



<https://www.howardcountymd.gov/aging-independence/resource/caregiver-support-program>

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

6:00 PM- 7:30 PM *note new extended timeframe

***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

Man-to-Man Prostate Cancer Support Group- (Virtual)

3rd Thursday of every month

5:30pm - 7:30pm

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

Anchored in Renewal – Spousal Support Group for Those Living with Dementia

In-Person - 2nd Wednesday of each month – 1:00pm-2:00pm

Tea Room at Charter Senior Living of Columbia - Caregivers may bring their loved ones to enjoy activities in the Neighborhood Center adjacent to the Tea Room

8220 Snowden River Parkway, Columbia

RSVP to Laura Blake at Marketing@chartercolumbia.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@djmbseiorresources.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>