



Last update: December 14, 2020

## Caregiver Support Groups & Webinars

(During the COVID-19 pandemic period, some support groups are meeting virtually or may be temporarily suspended. Please contact any you are interested in to get updates on meetings.)

### Listening Together

Hosted by Boomie Pederson - weekly webinar meetings where you can share your caregiving stories, or just listen to how others are coping with their own situations. These sessions are meant to be relaxing and to help you connect with other people when you may be feeling isolated

- December 7 and 21, 2020 10am-11am
- Free webinars - Register by contacting [info@agingtogether.org](mailto:info@agingtogether.org) and state you would like to join "Listening Together"

### Rappahannock County Caregiver Support Group (for all people and caregivers living with dementia - Alzheimer's, Parkinsons, advanced age dementia, etc.

- Meets monthly on the 1st & 3rd Tuesday monthly via Zoom; 10:00am-Noon
- Contact Danny Wilson at <mailto:rapplander@gmail.com> or 540-547-4126 to join

### Memory Café

Free online support group that meets monthly on the 2nd Wednesday; 2:30pm

Contact Bonnie Vermillion at [bonnired@comcast.net](mailto:bonnired@comcast.net) or (540) 547-4824 to register.

### Alzheimer's Dementia-Related Illnesses Support Group for Caregivers or Families

- Hosted by The Villa At Suffield Meadows, Warrenton, VA
- Held virtually every 4th Wednesday from 4:00 - 5:00pm.
- Email [OverwhelmedHowCanIHelp@yahoo.com](mailto:OverwhelmedHowCanIHelp@yahoo.com) to register.  
Or call Barbara Stohlman at 703-508-3056

### Caregiver Stress Support Group - How do we mourn? A support group for any difficulty related to COVID-19.

- 2nd and 4th Monday of the month: 2:00 - 3:30 pm / Caregiver Central
- 2nd and 4th Monday of the month: 6:45 - 8:00 pm / How do you mourn?
- To register for Zoom link, please contact: [woodward@capitalcaring.org](mailto:woodward@capitalcaring.org)