

<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  
2<sup>nd</sup> Thursday of every month  
6:30 PM- 8:00 PM  
Contact Kathy Wehr @ 410-313-5955

### **Early-Stage Group for Care Partners and people with Memory Loss- (In-Person)**

Ellicott City 50+ Center  
9401 Frederick Road, Ellicott City, 21042  
2<sup>nd</sup> Thursday of every month  
6:30 PM- 8:00 PM  
\*Pre-screening required  
Call: Kathy Wehr @ 410-313-5955 or email: [KWehr@howardcountymd.gov](mailto:KWehr@howardcountymd.gov)

### **Memory Café Early-stage Social Engagement Program- (In-Person)**

Ellicott City 50+ Center Multipurpose Room  
9401 Frederick Road Ellicott City, MD 21042  
1<sup>st</sup> Wednesday of every month  
6:30 PM- 7:30 PM  
\*RSVP required  
Call Kathy Wehr @t 410-313-5955 or email: [KWehr@howardcountymd.gov](mailto:KWehr@howardcountymd.gov)

### **The Miller's Grant Support Group- (In-Person)**

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> Tuesdays of each month  
12:30 PM- 1:30 PM  
Contact Nora Tripp @ 415-297-1030

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

**Caregiver Support Group- (Virtual)**

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- (Virtual)**

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

6:30 PM- 8:00 PM

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

**Community Support Group for Caregivers- (Virtual)**

Sponsored by Charter Senior Living of Columbia

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

11:00 AM- 12:00 NOON

Contact Judy Beyer @ 410-313-9744

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

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

7:00 PM-9:00 PM

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

**National Alliance on Mental Illness (NAMI) Family Support Groups- (Virtual)**

2<sup>nd</sup> Tuesday and 3<sup>rd</sup> Friday of every month

7:30PM- 9:00 PM

*\*Registration required*

Call: 410-772-9300

**Together We Thrive (cancer specific for caregiver and loved one)-(Virtual)**

\*Sponsored by the Howard County General Hospital

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

10:00 AM- 11:30 AM

Contact: Christina Miller, LCPC, OPN @ 410-740-5858

\*For a full listing of Howard County General Hospital cancer specific support groups, please contact Ms. Miller

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

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

**10:00 AM- 12:00 NOON**

Contact: Brandy Breaux, CTRS @ 410-448-6821

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

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

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

**7:00 PM- 8:30 PM**

Contact: Evan Jang

410-601-6080

**PPA Resource and Discussion Group- (Virtual)**

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

Sponsored by the Loyola Clinical Centers held at the Loyola Graduate Center,

4th Wednesday of every 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)