



You are not alone. We are here for you. Please reach out.

Support and Hope
for Caregivers

Virtual Support Groups

Due to the Covid-19 health crisis, ADRC has moved all of our facilitated support groups to the Zoom platform until further notice.

The following is a list of days and times of the groups. If you, or you know someone who would be interested, please reach out to us at 407 436-7750 or jody@adrccares.org, so we can get you registered and provide login instructions.

Atria Park Lake Forest - Sanford
1st Tuesday of the month @ 6:30 p.m.

Men's Breakfast Club - Winter Park
1st and 3rd Thursdays of the month @ 10 a.m.

Easter Seals - Winter Park
2nd Tuesday of the month @ 10 a.m.

West Orange: Health Central Hospital - Ocoee
2nd Tuesday of the month @ 6 p.m.

Fannie's Friends - Winter Park
Daughter's & Granddaughters
2nd Wednesday of the month @ 6 p.m.

Maitland Presbyterian Church
2nd Thursday of the month @ 10 a.m.

ADRC
ALZHEIMER'S & DEMENTIA RESOURCE CENTER

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