

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

**Fredericksburg
For Caregivers**

3rd Tuesday, 1:30 pm – 3:00pm
Fick Conference Center
1301 Sam Perry Blvd, Fredericksburg, VA 22401
Melite & Lori

Join Zoom Meeting: [https://alz-org.zoom.us/j/96919208301?](https://alz-org.zoom.us/j/96919208301?pwd=Q3ViZGVqakc0YzJOeUJKWDRaVEhtdz09)
Meeting ID: 969 1920 8301
Passcode: 700664
To Join by phone: 833-548-0282 (US Toll-free)

**Fredericksburg
For Caregivers**

3rd Tuesday, 6:00 pm- 7:30pm
Spotsylvania Regional Medical Center
4600 Spotsylvania Ave., Fredericksburg, VA 22408
Judy

Join Zoom Meeting [https://alz-org.zoom.us/j/92712131929?](https://alz-org.zoom.us/j/92712131929?pwd=NWZYSUcrT2RML1g5MjY0WGZ4ZEVXdz09)
Meeting ID: 927 1213 1929
Passcode: 019621
To Join by phone: 833-548-0282 (US Toll-free)

**Fredericksburg
Coffee & Conversations For Persons with Early Stage Dementia & Caregivers**

4th Tuesdays, 11:00 am
Judy

Join Zoom Meeting [https://alz-org.zoom.us/j/95919682154?](https://alz-org.zoom.us/j/95919682154?pwd=Z0VRK2xkVklOa0d6MIA0MnBDMWEzdz09) pwd=Z0VRK2xkVklOa0d6MIA0MnBDMWEzdz09
Meeting ID: 959 1968 2154
Passcode: 079008
To Join by phone: 833-548-0282 (US Toll-free)

ALL above Support Groups are currently meeting virtually by phone or webinar platform. To join use the link or phone number listed for the group. For questions or to register, call 1-800-272-3900.

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**

Currently meeting virtually on the 1st Thursday of each month

6:00 pm

Poet's Walk Fredericksburg
3020 Gordon W. Shelton Boulevard
Fredericksburg, VA 22401
Please contact Poet's Walk at 540-370-8000