm

Dates

January 14
February 11
March 11
April 8
May 13
June 10
July 8
No August Meeting
September 9
October 14
November 4
December 9

Dates

January 20
February 17
March 17
April 21
May 19
June 16
No July Meeting
August 18
September 15
October 20
November 17
December 15

VIRTUAL SUPPORT GROUP

Time: 6:00-7:30 pm

Dates

January 12
February 9
March 16
April 20
May 18
June 15

July 20
No August Meeting
September 21
October 19
November 16
December 14

Please contact caregiver_support@aacounty.org
for the Zoom link.

8 Benefits of Caregiver Support Groups

1. Feeling less lonely, isolated or judged.
2. Gaining a sense of empowerment and control.
3. Improving your coping skills.
4. Reducing distress, depression or anxiety and having lower rates of clinical depression.
5. Developing a clearer understanding of what to expect with your situation.
6. Getting practical advice or information about treatment options.
7. Improving your caregiving ability and giving better quality of life for the care recipient.
8. Helping you keep your loved one at home longer.

dailycaring.com

Inclement Weather Policy

If Anne Arundel County Public schools are closed, or close early, due to inclement weather there will be no meeting on that day.

Anne Arundel County
Department of Aging & Disabilities
Family Caregiver Support Program
410-222-4375/4339
caregiver_support@aacounty.org

Anyone needing special accommodations must contact Mary Chaput at 410-222-4339 or by e-mail at agchap01@aacounty.org at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1.