

[www.howardcountyyaging.gov/Caregiver](http://www.howardcountyyaging.gov/Caregiver)

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# Support Groups

## **Alzheimer's Support Group**

Bain Center

5470 Ruth Keeton Way Columbia 21044

2<sup>nd</sup> Thursday of every month

6:30pm- 8:00pm

**Contact Danilsa Marciniak @ 410-736-2217**

## **Early-Stage Group for Care Partners and people with Memory Loss**

Bain Center

5470 Ruth Keeton Way Columbia 21044

2<sup>nd</sup> Thursday of every month

**\*Pre-screening required**

**Call: 1-800-272-3900**

## **Caregiver Support Group**

East Columbia 50+ Center

6600 Cradlerock Way Columbia 21045

Every 3<sup>rd</sup> Monday of every month (except holidays)

7:00 pm- 8:30 pm

**Contact Karen Hull @ 410-313-7466 or email: [KHull@howardcountymd.gov](mailto:KHull@howardcountymd.gov)**

## **Korean Caregiver Support Group**

Bain Center (Community Room)

5470 Ruth Keeton Way Columbia 21044

2<sup>nd</sup> Tuesday of every month

10:30 am- 12:00 noon

**Call: MJ Engle @ 410-313-6538 or email: [MEngle@howardcountymd.gov](mailto:MEngle@howardcountymd.gov)**

## **Korean Caregiver Support Group**

East Columbia 50+ Center

6600 Cradlerock Way Columbia 21045

2<sup>nd</sup> Wednesday of every

6:30 pm- 8:00 pm

**Call: MJ Engle @ 410-313-6538 or email: [MEngle@howardcountymd.gov](mailto:MEngle@howardcountymd.gov)**

**Man to Man Prostate Cancer Support Group**

Bain 50+ Center

5470 Ruth Keeton Way Columbia, MD 21044

3<sup>rd</sup> Thursday of the month

6:30 PM- 8:15 PM

Call Gerry Gears @ 301-395-1789 or email: [gerrygears@gmail.com](mailto:gerrygears@gmail.com)

**NAMI Family Support Group**

Harmony Hall

6336 Cedar Lane Columbia 20144

2<sup>nd</sup> Tuesday of every month

***\*Registration required***

**Call: 410-772-9300**

**NAMI Family Support Group**

Celebration Church

6080 Foreland Garth Columbia 21045

3<sup>rd</sup> Friday of every month

***\*Registration required***

**Call: 410-772-9300**

**Caregiver Support Group/Chronic Conditions**

Howard County General Hospital/ Medical Pavilion Building

10710 Charter Drive Suite 100 Columbia 21044

3<sup>rd</sup> Tuesday of every month

3:30 pm

**Contact Dianne Tollick @ 410-740-5858**

**Parkinson's Disease Support Group for Caregivers and their Care Partners**

Vantage House Retirement Community

5400 Vantage House Road Columbia 21044

2<sup>n</sup> Tuesday of every month

**Contact: Lynada Johnson @ 410-992-1120**

**Community Support Group for Caregivers**

Somerford Place Alzheimer's and Dementia Assisted Living

8220 Snowden River Parkway Columbia 21045

1<sup>st</sup> Thursday of every month

11:00 am- 12:00 noon

**Contact Judy Beyer @ 410-313-9744**

**InterGrace Copper Ridge Neurocognitive Education and Caregiver Support Groups:**

**Early Dementia Education and Support Group  
(Sponsored by the Alzheimer's Association)**

The William and Ellen Proxmire Memory Clinic at Copper Ridge  
710 Obrecht Road  
Sykesville 21784  
4<sup>th</sup> Wednesday of every month  
4:00 PM

**FTD (Frontotemporal Dementia) Education and Support Group**

The William and Ellen Proxmire Memory Clinic at Copper Ridge  
710 Obrecht Road  
Sykesville 21784  
3<sup>rd</sup> Wednesday of every month  
4:00 PM

**Contact the Memory Clinic @ 410-552-3211**

**Memory Café Early-stage Social Engagement Program**

**Ellicott City 50+ Center Multipurpose Room  
9401 Frederick Road Ellicott City, MD 21042**

Enhancing the lives of individuals living with memory loss and their care partners

The café is a safe and relaxed place where people with early-stage memory loss, their families/friends, and health professionals come together for a unique blend of education and social interaction. It is a forum where people can share experiences and socialize.

**1<sup>st</sup> Wednesday of every month**

**6:30 pm- 7:30 pm**

***\*RSVP required***

**Call Kathy Wehr at 410-313-5955 or email: [KWehr@howardcountymd.gov](mailto:KWehr@howardcountymd.gov)**

**PPA Resource and Discussion Group**

**for those with Primary Progressive Aphasia and their Caregivers**

Sponsored by the Loyola Clinical Centers held at the Loyola Graduate Center,  
8890 McGaw Road Columbia 21045

4th Wednesday of the month except August, November, December

1:00 pm- 2:30 pm

***\*RSVP required***

**Call Cindy Nichols, SLP @ 410-617-7717 or email: [cdnichols@loyola.edu](mailto:cdnichols@loyola.edu)**

**Ellicott City Support Group for Caregivers**

Support group of those with Alzheimer's Disease and other related dementias

Bethany Methodist Church

2875 Bethany Lane

Ellicott City, MD

2<sup>nd</sup> Saturday of each month

10:00 AM- 11:30 AM

**Contact: Nora Tripp @ 415-297-1030 or Tom Swisher @ 443-996-6659**

Sponsored by the Alzheimer's Association

**The Miller's Grant Support Group**

Support group for caregivers of those with Alzheimer's Disease and other related dementias

Miller's Grant

9000 Fathers Legacy

Ellicott City, MD

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month

12:30 PM- 1:30 PM

**Contact Nora Tripp @ 415-297-1030**

Sponsored by the Alzheimer's Association

**Spinal Cord Injury Caregiver Support Group**

Support Group for caregivers of people with disabilities.

This is an open group for caregivers and does not focus on a specific disability, disease, or condition.

University of Maryland Rehabilitation & Orthopaedic Institute (Kernan Hospital), SCI-CMR Gym-room G615

2200 Kernan Drive

Baltimore, MD 21207

4<sup>th</sup> Tuesday of each month

6:00 pm- 7:00 pm

Contact: Gwen Alexander

410-448-6311

[galexander@umm.edu](mailto:galexander@umm.edu)

**Stroke Support Group (for caregivers and stroke survivors)**

University of Maryland Rehabilitation and Orthopaedic Institute (formerly Kernan Hospital)

2200 Kernan Drive

Baltimore, MD 21207

Monthly meetings

10:00 am- 12:00 noon

Contact: Pam Cauley

410-448-6320

**Brain Injury Support Group for Families and Caregivers**

Mt. Washington Pediatric Hospital  
1708 West Rogers Avenue  
Baltimore, MD 21209  
Every Friday  
10:00 am- 11:00 am  
Contact: Dr. Joseph Cleary or Dr. Elizabeth Monk  
410-367-2222

**Brain Injury Caregiver's Support Group**

Loyola Clinical Centers, Belvedere Clinic  
5911 York Road, Suite 100  
Baltimore, MD 21212  
Every Thursday  
5:00 pm-6:30 pm  
Contact: [theclinics@loyola.edu](mailto:theclinics@loyola.edu)  
410-617-1200

**REBUILD: Brain Injury and Stroke Caregiver Support Group**

Levindale Hebrew Geriatric Center and Hospital  
Multi-Purpose Room  
2434 West Belvedere Avenue  
Baltimore, MD 21215  
2<sup>nd</sup> Tuesday of every month  
4:00 pm-5:30 pm  
Contact: Caitlin McCarthy and Beth Mulcahey  
[RebuildAtLevindale@gmail.com](mailto:RebuildAtLevindale@gmail.com)  
410-989-1342

**RETURN! Brain Injury Support Group (for caregiver and survivors)**

Sinai Hospital  
Mlrowski Office Building  
3<sup>rd</sup> Floor Main Conference Room  
5051 Greenspring Avenue  
Baltimore, MD 21209  
3<sup>rd</sup> Tuesdays of the month  
6:00 pm- 7:30 pm  
Contact: Brooklyn Barlow  
[bbarlow@lifebridgehealth.org](mailto:bbarlow@lifebridgehealth.org)  
410-601-6080