

## Caregiver Support Groups

Age Requirements

16-21

,

18 and over

Other Eligibility Criteria

All are welcome to attend this group meeting for family and friends of those with Alzheimer's disease or other memory impairments. This group allows current care partners to share practical advice, discuss frustrations and fears, and connect with others on a similar journey.

Family

No

Intake Contact

Nina Davis

Intake Contact Email

[imcc@insightmcc.org](mailto:imcc@insightmcc.org)

Intake Process

Please call, email, or complete contact form on the website for more information.

Intake Contact Telephone

(703) 204-4664

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Insight Memory Care Center

<http://www.insightmcc.org/>

<https://www.insightmcc.org/programs/alzheimers-dementia-support-programs/suppor...>

<https://www.facebook.com/InsightMCC/>

Main

(703) 204-4664

3953 Pender Drive, Suite 100  
22030 VA  
United States

Monday: 7:30 am-5:30 pm  
Tuesday: 7:30 am-5:30 pm  
Wednesday: 7:30 am-5:30 pm  
Thursday: 7:30 am-5:30 pm  
Friday: 7:30 am-5:30 pm  
Saturday: Closed  
Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

Insight Memor Care Center (IMCC) offers a variety of support groups that give family caregivers the chance to connect, compare similar journeys, share practical advice, and discuss frustrations, fears, and hopes. All support groups are free and open to the public. Most groups are currently meeting virtually unless otherwise noted.

As families are also affected by the disease, IMCC offers support groups and individual or family consultations to reduce caregiver stress and provide practical solutions to caregiving challenges. We also offer monthly memory screenings at our center free of charge.

Visit our website to learn more and for current meeting times. [Find a Support Group](#)

Service Area(s)

Alexandria City

,  
Arlington County

,  
Fairfax City

,  
Fairfax County

,  
Falls Church City

,  
Loudoun County

,  
Manassas City

,  
Manassas Park City

,  
Prince William County

Email

[imcc@insightmcc.org](mailto:imcc@insightmcc.org)