**CAREGIVER and ALZHEIMER’S SUPPORT GROUP INFORMATION**

**Fredericksburg**  
**For Caregivers**  
2nd Monday- 6:30-8:00pm  
Home Instead Senior Care  
107 Olde Greenwich Drive, Suite 101  
Fredericksburg VA 22408

**Fredericksburg**  
**For Caregivers**  
1st Tuesday, 10-11:30 am  
Spotsylvania Regional Medical Center  
4600 Spotsylvania Ave., 4th Floor Conference Room  
Fredericksburg, VA 22408

**Fredericksburg**  
**For Caregivers**  
3rd Tuesday, 6:00 pm- 7:30pm  
Spotsylvania Regional Medical Center  
4600 Spotsylvania Ave., 4th Floor Conference Room  
Fredericksburg, VA 22408

**Fredericksburg**  
**For Caregivers**  
3rd Tuesday, 1:30 pm – 3:00pm  
Fick Center, Classroom F  
1301 Sam Perry Blvd, Fredericksburg, VA 22401  
Behind the Moss Free Clinic

**Fredericksburg**  
**For Caregivers**  
4th Monday, 11:00-12:30pm  
Howell (England Run) Library  
806 Lyons Boulevard  
Fredericksburg, VA 22406

**Fredericksburg**  
**For Persons with Early Stage Dementia**  
4th Tuesday, 11 am -12:30 pm  
Please call for more information  
540-228-1502

**King George**  
**For Caregivers**  
4th Monday, 1:30-3:00pm  
Heritage Hall Conference Room  
10051 Foxes Way  
King George, VA 22485

Please call the Fredericksburg Branch Office of the Alzheimer’s Association at 540-228-1502 for the above support groups.

**Capital Caring**  
**Caregiver Support Group**  
Meets the 3rd Tuesday of each month.  
3:00 pm - 4:00 pm  
Porter Library  
2001 Parkway Blvd., Stafford, VA 22554  
Please contact Emily J. Wild, MSW, MBA at 540-891-1200

**Mary Washington Hospital Home Health Agency**  
**Caregivers Support Group**  
Meets the 2nd and 4th Wednesday of each month.  
11:00 am - 12 noon  
Mary Washington Home Health and Hospice  
Please contact Margaret Kenerly, MSW at 540-741-1667

**Poet’s Walk Fredericksburg**  
**Connections Support Group**  
Meets on the 1st Thursday of each month  
6:00 pm  
Poet’s Walk Fredericksburg  
3020 Gordon W. Shelton Boulevard  
Fredericksburg, VA 22401  
Please contact Valerie Hopson-Bell, at 540-370-8000

This information has been compiled by Healthy Generations Area Agency on Aging and is deemed reliable.  
For information please call the sponsoring Agency directly  
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