Support Groups

Alzheimer's Support Group- *(In-Person)*
Ellicott City 50+ Center
9401 Frederick Road, Ellicott City, 21042
*2nd **Thursday** of every month*
6:30 PM- 8:00 PM
Contact Kathy Wehr at 410-313-5955 or email: KWehr@howardcountymd.gov

Early-Stage Group for Care Partners and people with Memory Loss- *(In-Person)*
Ellicott City 50+ Center
9401 Frederick Road, Ellicott City, 21042
*2nd **Thursday** of every month*
6:30 PM- 8:00 PM
*Pre-screening required
Call: Kathy Wehr at 410-313-5955 or email: KWehr@howardcountymd.gov

Memory Café Early-stage Social Engagement Program- *(In-Person)*
East Columbia 50+ Center 6610 Cradlerock Way, Columbia, MD 21045
*1st **Wednesday** of every month*
6:30 PM- 7:30 PM
*RSVP required
Call Kathy Wehr at 410-313-5955 or email: KWehr@howardcountymd.gov

The Miller's Grant Support Group- *(Face-to-Face)*
Support group for caregivers of those with Alzheimer's Disease and other related dementias
Miller's Grant, 9000 Fathers Legacy, Ellicott City, MD
*1st **Tuesdays** of each month*
12:30 PM- 1:30 PM
Contact Michaela Feuerherd at 410-696-6870 or email: mfeuerherd@millersgrant.org

*For a full listing of Alzheimer's Association Support Groups, please call 1-800-272-3900

Caregiver Resources and Care Connections- *(In-Person)*
Loan Closet of Howard County
7125 Riverwood Drive Suite D1 Columbia, MD 21046
***4th Tuesday** of every month*
5:30PM- 7:00 PM
Contact Kim Flash at 410-313-3668 or email: Kflash@howardcountymd.gov

Caregiver Support Group- *(Virtual)*
***3rd Monday** of every month (except holidays)*
7:00 PM- 8:30 PM
Contact Karen Hull at 410-313-7466 or email: KHull@howardcountymd.gov

Korean Caregiver Support Group- *(Virtual)*
***2nd Wednesday** of every month*
6:30 PM- 8:00 PM
Contact MJ Engle at 410-313-6538 or email: MEngle@howardcountymd.gov

Winter Growth Caregiver Support Group (Virtual)
Howard County Group:
***Last Saturday** of every month*
10:00 AM- 11AM
Contact main office at 410-964-9616 or email: john.keister@wintergrowthinc.org

Montgomery County Group:
***Last Saturday** of every month*
1:00 PM- 2:00 PM
Contact main office at 301-774-7501 or email: john.keister@wintergrowthinc.org

Community Support Group for Caregivers- *(Virtual)*
Sponsored by Charter Senior Living of Columbia
***1st Thursday** of every month*
11:00am- 12:00pm
Contact Judy Beyer at 410-313-9744 or email: MCD@chartercolumbia.com

Man-to-Man Prostate Cancer Support Group- *(Virtual or In-Person)*
Virtual:
***2nd Thursday** of every month*
7:00 PM-9:00 PM
Contact Gerry Gears at 301-395-1789 or email: gerrygears@gmail.com

In-Person:
Bain 50+ Center; 5470 Ruth Keeton Way Columbia, MD 21044
***3rd Wednesday** of every month*

5:30pm - 7:30pm
Contact Gerry Gears at 301-395-1789 or email: gerrygears@gmail.com

National Alliance on Mental Illness (NAMI) Howard County Family Support Group (*In-Person or Virtual*)
In-Person: 2ⁿᵈ Tuesday of every month
Virtual hybrid: 3ʳᵈ Thursday of every month as a hybrid group
7:30PM- 9:00 PM
Registration required
Contact Kristen Moore at 410-772-9300 or email: kmoore@namihowardcountymd.org

Together We Thrive (cancer specific for caregiver and loved one)-*(Virtual)*
Sponsored by the Howard County Medical Center
2ⁿᵈ Saturdays of every month
10:00 AM- 11:30 AM
Register online via Sign Up Link or 410-740-5858
For a full listing of Howard County General Hospital cancer specific support groups, please contact Mary Dowling

Stroke Support Group (for caregivers and stroke survivors)- *(Virtual)*
3ʳᵈ Tuesday of every month
2:00pm- 3:30pm
To register contact Karen Gonzalez at 410-427-2175 or email KarenGonzalez@umm.edu

Brain Injury Support Group (for caregiver and survivors)- *(In-Person)*
Survivors:
Kernan Hospital 2200 Kernan Drive Baltimore, MD 21207
1ˢᵗ Monday of every month
6:30pm- 8:30pm
Contact Sonja Thoreson at 410-448-6303
Caregivers:
Kernan Hospital – Conference Room C, 2200 Kernan Drive Baltimore, MD 21207
4ᵗʰ Tuesday of every month
6:00pm- 7:00pm
Contact Gwen Alexander at 410-448-6311

PPA Resource and Discussion Group- *(In-Person, option to join session on Zoom)*
for those with Primary Progressive Aphasia and their Caregivers
Sponsored by the Loyola Clinical Centers at Belvedere Square in Baltimore, MD
*Once a month on **Wednesdays***
1:00 PM- 2:30 PM

RSVP required
Contact Theresa Alexander via phone at 410-617-1200 or email: tbennett1@loyola.edu

Parkinson's Support Group for All (In-Person)
Parkinson's Foundation
Meeting Location: HOCO Office on Aging, 9830 Patuxent Woods Drive
4th Tuesday of the month
Contact Sheila Baldeo via phone: 443-415-3250
or email: sbaldeo@djmbseniorresources.com

Parkinson's Support Group (In-Person)
Meeting Location: Evergreens at Columbia Town Center
10101 Governor Warfield Pkwy, Columbia, MD 21044
1st Saturday of every month at ***11:00am- 12:30pm***
Contact Margy Owens via email: margyowens1979@gmail.com

Parkinson's Support Group for All (Virtual)
Parkinson's Movement & Disorders Center of Maryland
Howard County Parkinson's Disease Support Group
1st Monday of every month at ***7pm***
Phone: 443-755-0030
Virtual Zoom Link: https://us02web.zoom.us/j/84429913091

The Parkinson's Disease and Movement Disorders Educational Meeting
3rd Monday of every month at ***7pm***
Phone: 443-755-0030
Virtual Zoom Link: https://us02web.zoom.us/j/81461107811