

SUPPORT & EDUCATIONAL GROUPS

Compiled by Kathy Ryan, Special Education Chairperson, 301-987-0349

Also at <http://www.mccpta.net/SupportGroups.html>

More groups at <http://www.mccpta.net/specedCal.html>

Free unless otherwise noted

Updated 04/01/09

ADHD/ADD--

Adults with

ADHD Workplace Support Group (3rd Mon., 7:30 AM -9:30 PM). *Group for persons with ADHD to share workplace experiences and strategies. Informal atmosphere with experienced facilitator to learn how to cope with ADHD while reaching full potential. Facilitated by August Spector.* La Madeline Cafe, 11858 Rockville Pike, Rockville, MD. Sponsored by the MC Chapter of CHADD, www.chadd-mc.org. (April 20, 2009), 301-251-8722.

Monthly Adult ADHD Support Group, (3rd Wed., 7:00 - 9:00 PM). *Meetings may focus on specific topics of interest to attendees. Kerch McColongue, an ADHD coach, will facilitate discussions.* St. Christopher Episcopal Church, 116 Marydell, Linthicum Heights. Co-sponsored by CHADD of Greater Baltimore, and Anne Arundel County, 410-377-0249, Kerch@mapthefuture.com. (April 15, June 17, Aug. 19, Sept. 16, Oct. 21, Nov. 18, Dec. 16, 2009)

Monthly Anne Arundel CHADD Meeting (2nd Tues., 7:00 - 9:00 PM). Severna Park United Methodist Church, Rm. 203, 731 Benfield Boulevard, Severna Park. Sponsored by CHADD of AA, 410-721-2468, <http://www.aacochadd.org/Calendar.htm>. (2009, check web calendar for future topics & support groups for Parent & Adults: Mar. 10, 2009)

Monthly Support Group for Adults with ADHD (1st Mon., 7:30-9:15 PM). *Support group for adults with ADHD. Now for adults with ADHD ONLY.* Mid-County Services Center, Rm. 215, 2424 Reedy, Wheaton. Sponsored by CHADD of Montgomery County, Sara Brown, 301-869-3628, <http://www.chadd-mc.org/chapters/montgomery/#adults>. (Oct. 2008 - June 2009)

Monthly Timonium Speaker Meeting with Parent and Adult ADHD Support Group AKA Greater Baltimore CHADD Speaker Meeting, \$5 donation/non-members, (1st Wed., 7-9:30 PM). *Meetings will focus on topics of interest to parents of children with ADHD.* 7-7:30 PM, registration & socialization; 7:30 - 8:30 PM, Guest speaker, 8:30-9:00 PM, support group meeting (for adults & parents). Loyola College Graduate Center, 2034 Green Spring Dr., Timonium. Sponsored by CHADD of Greater Baltimore, 410-377-0249, <http://www.chadd-mc.org/calendar/> (May 6, 2009).

Speaker Meetings for Adults with and Parents of Children with ADHD, (4th. Wed., 7:15 PM, registration; 7:30 - 9:15 PM, Speaker). Twinbrook Library, 202 Meadow Hall Dr., Rockville. Sponsored by CHADD of MC, www.chadd-mc.org. *Check website/email for topic and Speaker. (April 22, May 27, 2009)

Children/Adolescents with

Back-to School Success Groups (\$, TBA, after school). *For elementary school-age children to develop a positive, can-do attitude and for those who struggle with spelling, grammar, writing homework and more.* Kentlands Therapy Office, 352 Main Street, Suite 200, Gaithersburg. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, www.loriannoberlin.com, Loriann Oberlin, LCPC. Intake session required. Sliding scale available with documented request of need. (Sept. 2008). Ongoing groups will form during school year, group by child's age/maturity.

Outdoor Social Skills Class for Children - Meet Me In The Forest (Sun., 2:00 - 4:00 PM, \$/7 sessions). *For children 5-8 years old, small group workshop focused on social skills set in nature.* Rock Creek Park. Noa's Early Childhood Programs, 301-587-5044, noaleah@gmail.com, <http://noaearlychildhoodprograms.freehostia.com/>. (April 25 - June 6, 2009).

Social Skills Groups for Boys & Girls, (Various, TBD PM, \$65 - 75/session may be insurance reimbursable). *Groups for Kindergarten to 7th grade.* JSSA, 200 Wood Hill Rd., Rockville. Offered by Jewish Social Services, 301-816-2633, www.jssa.org. Runs Oct. 2008 - Jan. 2009.

Support for Teens, (Tues., 4-5 PM, \$/session, may be insurance reimbursable). *Support group for girls grades 9-11 who are dealing with ADHD and feeling socially isolated. Group works on self-esteem and self-destructive behaviors.* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009/times)

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Weekly Social Skills Support Group (\$, Tues., 6:45 - 7:40 PM). *For 14- and 15-yr-old girls (9th grade, 10th grade in Spring 2009) for those with ADHD, Asperger's or social anxiety and shyness.* Kentlands Therapy Office, 352 Main Street, Suite 200, Gaithersburg. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, loriann.lcpc@loriannoberlin.com, www.loriannoberlin.com, Loriann Oberlin, LCPC. Ongoing group for girls. Intake session required.

Parents of

Support for Parents of Children with ADHD and/or Difficult Behaviors, (Tues., 6- 7 PM, \$/session, may be insurance reimbursable). *Support group for parents looking for new strategies and understanding from like-minded parents.* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. (Call for Spring 2009dates/times/topics)

Speaker Meetings for Adults with and Parents of Children with ADHD, (4th. Wed., 7:15 PM, registration; 7:30 - 9:15 PM, Speaker). Twinbrook Library, 202 Meadow Hall Dr., Rockville. Sponsored by CHADD of MC, <http://www.chadd-mc.org/category/montgomery/>. *Check website/email for topic and Speaker. (April 22, May 27, 2009)

Monthly Anne Arundel CHADD Meeting (2nd Tues., 7:00 - 9:00 PM). Severna Park United Methodist Church, Rm. 203, 731 Benfield Boulevard, Severna Park. Sponsored by CHADD of AA, 410-721-2468, <http://www.aacochadd.org/Calendar.htm>. (2009, check web calendar for future topics & support groups for Parent & Adults: April 14, May 12, 2009)

Monthly Dundalk Parent Support Meeting, (1st Thurs., 7-9:00 PM). *Meetings will focus on topics of interest to parents of children with ADHD.* Dundalk Pediatric Associates, 2112 Dundalk Ave., Dundalk. Sponsored by CHADD of Greater Baltimore, 410-377-0249 (Mar. 12, April 9, May 14, 2009).

Monthly Harford County CHADD Parent Support Group, (2nd Wed., 7:00 - 8:30 PM). Bel Air Branch, Harford Co. Public Library, 100 E. Pennsylvania Ave., Bel Air. Co-sponsored by CHADD of Harford County & Greater Baltimore, 410-377-0249, <http://www.chadd-mc.org/calendar/>, (2009).

Monthly Howard County CHADD Parent Support Group, (2nd. Tues., 6:30 - 8:00 PM). *Monthly meetings feature speakers discussing information for parents of children with ADHD, such as special education law, "typical adolescent behavior, social issues, college transition, self advocacy skills and more.* Norbel School, 6135 Old Washington Rd., Elkridge. Co-sponsored by the Norbel School and the Greater Baltimore Chapter of CHADD, Krys Kenzi, 410-796-6700, kerenzi@norbelschool.org, www.norbelschool.org, <http://www.chadd-mc.org/calendar/>. (April 14, 2009)

Monthly Montgomery County CHADD Parent Support Group, (2nd Wed., 7:15 - 8:45 PM). Twinbrook Community & Recreation Center, 12920 Twinbrook Pkwy, Rockville. Sponsored by CHADD of Montgomery County, <http://www.chadd-mc.org/calendar/>. (May 13, 2009).

Monthly Speaker Meetings for Adults with and Parents of Children with ADHD, (4th. Wed., 7:15 PM, registration; 7:30 - 9:15 PM, Speaker). Twinbrook Library, 202 Meadow Hall Dr., Rockville. Sponsored by CHADD of MC, <http://www.chadd-mc.org/calendar/>. *Check website/email for topic and Speaker. (April 22, May 27, 2009)

Monthly Support Group for Parents of Children with ADHD/ADD (2nd Wed., 7:30 - 10:00 PM). *Parents of students in public and private schools are welcome. The Group provides updated educational material and resources about ADHD, parent support and parenting guidelines, discussions of issues and problems encountered by parents, and the opportunity to meet and share ideas with other parents of ADHD students.* Ridgeview Middle School, Media Center, 16600 Raven Rock Rd., Gaithersburg. Facilitated by Karen Studley, RN, School Community Health Nurse, Ridgeview MS, 301-840-4780, Karen_E_Studley@mcpsmd.org (Spring 2009).

Monthly Parent/Caregiver ADHD Support Group (2nd Wed., 7:15-8:45 PM). *Group for parents of children and/or teens with ADD. Opportunity to share and discuss concerns about their children and to receive support for managing the many challenges of raising a child with ADHD. Facilitated by experienced therapists affiliated with the Group Therapy Center at Alvord, Baker, & Assoc.* Twinbrook Community Recreation Center Annex, 129 Twinbrook Pkwy, Rockville. Sponsored by CHADD of MC, Dr. Edward Spector (coordinator), 301-593-6554, ext.46, Linda NeCasro-Pastel, Parent/Coordinator, 301-603-8825, lindanap@xcomcast.net, <http://www.chadd-mc.org/calendar/>. (May 13, 2009)

Monthly Timonium Speaker Meeting with Parent and Adult ADHD Support Group AKA Greater Baltimore CHADD Speaker Meeting, \$5 donation/non-members, (1st Wed., 7-9:30 PM). *Meetings will focus on topics of interest to parents of children with ADHD.* 7-7:30 PM, registration & socialization; 7:30 - 8:30 PM, Guest speaker, 8:30-9:00 PM, support

group meeting (for adults & parents). Loyola College Graduate Center, 2034 Greenspring Dr., Timonium. Sponsored by CHADD of Greater Baltimore, 410-377-0249, <http://www.chadd-mc.org/calendar/>. (April 1, May 6, 2009).

Parent Support Group (\$, TBA PM or Wknd.). *Offering understanding, problem solving strategies and more to parents of children with special needs, ADHD or learning disabilities.* Kentlands Therapy Office, 352 Main Street, Suite 200, Gaithersburg. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, loriann.lcpc@loriannoberlin.com, www.loriannoberlin.com, Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming (Spring 2009).

Weekly "Because I Love You" Parent Support Group (Wed., 7:30 - 9:30 PM). *Parents dealing with difficult behaviors meet for mutual support and "tough love" strategies. Confidentiality maintained.* Ridgeview Middle School, Teachers' Lounge, 16600 Rock Raven Rd., Gaithersburg. For more information call Karen Studley, RN, School Community Health Nurse, daytime, Karen_E_Studley@mcpsmd.org, 301-840-4780 or Rochelle evenings, 301-208-0577. Pre-registration required along with a commitment of 6 weeks. (Spring 2009)

ADOPTION

Children

Kids' Adoption Network Group, (Wed., 6:30 - 8:30 PM, \$50/session). *8-week series for adopted children grades 5th & 6th. Art, games & discussions to explore how to handle questions & comments about being adopted.* 4000 Blackburn La., Suite 260, Burtonsville. Offered by the Center for Adoption Support and Education, Valerie, 301-476-8525, kunsmant@adoptionssupport.org, www.adoptionssupport.org. Pre-assessment required. (starts Feb. 11, 2009)

Kids Support Group, (Thurs., 6:45 - 8:00 PM, \$400/child/8 weeks.) *Elementary and middle school aged (8 - 12 years old) adopted children come together with peers to discuss adoption and validate their feelings. Parents may participate Adoptive Parenting 101 at the same time for an additional fee.* 10230 New Hampshire Ave., Suite 200, Silver Spring. Offered by the Center for Adoptive Families, 301-422-5110, caf@adoptionstogether.org, www.centerforadoptivefamilies.org. (Begins Oct. 9, 2008).

Kids Support Group, (Wed., 6:45 - 8:00 PM, \$400/child/8 weeks.) *Elementary and middle school aged (8 - 12 years old) adopted children come together with peers to discuss adoption and validate their feelings. Parents may participate Adoptive Parenting 101 at the same time for an additional fee.* CAF, 5750 Executive Dr., Suite 107, Baltimore. Offered by the Center for Adoptive Families, 301-422-5110, caf@adoptionstogether.org, www.centerforadoptivefamilies.org. (Begins Sept. 17, 2008).

Kids Support Group, (Tues., 6:45 - 8:00 PM, \$400/child/8 weeks.) *Elementary and middle school aged (8 - 12 years old) adopted children come together with peers to discuss adoption and validate their feelings. Parents may participate Adoptive Parenting 101 at the same time for an additional fee.* CAF, 441B Carlisle Dr., Herndon. Offered by the Center for Adoptive Families, 301-422-5110, caf@adoptionstogether.org, www.centerforadoptivefamilies.org. (Begins Sept. 23, 2008).

Teens

Adopted Teen Support Group, (\$75/session; \$40/parent session, Tues., 7-8:30 PM). *8 group sessions for adopted teens ages 12-18. 3 group sessions for parents.* 4000 Blackburn La., Suite 260, Burtonsville. Offered by the Center for Adoption Support and Education, Sean Delehant, 301-476-8525, delehant@adoptionssupport.org, <http://www.adoptionssupport.org/cal/index.php>. (Feb. 3, 2009)

Teen Talk: An Adolescent Adoption Series, (\$35/sessions, TBD). *Three-week workshop for adopted teens ages 13-18. Topics of discussion will include, searching for birth parents; integrating dual identities; coping with minimal background information; intimacy and attachment. Series offers an opportunity for teens to discuss issues common to all adopted adolescents.* 3018 Javier Rd., Fairfax. Offered by the Jewish Social Services, Beth Lutton, LCSW-C/LISW, 703-204-9592. <http://www.jssa.org/web/quest/workshopsandgroups#Parenting> (Spring 2009)

On-Line Teen Education and Support Group, (Feb. 18 - June 17, 2009, \$140). *Adopted teenagers come together with peers to discuss adoption for 8 weeks.* CAF- 10230 New Hampshire Ave., Suite 200, Silver Spring. Offered by the Center for Adoptive Families, 301-422-5110, jklotz@adoptionstogether.org, www.centerforadoptivefamilies.org.

Parents

Adoptive Parenting 101, (Thurs., 6:45 - 8:00 PM, \$400/parent; \$600/couple.) *8-session program led by social workers, educators, and adoptive parents addressing a wide range of adoption related topics. Children (ages 8-12) support group*

at the same time. 10230 New Hampshire Ave., Suite 200, Silver Spring. Offered by the Center for Adoptive Families, 301-422-5110, caf@adoptionstogether.org, www.centerforadoptivefamilies.org. (Begins Oct. 9, 2008).

Adoptive Parenting 101, (Wed., 6:45 - 8:00 PM, \$400/parent; \$600/couple.) 8-session program led by social workers, educators, and adoptive parents addressing a wide range of adoption related topics. Children (ages 8-12) support group at the same time. CAF, 5750 Executive Dr., Suite 107, Baltimore. Offered by the Center for Adoptive Families, 301-422-5110, caf@adoptionstogether.org, www.centerforadoptivefamilies.org. (Begins Sept. 17, 2008).

Adoptive Parenting 101, (Tues., 6:45 - 8:00 PM, \$400/parent; \$600/couple.) 8-session program led by social workers, educators, and adoptive parents addressing a wide range of adoption related topics. Children (ages 8-12) support group at the same time. CAF, 441B Carlisle Dr., Herndon. Offered by the Center for Adoptive Families, 301-422-5110, caf@adoptionstogether.org, www.centerforadoptivefamilies.org. (Begins Sept. 23, 2008).

Monthly You're Never Alone: It Takes a Village, (\$25/session, free for families that adopted through MC DHHS, 1st Wed., 7-9:00 PM). Support group for parents raising adopted teens with serious behavioral or emotional challenges. 4000 Blackburn La., Suite 260, Burtonsville. Offered by the Center for Adoption Support and Education, 301-476-8525, caseadopt@adoptionssupport.org, <http://www.adoptionssupport.org/cal/index.php>. (Spring 2009)

Monthly Support Group for Adoptees, Birthparents and Adoptive Parents (1st Sun., 1:30 - 4:00 PM). Share and explore issues related to relinquishment, search, reunion and the lifelong effects of adoption on all members of the adoption triad. Call for location (Chevy Chase). Offered by the DC Metro Branch of Concerned United Birth Parents, 202-966-1640, 202-298-1011, dcmetrocub@aol.com. National Website - <http://www.cubirthparents.org/>, DC Chapter website - <http://www.geocities.com/Heartland/Village/6789/> (April 5, May 3, June 7, July 14, Aug. 2, Sept. 13, Oct. 4, Nov. 1, Dec. 6, 2009)

Monthly Support Group for Parents of Teens, (Tues., 7:00 - 9:00 PM). For parents with adopted teenagers. 7979 Old Georgetown Rd., Bethesda. Offered by Barker Foundation, 301-664-9664, vmakovsky@barkerfoundation.org. (April 14, May 15, 2009).

Parenting Your Adopted Teen, (\$35/session, TBD). 3sessions to help parents develop a better understanding of the issues unique to adoption which can impact their teen's emotional development and progress towards young adulthood. 3018 Javier Rd., Fairfax. Offered by the Jewish Social Services, Beth Lutton, LCSW-C/LISW, 703-204-9592. http://www.jssa.org/workshopsandgroups#Adoption_Programs (Spring 2009)

ASPERGER'S & AUTISM

Adults with

Get Connected: Adult Social Skills, (Tues. 5:30 - 6:30 PM), \$65/session (may be insurance-reimbursable), For men and women with Asperger's Syndrome, PDD or related challenges, ages 20-29. Participants learn and practice skills for making friends, initiating conversation, making decisions, expressing feelings, understanding non-verbal cues and managing disappointment. 200 Wood Hill Rd., Rockville. Offered by JSSA, Kate Wissman, LCSW-C, 301-816-2633. (Runs Nov. 4 - Jan. 6, 2009)

Monthly Meeting of the Asperger Adults of Greater Washington, (Sat., 6:00 PM). Support and advocacy group for people 18 and over who have Asperger's Syndrome (AS), High Functioning Autism (HFA) and similar high functioning conditions. Occasional guest speakers at local restaurant near metro station. Teasim Restaurant (lower level), 800 8th St., NW, Washington, D.C., 202-638-6010. Sponsored by Asperger Adults of Greater Washington, 703-516-9265, info@aagw.net, <http://www.AAGW.net>. (April 25, May 23, 2009).

Monthly Meeting of Autistic Self-Advocacy Network - Baltimore Chapter. 2:30 PM - Support group for people on the autism spectrum and their families, professionals and other supporters of the autistic community. Baltimore. Sponsored by the Autistic Self Advocacy Network, Ari Ne'eman, info@autisticadvocacy.org, <http://aspergers.meetup.com/256/>, 732-763-5530 (April 17, 2009).

Making Friends: A Social Club for Young Adults with Asperger's Syndrome (\$200/annual membership or \$25/event). Club provides social opportunities in a structured and supportive environment with guidance from professionally trained staff who work with participants on improving social skills and overall comfort in social situations. Outings include parties, bowling, dinners, miniature golf and museum tours. Locations in the Washington, D.C. area. Offered by jointly by the Jewish Social Services and the Jewish Community Center of Northern Virginia, Dawn B. Kaye, LCSW, 703-204-9100, http://www.jssa.org/workshopsandgroups#Autism_Spectrum_Disorders. (Jan. - Dec., 2009)

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Towson Social Group. (4th Mon., 6:00 - 8:00 PM) *Social group for young adults on the autism spectrum to plan events and outings, share experiences and to socialize with games and snacks.* Towson University, Administration Bldg., Rm. 120, 8000 York Rd., Towson. Offered by the Towson University Center for Adults with Autism Spectrum Disorder, 410-704-4486, <http://www.towson.edu/chp/CAASD/socialopportunities.asp>. (April 27, May 25, 2009)

Children/Adolescents with

Therapy Group for Boys with Asperger's Syndrome, (Mon., 4:00 - 5:00 PM, \$65 -75/session, may be insurance reimbursable). *For grades K - 1st, ages 5-7.* JSSA, 200 Wood Hill Rd., Rockville. Offered by Jewish Social Services, Laurence Fabre-Welmond, LCSW-C, & Sarah Hillegass, LGSW, 301-816-2633. (Runs Feb. 2 - May 18, 2009).

Therapy Group for Boys with Asperger's Syndrome, (Thurs., 5:00 - 5:50 PM, \$65 -75/session, may be insurance reimbursable). *For grades 2-3, ages 7-8.* JSSA, 200 Wood Hill Rd., Rockville. Offered by Jewish Social Services, Laurence Fabre-Welmond, LCSW-C, & Sarah Hillegass, LGSW, 301-816-2633. (Runs Feb. 5 - June 4, 2009).

Therapy Group for Boys with Asperger's Syndrome, (Weds., 5:45 - 6:45 PM, \$65 -75/session, may be insurance reimbursable). *For grades 4-5 (ages 9-10).* JSSA, 200 Wood Hill Rd., Rockville. Offered by Jewish Social Services, Caron Starobin, LCSW, 301-816-2633. (Runs Mar. 4 - June 3, 2009).

Therapy Group for Middle School Youth with Asperger's, (Wed., 4:30 - 5:30 PM, \$65-\$75/session, may be insurance reimbursable). *Middle school boys & girls (ages 11-14) with Asperger's or similar problems. Social skills development, dealing with teasing, bullying and rejection, assertiveness skills and building self-awareness.* JSSA, 200 Wood Hill Rd., Rockville. Sponsored by Jewish Social Services Agency, Jamell White, LCSW-C, & Alison Dorsky, LCSW-C, 301-816-2633. (Runs Feb. 4 - May 13, 2009), www.jssa.org.

Parents of

Asperger's Parent Support & Education, \$40/session/10 sessions, Sat, Time TBA. *On-going support and advocacy group for parents of children with Asperger's, Non-Verbal Learning Disability, High Functioning Autism, or PDD.* Potomac Ridge Behavioral Health Center, 14901 Broschart Rd., Rockville. Sponsored by Potomac Ridge Behavioral Health, Dan Schwarz, 301-928-1451, www.potomacridge.com. (2008)

Autism/Asperger Parent Support Group (Jan. 29, 6:30 PM). *Parents get together to talk about what is working and what isn't. Great opportunity to share information. Child care provided.* Family Support Resource Center, The Marshall Street School, 1350 Marshall St., Hagerstown. Trish Ieraci, trishathome28@yahoo.com. Call at least 24 hrs. prior to meeting to register for child care, 301-766-8221. (Jan. 29, Feb. 12, Mar. 12, April 16, May 14, 2009).

Bi-Monthly Meeting Gluten-Free/Casein-Free Parents (2nd Tues., 10:00 AM - 12:00 PM, 4th Tues., 7:00 - 9:00 PM). St. James' Episcopal Church, 1307 N. Main St., Mt. Airy. Sponsored by GFCF Parents, Anna Etaw, annaletaw@comcast.net.

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Maryland Autism Recovery Coalition Support Group (2nd Wed., 11:00 AM). *Focus is on biological and behavioral interventions that can improve the lives of individuals with autism.* Einstein's Bagels, Community Rm., 531 Quince Orchard Rd., Gaithersburg. MARC, Becky Simpson, 301-871-7527, beckylsimpson@gmail.com, Cyndi Greene, 301-216-0375, cjgreene@starpower.net, <http://mdautism.tripod.com>, (Spring 2009)

MC Asperger's/High Functioning Autism Parent Advocacy/Support Group (No longer meets on a regular basis). *Information and support group for parents of children with Asperger's, nonverbal learning disability, high functioning autism or Pervasive Developmental Disorder.* Affiliated yahoogroup at <http://health.groups.yahoo.com/group/MC-Asperger-Parent-Support-Group/>. Ellen Milanich, resource willing to talk to parents 240-461-2829 (c) (09/18/07).

Support Group for Parent of Children with Asperger's Syndrome, PDD-NOS or Autism, (1st Tues., 7:00 - 8:15 PM). *Group shares coping strategies and community resources, develops networks, and provides mutual support.* 200 Wood Hill Rd., Rockville. Offered by the Jewish Social Services Agency, call Jamell White, 301-816-2633. (Feb. 3, Mar. 3, April 7, May 5, 2009). Participants must register monthly!

Support Group for Parents of Children and Young Adults with Autism and Asperger's Syndrome (2nd Thurs., 7:30 - 9:30 PM). Twinbrook Community Recreational Center, 12920 Twinbrook Parkway, Rockville. Montgomery County Chapter of the Autism Society of America; general info, 301-652-3912; support group, Liz Roth, 301-924-2211, <http://www.autismmontgomerycounty.com/> (Feb. 12, 2009).

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Monthly Support Group for Parents of Young Adults with Asperger's Syndrome and Related Disorders (4th Wed., 7:00 - 8:30 PM, \$15/session). *Group focuses on building a support network, identifying community resources, and balancing one's own needs with those of adult children with special needs.* JSSA, 3018 Javier Rd., Fairfax. Sponsored by JSSA, Dawn Kaye, LCSW, 703-204-9100. (Jan. 28, 2009).

BEREAVEMENT

Adults

Afternoon Grief Support Group, \$25 registration, free for Mont. Hospice members (6 Tues., 1:00 - 2:30 PM). *For anyone grieving the death of a loved one.* Trinity Lutheran Church, 11200 Old Georgetown Rd., Rockville. Offered by Montgomery Hospice, 301-921-4400, bereavement team. Registration required,. (Starts May 13, 2009).

Bereavement Support Group, (Thurs., 2:00 - 3:30 PM). *For anyone grieving the death of a spouse in the last two years.* Holiday Park Senior Center, 3950 Ferrara Dr., Wheaton. Offered Widowed Person Service of Silver Spring, 301-949-7398, bereavement team. (Feb. 19, 2009).

Bereavement Support Group, (Thurs., 2:00 - 4:00 PM). *For anyone grieving the death of a spouse in the last two years.* Jane Lawton Community Center, 4301 Willow La., Chevy Chase. Offered Widowed Person Service of Silver Spring, 301-949-7398, bereavement team. (Feb. 19, 2009).

Coping with a Suicide Death, free (2nd, 4th, Mon., PM). *Ongoing group facilitated by volunteers.* Gaithersburg. Offered by the Hospice Caring Inc., www.hospicecaring.org, Toby Rabbin, 301-990-0854, pre-registration requested. (Feb. 2009)

Evening Grief Support Group, \$25 registration, free for Mont. Hospice members (6 Thurs., 6:30-8:00 PM). *For anyone grieving the death of a loved one.* Hughes United Methodist Church, 10700 Georgia Ave., Silver Spring. Offered by Montgomery Hospice, 301-921-4400, bereavement team. Registration required,. (Starts May 21, 2009).

Family Bereavement Support Group, (1st Thurs., 7:30 PM). *For anyone grieving the death of a loved one.* NAMI, 10730 Connecticut Ave., Kensington. Offered by NAMI, Barbara, 301-301-253-5659. Registration required,. (Starts Feb. 5, 2009).

Grupo de Apoyo Para Personas de Luto, \$25 para matricularse, gratis para miembros del Mont. Hospice (6 jueves, 6:30 - 8:00 PM). Woodside United Methodist Church, 8900 Georgia Ave., Silver Spring. Ofrecido por Montgomery Hospice, 301-921-4400. (Empieza Set. 25, 2008).

Loss of Parent, (Free, 9 Tues., 7:00-8:30 PM). Gaithersburg. Offered by the Hospice Caring Inc., www.hospicecaring.org, Toby Rabbin, 301-990-0854, pre-registration required. (Spring 2009)

Parent Loss Group, (\$25 registration fee, 6 Tues., 6:30 - 8:00 PM). *For adults who have experienced the death of one or both parents.* Montgomery Hospice, 1355 Piccard Dr., Rockville. Offered by Montgomery Hospice, 301-921-4400. (Starts May 12, 2009).

Parent Loss Group for Deaf or Hard of Hearing Adults, (Wed., 7:00 - 8:30 PM). *For adults ages 25+ who have experienced the death of one or both parents within the past two years.* JSSA, 200 Wood Hill Rd., Rockville. Offered by Jewish Social Services, Lizabeth Katz, LCSW-C, TTY 301-309-2597, V 301-838-4200 (Oct. 29 - Dec. 10, 2008).

Sibling or Friend Death Support Group, free (7 weeks - call for schedule). *Ongoing group facilitated by volunteers for adults grieving the death of a sibling or close friend or relative.* Gaithersburg, Offered by Hospice Caring Inc., Toby Rabbin, 301-990-0854, www.hospicecaring.org, pre-registration requested. (Spring 2009)

Spouse Loss Support Group, free (Thurs., afternoon). *Ongoing group facilitated by volunteers.* Bethesda. Offered by the Hospice Caring Inc., Toby Rabbin, 301-990-0854, pre-registration requested. (Spring 2009)

Spouse Loss Support Group, free (Wed., evening). *Ongoing group facilitated by volunteers for anyone 50 to 65 grieving the death of their partner or spouse.* Gaithersburg. Offered by the Hospice Caring Inc., Toby Rabbin, 301-990-0854, pre-registration requested. (Spring 2009)

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Support Group for Adults Who Have Lost a Parent, (8 weeks, Tues., 7:30 - 9:00 PM). *For adults who have experienced the death a parent in the last year.* 200 Wood Hill Rd., Rockville. Offered by the Jewish Social Service Agency, Sharon Peska, LGSW, 301-816-2658, pre-registration required. (April 21 - June 9, 2009).

Support Group Grieving the Loss of Loved Ones, (Wed., 7:00 - 8:00 PM). *For deaf or hard of hearing adults and children of deaf adults, ages 25 + who are grieving the death of a parent within the past two years.* 200 Wood Hill Rd., Rockville. Offered by the Jewish Social Service Agency, TTY 301-309-2597, V 301-838-4200 (Oct. 29 - Dec. 10, 2008).

Support Group for Newly Bereaved Spouses, (2nd & 4th Wed., 9:30 - 11:00 AM). *Ongoing group for adults who within the past year have lost a spouse or partner who was a JSSA Hospice patient.* JSSA, 6123 Montrose Rd., Rockville. Jewish Social Services Agency, Sharon Peska, LGSW, pre-registration required, 301-816-2658 (Spring 2009).

Weekly Support Group for Newly Bereaved Spouses (2nd & 4th Fri. 10:30 AM - 12:00 PM). *Group offers mutual support in coping with grief for spouses bereaved within the past year.* JSSA, 6123 Montrose Rd., Rockville. Jewish Social Services Agency, Evelyn Goldstein, LCSW, pre-registration required, 301-816-2669 (Spring 2009).

Widows & Widowers Support Group, free (Wed., 1:30 - 3:00 PM). *Ongoing group facilitated by volunteers for anyone 65 and over grieving the death of their partner or spouse.* Hospice Caring, 518 S. Frederick Ave., Gaithersburg. Offered by Hospice Caring Inc., Toby Rabbin, 301-990-0854, pre-registration required, tobyr@hospicecaring.org, www.hospicecaring.org (Spring 2009)

Widows & Widowers Support Group, free (Wed., 7:00 - 8:30 PM). *Ongoing group facilitated by volunteers for anyone under age 50 who is grieving the death of their significant other.* Sunrise Assisted Living of Rockville, 8 Baltimore Rd., Rockville. Offered by Hospice Caring Inc., Toby Rabbin, 301-990-0854, pre-registration requested, www.hospicecaring.org (Spring 2009)

Children/Adolescents

Camp Caring, Free. *Weekend bereavement camp for children ages 8-12 who have experienced the death of a loved one. Children are paired with trained adult "Big Buddies" to explore their feeling through age-appropriate crafts, activities, discussion and one-on-one time. Parents, guardian, advocates or school counselors may refer children.* Location TBA. Offered by Hospice Caring, Inc., Donna Mowry, camp coordinator, 301-990-8904, donnam@hospicecaring.org, http://www.hospicecaring.org/children.html#Camp_Caring. (May 29 - 31, 2009)

Children, Adolescent and Teenager Grief Support Group, 6 sessions, (Wed., 6:00-7:30 PM, \$25 registration fee). *For children (4 -17 years old) who have experienced the death of a parent or sibling. Parent/Guardian Group meets at the same time.* Montgomery Hospice, 1355 Piccard Dr., Suite 100, Rockville. Offered by Montgomery Hospice, 301-921-4400, pre-registration required (Starts Mar. 11, 2009)

Forget-Me-Not Grief Support Groups, (FREE). *For children and adolescents who have recently experienced the loss of a loved one. Opportunity to connect with other children and to process their feelings.* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, ext. 1, www.expressivetherapycenter.com. (Call for Spring 2009 dates/times)

Good Grief Club, free. *Group held at school for middle and high school students grieving the loss of a loved one.* Guidance counselors arrange for this activity at their schools. Offered by the Hospice Caring Inc., Valerie Taylor, valeriet@hospicecaring.org, 301/990-8904 , www.hospicecaring.org (Spring 2009).

Parents

Adult Child Loss Support Group, free (Tues., afternoons). *Ongoing group facilitated by volunteers for parents who are grieving the loss of a child 18 or over..* Hospice Caring, 518 S. Frederick Ave., ``Gaithersburg . Offered by the Hospice Caring Inc., Toby Rabbin, 301-990-0854, pre-registration requested. (Feb. 2009)

Support Group for Bereaved Parents (Monthly , days & times TBD). *Evening group for parents grieving the death of a young or young adult child.* JSSA, 6123 Montrose Rd., Rockville. Jewish Social Services Agency, Suzanne Adelman, LGSW-C, pre-registration required, 301-816-2683. (Spring 2009).

Empty Arms, Aching Heart Support Group, (1st Thurs., 7:30 - 9:30 PM). *Support group for those who have lost or know some who has lost a baby through miscarriage, pregnancy loss, stillbirth or infant death.* Shady Grove Adventist Hospital, Chapel, 1st floor, 9901 Medical Center Dr., Rockville. Offered by the Adventist Hospital Pastoral Care Services, 301-279-6112. (<http://www.adventisthealthcare.com/WAH/services/pastoral-care/eaah.aspx>, Spring 2009)

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Empty Arms, Aching Heart Support Group, (3rd Thurs., 7:00 - 9:00 PM). *Support group for those who have lost or know someone who has lost a baby through miscarriage, pregnancy loss, stillbirth or infant death.* Washington Adventist Hospital, Conf. Rm. A, Lower Level, II near cafeteria, 7600 Carroll Ave., Takoma Park. Offered by the Adventist Hospital Pastoral Care Services, 301-891-5265. (<http://www.adventisthealthcare.com/WAH/services/pastoral-care/eaah.aspx>, Spring 2009)

Empty Arms, Aching Heart Support Group, (4th Thurs., 6:30 - 8:30 PM). *Support group IN SPANISH for those who have lost or know someone who has lost a baby through miscarriage, pregnancy loss, stillbirth or infant death.* Washington Adventist Hospital, Conf. Rm. A, Lower Level, II near cafeteria, 7600 Carroll Ave., Takoma Park. Offered by the Adventist Hospital Pastoral Care Services, 301-891-5265. (<http://www.adventisthealthcare.com/WAH/services/pastoral-care/eaah.aspx>, Spring 2009)

Monthly Support Compassionate Friends (1st Tues., 7:00 - 9:00 PM). *Self-Help support offering friendship and understanding to families who are grieving the death of a child of any age, from any cause.* Potomac Presbyterian Church, 10301 River Rd., Potomac. Potomac Chapter of the Compassionate Friends, Barbara and George Beall, 301-253-8740, 301-776-8500, <http://www.tcfpotomacmd.com/> (May 2009).

Parent/Guardian Grief Support Group, 6 sessions, (Wed., 6:30-8:00 PM, \$25 registration fee). *For anyone mourning the loss of a child.* **Children, Adolescent & Teen Grief Support Group** meets at the same time. Montgomery Hospice, 1355 Piccard Dr., Suite 100, Rockville. Offered by Montgomery Hospice, 301-921-4400, pre-registration required. (Starts May 20, 2009)

Support Group for Bereaved Parents (TBA, monthly). *Ongoing group for parents grieving the death of a young or a young adult child.* JSSA, 6123 Montrose Rd., Rockville. Jewish Social Services Agency, Suzanne Adelman, LCSW-C, pre-registration required, 301-816-2683. (Spring 2009).

GENDER

Monthly Support Group for Parents of a Child with Strong or Persistent Interest in Opposite Gender Toys, Play or Clothing (2nd Tues., 6:30 - 8:30 PM). *Focuses on children ages 3-12 years old, general parenting issues and ways to support children to develop a strong self-esteem. Socialization group for children also available.* Washington, D.C. area. Sponsored by the Children's Gender and Sexuality Advocacy and Education Program, Children's National Medical Center, 202-476-2504, pgroup@cnmc.org. (Spring 2009)

Monthly PFLAG Support Group, (3rd Sun., 2:00 PM). *For families and friends of gays and lesbians led by trained volunteers. Confidentiality maintained. Concurrent with trans-people and their families.* Cedar Lane Unitarian Universalist Church, 9601 Cedar La., Bethesda. Sponsored by Parents, Families & Friends of Lesbians and Gays of Washington, DC, 301-439-3524, www.pflagdc.org. (Spring 2009)

GENERAL DISABILITIES/MAJOR SPECIAL NEEDS

Children/Adolescents with

High Schoolers Can Relate, (Mons., 4:00 - 5:00 PM), \$90/series of six sessions. *Co-ed support group for high schoolers with disabilities addressing social skills issues. Learn skills for making friends, initiating and maintaining conversations, expressing feelings and understanding nonverbal cues.* 200 Wood Hill Rd. Rockville. Offered by JSSA, Katie Giganti, LCSW & Lauren Feuerstein, LGSW, 301-816-2633. (Dec. 1, 2008 - Jan. 5, 2009)

Lets Talk! Support Group for High Schoolers with Physical Disabilities, (Tues., 4:00 - 5:00 PM), \$90/series of six sessions. *Co-ed support group designed to help participants who want to connect with peers socially and share their thoughts, feelings, frustrations, fears and joys.* 200 Wood Hill Rd. Rockville. Offered by JSSA, Katie Giganti, LCSW & Lauren Feuerstein, LGSW, 301-816-2633. (Oct. 28 - Dec. 2, 2008)

Support for Teens, (Tues. 7-8 PM, \$/session, may be insurance reimbursable). *Co-ed support group for students grades 9-12 with LD/PDD. Group focuses on increasing social communicative skills, coping skills and anxiety management.* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009 dates/times).

Parents/Families of

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Arc of MC - Education Committee Meeting (1st Wed., 7:30 PM). The Arc of MC, 11600 Nebel St., Rockville. Offered by the Arc of Montgomery County Education Committee, Haydee DePaula, 301-984-5777 or Liz Roth, 301-924-2211 (Spring 2009).

MAPS (Mother's Alliance for Prayer and Support), (3rd Wed., 7:30-9:00 PM). *Spiritual group for mothers of special needs kids. Come if you need moral support - this is a group to share joys and sorrows.* Cloverly area, Silver Spring. MAPS, Jeanne T., 301-879-9539 (Spring 2009).

Parent to Parent Evening Moms Group (1st Tues., 7:30 - 10:00 PM). *Meet other parents of children with developmental disabilities, exchange ideas, learn and have fun.* The Arc of MC, 11600 Nebel St., Rockville. Offered by the Parent-to-Parent Program of the Arc of Montgomery County, No childcare. (DISCONTINUED JULY 2008, New contact at Arc for support groups, Asha Clark, Assistant Director of Family and Community Resources, ashac@arcmontmd.org.)

MCITPfamiliestalk - Montgomery County Infants and Toddlers' family -to-family support resource for parents, grand parents/caregivers of children with special needs birth to 3 years old. Amy Kealiher, Montgomery County Infants & Toddlers Program, Family Support Network Coordinator, <http://groups.google.com/group/mcitpfamiliestalk>. (2009)

Montgomery County Transitioning Young Adults (MCTrans) (1st or 2nd Sat, 10 AM). *A discussion and support group for families and young adults (17+) with mild to significant disabilities as they transition from school age entitlements in Maryland to adulthood. Members include families of young adults as well as interested professionals working in pre-and post-transitioning services.* Meeting location varies often at MC Arc, 11600 Nebel St., Rockville. Affiliated yahoogroup located at <http://groups.yahoo.com/group/MCTrans/> or subscribe by sending message to MCTrans-subscribe@yahoogroup.com. Group co-moderator - Reda Sheinberg, rjsheinberg@yahoo.com, <http://www.mctransitions.org/> (April 4, 2009)

Monthly MCPS Special Education Advisory Committee Meeting (SEAC)- (topic of discussion) (usually 4th Thurs., 7:00-7:30 PM, open forum; 7:30-9:30 PM, speakers). *These monthly meetings consist of period of public comments, Dept. of Special Education updates, and a speaker or discussion on various special education issues. These meetings are open to the public.* Carver Educational Services Center, 850 Hungerford Dr., Rm. 127, Rockville. Community members (parents) who wish to be included in the open forum, email or Leslie Brents, brentswatts@earthlink.net, Joan Sabaka, VALNTINE20@aol.com or Anne Turner, adturn88@verizon.net. (Spring 2009)

Transition Times For Parents of Young Adults Leaving High School (usually 3rd. Wed., 7:30 - 9:00 PM) *Transition Times is a group for parents seeking information regarding the process of transitioning from high school to young adulthood.* The Arc of MC, 11600 Nebel St., Rockville. Co-sponsored by the Arc of MC, Haydee DePaula, 301-984-5777 ext. 265, and Potomac Community Resources, Seth Duncan, seth@pcr-inc.org, 301-365-0561. Register on line at <http://www.pcr-inc.org/group.asp?grp=59>. (April 15, May 20, June 17, 2009).

Support Group for Families of Children with Disabilities (3rd Tues., 7:15 - 8:45 PM). *Ongoing monthly group for parents and family members of children with disabilities to share joys, sorrow, hopes and fears, coping mechanisms and strategies for living for today and planning for the future.* JSSA, 6123 Montrose Rd., Rockville. Jewish Social Service Agency, Martha Mervis, LCSW, 301-610-8371. (Feb. 17, Mar. 17, April 21, May 19, June 16, 2009). Pre-registration required.

Support Group for Families of Children with Disabilities (Wed., 10:30 - 11:30 AM). *Ongoing monthly group for parents and family members of children with disabilities to share joys, sorrow, hopes and fears, coping mechanisms and strategies for living for today and planning for the future.* 200 Wood Hill Rd., Rockville. Jewish Social Service Agency, Ruth Berger, LGSW, 301-610-8357. (Starts. Feb. 4, 2009). Pre-registration required.

Siblings of

Siblings of Special Needs Brothers/Sisters (\$, TBA, after school, PM or Wknd.). *For children with a sibling that requires much family attention, this group gives children a place to turn for social support, understanding and problem solving.* Kentlands Therapy Office, 352 Main Street, Suite 200, Gaithersburg. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, loriann.lcpc@loriannoberlin.com, www.loriannoberlin.com, Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming (Sept. 2008).

Support Group for Siblings of Children with Disabilities, Dates & Times TBD, \$210/6 session series, pre-payment required). *An excellent opportunity for siblings of children with physical or developmental disabilities to meet and share*

feelings in a safe relaxed environment. JSSA, 200 Wood Hill Rd., Rockville. Offered by the Jewish Social Services Agency, 301-816-2633. (Dates & Times TBD, \$210/series - Spring 2009).

LEARNING DISABILITIES

Young Adults with

The Fun Bunch: Monthly Discussion Group, (2nd Wed., 7:00 - 9:00 PM) *A monthly discussion group focusing on post-secondary education goals, career goals and social skills for learning-disabled peoples 21 and over.* 5440 Marinelli Rd., Strathmore Court Apts., Community Rm., . Sponsored by Learning Disabilities Assn. of MC, for more information contact Mark Titus at e-mail wmc92fan@yahoo.com, 301-933-1076, www.thefunbunch.org. (2009).

Support for Young Adults, (\$/session, may be insurance reimbursable). *Co-ed support group for young adults ages 17 - 20 with LD/PDD. Work on communication and self-expression skills in a supportive environment.* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009 dates/times).

Parents of

Monthly Educational and Support Meeting of the Gifted with Learning Differences Educational Network, (3rd Thurs., 6:00 - 9:00 PM). *Bring your meal and network during the advocacy session until 7:30 PM. 7:30 PM - listen to the program speaker.* Walter Johnson High School, 6400 Rock Spring Dr., Bethesda. Sponsored by The Gifted with Learning Differences Educational Network, Joan Wittan, jomada@verizon.net. Check www.gtdnetwork.org to confirm location & monthly topic (2009).

Support Group for Parents of Children with ADHD/ADD (2nd Wed., 7:30 - 10:00 PM). *Parents of students in public and private schools are welcome. The Group provides updated educational material and resources about ADHD, parent support and parenting guidelines, discussions of issues and problems encountered by parents, and the opportunity to meet and share ideas with other parents of ADHD students.* Ridgeview Middle School, Media Center, 16600 Raven Rock Rd., Gaithersburg. Facilitated by Karen Studley, RN, School Community Health Nurse, Ridgeview MS, 301-840-4780 (Spring 2009).

Weekly "Because I Love You" Parent Support Group (Wed., 7:30 - 9:30 PM). *Parents dealing with difficult behaviors meet for mutual support and "tough love" strategies. Confidentiality maintained.* Ridgeview Middle School, Teachers' Lounge, 16600 Rock Raven Rd., Gaithersburg. For more information call Karen Studley, RN, School Community Health Nurse, daytime, Karen_E_Studley@mcpsmd.org, 301-840-4780 or Rochelle evenings, 301-208-0577. Pre-registration required along with a commitment of 6 weeks. (Spring 2009)

Weekly Support Group for Parents of Adolescents/Young Adults with Challenging, Destructive or Difficult Behaviors (\$1 donation, Thurs., 7:30 - 9:30 PM). *Group provides support to parents of adolescents who are exhibiting unacceptable acting-out behavior. Parent or Guardians need not call a contact to attend, just show up on the evening of your choice. Confidentiality maintained.* United Methodist Church, Rm. 209, 8300 Old Georgetown Road, Bethesda. Offered by the "Because I Love You" group, every Thursday except Thanksgiving, Harriet, 301-530-3597. (2009)

MENTAL ILLNESS/DEPRESSION

Adults with

Bi-Weekly Support Group for Persons with Depression or Bipolar or Schizoaffective Disorder (2nd & 4th Wed., 5:00 - 6:30 PM). *This support group meets to discuss coping skills. Dealing with school and work, social and family relationships, stigma, medication and community resources are all topics of discussion.* Georgetown University Hospital, Cober-Cogan Bldg., Rm. 608, Washington, D.C. Sponsored by the Depression and Related Affective Disorders Assn., John Gates, 703-671-2867 or Tom Brina, 202-625-1837. For more groups call 410-583-2919, 888-288-1104. (Feb. 2009)

Borderline Personality Disorder (Tue., 7:30 PM). *Open to family members, consumers, and mental health professionals.* Alternates monthly between Bethesda and Vienna. Sponsored by the Metro Washington Borderline Personality Disorder Education and Support Group, Diane, 301-469-6101 (April 2009).

Deaf Adults Support Group: Lifetime Relationships, Lifetime Lessons, (Weds., 7:00 - 8:30 PM, \$15/session may be insurance-reimbursable). *Support group for adults (25+) to share their joys and sorrows. Group will focus on mental health issues impacting relationships, including but not limited to bipolar disorder and depression.* JSSA, 200 Wood Hill

Rd., Rockville. Offered by Jewish Social Services, email Lkatz@jassa.org for registration, Lizabeth Katz, LCSW-C, TTY 301-309-2597, V 301-838-4200 (Starts Mar. 25, 2009).

Mood Disorders Psycho-education Group (Tues., 5:00 - 7:30 PM). *Ongoing psycho-education group, for adults suffering from depression.* Potomac Ridge, 14901 Broschart Rd., Rockville. Offered by Potomac Ridge Behavioral Health, Joe Orenstein, 301-251-4545, pre-registration required, <http://www.adventisthealthcare.com/PRBH/patientsvisitors/support.aspx>. (Feb. 2009).

NAMI Connections Consumer Support (2nd & 4th Mon., 7:00 PM.). *Consumers Advocating for Recovery Through Empowerment is a peer-based, mutual support group program for those facing the challenges of recovering from mental illness.* Montgomery General Hospital, Room 623, 18101 Prince Philip Dr., Olney. Sponsored by NAMI, Sarah Karney, 301-949-5852, <http://www.namimc.org/support.asp>. (Feb. 2009)

NAMI Connections Consumer Support (1st & 3rd Thurs., 6:30 - 8:00 PM). *Consumers Advocating for Recovery Through Empowerment (C.A.R.E.) is a peer-based, mutual support group program for those facing the challenges of recovering from mental illness.* St. Mark Presbyterian Church, Rm. 109, 10701 Old Georgetown Rd., Rockville. Sponsored by NAMI, Sarah Karney, 301-949-5852, <http://www.namimc.org/support.asp>. (Feb. 2009)

NAMI Connections Consumer Support (2nd & 4th Sat., 3:00-4:30 PM.). *Consumers Advocating for Recovery Through Empowerment is a peer-based, mutual support group program for those facing the challenges of recovering from mental illness.* Silver Spring Drop-In Center, 7961 Eastern Ave., Silver Spring. Sponsored by NAMI, Miriam Yarmolinsky, 301-589-2303, ext. 108, <http://www.namimc.org/support.asp>. (Feb. 2009)

On Our Own. *Serves and advocates for adults affected by mental illness in Montgomery County.* 434 E. Diamond Ave., Gaithersburg, Pam, 240-683-5555, <http://www.ooo-mc.org/>. (Feb. 2009)

Silver Spring Drop-In Center. *Serves and advocates for adults affected by mental illness in Montgomery County.* 700 Roeder Rd., Silver Spring, 301-589-2303, Ext. 108, <http://www.thesantegroup.org/>. (Feb. 2009)

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Support Group for Adults with OCD (2nd & 4th Tues., 7:30 PM). *A freestanding self-run group with occasional guest speakers for anyone with OCD or knows someone with OCD.* Mid-County Services Center, Rm. 223, 2424 Reedy Dr., Wheaton. Contact Bruce, 301-497-1589, or Randy Bosin, 301-587-0937, rbosin@juno.com, http://www.panicreliefinc.com/Support_Groups/PRI-Support_Groups-MD.htm (2009)

Support Group for Persons with Obsessive Compulsive Disorder. *Support for persons with Obsessive Compulsive Disorder.* Contact Nancy, 301-340-1452 for telephone support. (Spring 2009)

Weekly Support Group for Adults with Depression/Bipolar Disorder (Thurs., 7:00 PM, social; 7:30 PM, meeting), *Weekly patient/peer-run support group with participants from Maryland, Virginia, and the District.* George Washington University Hospital, 900 23rd Street, NW, Washington, D.C. Sponsored by the Depression and Bipolar Support Alliance (DBSA) - National Capital Area Chapter, 202-689-1250, 301-279-0831, hello@dbsanca.org, <http://dbsanca.org/support.htm>, (2009).

Weekly Support Group for Persons Impacted by Mental Illness (Sat., 10:30 AM-12:00 PM). *Weekly support for persons with all types of mental, nervous & emotional problems.* St. Mark Presbyterian Church, 10701 Old Georgetown Rd., Rockville. Offered by Recovery, Inc., Frank, 301-949-1327, 301-431-1818. (Feb. 2009).

Weekly Support Group for Persons Impacted by Mental Illness (Tues., 7:30 PM). *Weekly support for persons with all types of mental, nervous & emotional problems.* Glenmount United Methodist Church, 12901 Georgia Ave., Silver Spring. Offered by Recovery, Inc., Trish, 301-231-7687, 301-431-1818, www.recovery-inc.org. (Feb. 2009).

Weekly Support Group for Persons Impacted by Schizophrenia/Schizoaffective (Thurs. 6:30-8:00 PM, except 2nd Thurs.), 7th Day Adventist, 727 West Montgomery Ave., Rockville. Contact Richard, 301-977-3507. (Feb. 2009).

Teens with

Mo County ALL STARS Youth Group. *A monthly group for children and youth with behavioral, emotional, or mental health challenge.* Location to be announced. Sponsored by the MC Federation for Children's Mental Health, 301-681-8929, ext 27 for more information and confirm location. (2009)

Support for Teens, (Tues., 6-7 PM, \$/session, may be insurance reimbursable). *Support group for boys grades 9 -10 who are dealing with manifestations of depression (withdrawal and/or anger management issues).* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017,

www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009dates/times)

Support for Teens, (Mon., 7-8 PM, \$/session, may be insurance reimbursable). *Support group for boys grades 11-12 who are dealing with manifestations of depression (withdrawal and/or anger management issues).* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009dates/times).

Support for Teens, (Wed., 6-7 PM, \$/session, may be insurance reimbursable). *Support group for girls grades 9-10 who are dealing with manifestations of depression and social anxiety.* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009dates/times).

Support for Teens, (Thurs., 7-8 PM, \$/session, may be insurance reimbursable). *Support group for girls grades 10-12 who are dealing with manifestations of depression and social anxiety.* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009dates/times).

Families of

EDAct Group, (variable). *This coalition of parents and advocates committed to promoting appropriate and effective education and therapeutic services for students with emotional disabilities.* Call for location. Reda Sheinberg, 301-384-2960, rsheinberg@yahoo.com, <http://groups.yahoo.com/group/EDAct/>. (2009)

Monthly Support Group for Families and Friends of Adults with Mental Illness (3rd Tues., 7:30 PM). *For families and friends of anyone experiencing a mental illness.* Unitarian Universalist Church of Rockville, 100 Welsh Park Dr., Rockville. Offered by the Montgomery Co. Chapter National Alliance on Mental Illness, Ellen, 301-530-2635 (Feb. 2009).

Monthly Support Group for Families of Adults with Mental Illness (2nd Wed., 2:30 - 4:00 PM). Unitarian Universalist Church, 100 Welsh Park Dr., Rockville. Offered by the Montgomery Co. Chapter National Alliance on Mental Illness, Ursula Gill, 301-384-8208. (Feb. 2009)

Monthly Support Group for Families of Persons with Mood Disorders (2nd Tues., 7:00 PM). *For families and friends of anyone experiencing a mood disorder such as bipolar disorder, depression or schizoaffective disorder.* Holy Cross Resource Center, 9805 Dameron Dr., Edu #1, behind the security desk, Silver Spring. Sponsored by NAMI of MC, Ed & Margo Smith, 301-680-0918. (Feb. 2009)

Monthly Support Group for Families of Persons with Schizophrenia, (3rd Thur., 7:00 PM). NAMI, 10730 Connecticut Ave, Kensington. Offered by the Montgomery Co. Chapter National Alliance on Mental Illness, Rochelle and Bill, 301-718-4217. (starts Feb. 19, 2009).

Monthly Spouse Support of Persons With Mental Illness (3rd Fri., 6:30 PM). *For spouses or partners of persons experiencing a mental illness.* NAMI, 10730 Connecticut Ave, Kensington. Offered by the Montgomery Co. Chapter National Alliance on Mental Illness, Wei, 301-827-1789. (Feb. 2009)

Monthly Support Group of Parents/Caregiver of Children or Adolescents with Mental Illness (3rd Tues., 7:30 -9:00 PM). Suburban Hospital, (ask for the room number at the front desk)8600 Old Georgetown Rd., Bethesda. Sponsored by the Montgomery Co. Chapter National Alliance on Mental Illness (NAMI), Emily Novick, 301-949-5852, ext. 112, enovick@namimc.org, www.namimc.org. (Feb. 2009)

Monthly Support Group for Parents and Caregivers of Children and Teens with Mental Illness (Last Weds., except July). Faulkner Ridge Center, 10598 Marble Faun Court, Columbia. Sponsored by NAMI of Howard County, 410-772-9300, http://www.nami.org/MSTemplate.cfm?Section=Support_Groups30&Site=NAMI_Howard_County&Template=/ContentManagement/ContentDisplay.cfm&ContentID=62510. (April 29, May 27, June 24, Aug. 26, Sept. 30, Oct. 28, Nov. 25 & Dec. 30, 2009)

Monthly Latin Support Group for Families & Persons with Mental Illness (3rd Thurs., 7:00 PM, in SPANISH). Charles W. Gilchrist Center, 11319 Elkin St., Wheaton. Offered by the Montgomery Co. Chapter National Alliance on Mental Illness, contact Edith, 240-271-6342, latino@namimc.org, (April 2009).

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Grupo de Apoyo para Familias y Personas con Enfermedades Mentales (3^o jueves, 7:00 PM en ESPAÑOL). Charles W. Gilchrist Center, 11319 Elkin St., Wheaton. Ofrecido por la Alianza Nacional para las Enfermedades Mentales del Condado de Montgomery, hablale a Edith, 240-271-6342, latino@namimc.org, (April 2009).

Support Group for Depression/Bipolar/Schizoaffective Disorder, free (1st Wed. & 3rd Fri., 7:30 - 9:00 PM). *Peer support group for persons with a primary diagnosis of depression or bipolar disorder & their families.* St. Raphael's Church, Parish Hall, 1513 Dunster Rd., Rockville. Sponsored by the Rockville/Potomac chapter of Depression and Related Affective Disorders Assn. (DRADA) facilitated by Diane Graham, 301-299-4255, adgraham@gmail.com and Jennifer Fajman, 301-570-9065, jennifer@fajman.org, <http://www.dbsanca-family.org/> (Spring 2009). Only 1 meeting July, Aug. & Jan.

Monthly Support Group for Families of Persons with Mental Illness (2nd Sat., 9:30 AM). *For friends, families and caregivers who are concerned about loved ones who suffer from mental illness (i.e. Depression, anxiety, psychosis, schizophrenia, etc).* Montgomery General Hospital, Conf. Rm. C, 2nd floor, (Community Learning Center), 18101 Prince Philip Dr., Olney. Offered by the Montgomery Co. Chapter National Alliance on Mental Illness, Cathy, 301-774-2075. (May 9, 2009)

Parents of

FLAVORS (Families Linked to Advocacy and a Variety of Resources and Supports) (Sat., 11:30 AM - 4:00 PM). *Program for families who have children or youth involved in the juvenile justice system. Assistance with transportation available. Spanish/English translation available.* Elwood Smith Community Center, 601 Harrington Rd., Rockville. Sponsored by the MC Federation for Children's Mental Health, 301-681-8929, ext 27 for more information and to confirm location. (Spring 2009).

NAMI Educational Meeting (2nd Thurs., 7:30 PM). Cedar Lane Unitarian Church, 9601 Cedar Ln., Bethesda. Montgomery County Chapter of the National Alliance on Mental Illness; 301-949-5852 (2009).

Monthly Support Group of Parents/Caregiver of Children or Adolescents with Mental Illness (3rd Tues., 7:30 -9:00 PM). Suburban Hospital, RoomCR 6,7 (the Kamerow Room)8600 Old Georgetown Rd., Bethesda. Sponsored by the Montgomery Co. Chapter National Alliance on Mental Illness (NAMI), Emily Novick, 301-949-5852, ext. 112, enovick@namimc.org, www.namimc.org. (April 21, May 19 2009)

Monthly Support Group for Parents and Caregivers of Children and Teens with Mental Illness (Last Weds., except July). Faulkner Ridge Center, 10598 Marble Faun Court, Columbia. Sponsored by NAMI of Howard County, 410-772-9300, http://www.nami.org/MSTemplate.cfm?Section=Support_Groups30&Site=NAMI_Howard_County&Template=/ContentManagement/ContentDisplay.cfm&ContentID=62510. (April 29, May 27, June 24, Aug. 26, Sept. 30, Oct. 28, Nov. 25 & Dec. 30, 2009)

Monthly Support Group of Parents/Caregiver of School Age Children with Bipolar Disorder (Sun., 3:00 - 4:30 PM). Suburban Hospital, RoomCR 6,7 (the Kamerow Room) 8600 Old Georgetown Rd., Bethesda. Sponsored by the Montgomery Co. Chapter National Alliance on Mental Illness (NAMI), Emily Novick, 301-949-5852, ext. 112, enovick@namimc.org, www.namimc.org. (Mar. 29, May 3, June 7, 2009)

P.A.R.E.N.T. Rap - "Parents Accessing Recreation, Entertainment, News and Training" (4th Fri., 11:00 AM-1:00 PM). *A monthly family-to-family group for parents and other caregivers of children and youth with behavioral, emotional, or mental health challenges. Parents and other caregivers come together to do enjoyable activities, share information, and participate in educational programs.* Bauer Community Center, 14625 Bauer Dr., Rockville. Sponsored by the MC Federation for Children's Mental Health, 301-681-8929, ext 27 for more information and confirm location. (2009)

S.O.L.U.T.I.O.N.S. (Supporting Our Loved Ones Unconditionally Thru Ideas, Opinions, New Information and Strategies) (1st & 3rd Thurs., 5:30 - 7:00 PM). *Bi-monthly family-to-family support group for parents and caregivers of children and youth with emotional, behavioral, or mental health challenges. Opportunity to address concerns, exchange ideas, share new information and learn effective coping strategies.* Location TBD. Sponsored by the MC Federation for Children's Mental Health, 301-681-8929, ext 27 for more information. (Oct. 2008)

Weekly Chesapeake Family Support Group, (Tues., 5:30 - 6:30 PM). *For families with children who are or have been in the Chesapeake Unit.* Potomac Ridge Behavioral Health Center, 14901 Broschart Rd., Rockville. Offered by Potomac Ridge, Nina Chaiklin, LCSW-C, 301-251-4500 (Spring 2009).

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SELF-IMPROVEMENT

Children/Adolescents

Kids Can Cope! Children of Divorce Support Group, \$100/series (Weds., 6:00 - 7:00 PM). *Four interactive group sessions for children (ages 10-13) will learn that they are not alone in the divorce process. Parents meet separately for two sessions to learn how to identify distress signals and how to better help their children through the process.* JSSA, 200 Wood Hill Rd., Rockville. Jewish Social Service Agency, Jennifer Firestone, LCSW-C, 301-816-2633, www.jssa.org. Pre-payment required. (April 22 - May 13, 2009).

Divorce-Separation Support Group for Kids, (sliding scale, PM). *Weekly groups for kids ages 6-7; 8-10; 1-13; & 14-18.* Rockville & Columbia locations. Sponsored by National Family Resiliency Center, 301-384-0079, 301-610-5666, www.divorceabc.com. (2009, registration required).

Friendship/Social Skills Groups. *Weeklong group for grades 1-3 in the morning and grades 4 and 5 in the early afternoon. Children learn to manage frustration, fear, sadness or anger, learning pro-social behavior through stories, arts/crafts, games and more.* Kentlands Therapy Office, 352 Main Street, Suite 200, Gaithersburg. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, loriann.lcpc@loriannoberlin.com, www.loriannoberlin.com, Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming (Sept. 2008).

Journaling & Self-Expressive Fun Group (1:00 - 3:00 PM). *For Teens 13-16. Kids love expressing themselves with magnetic poetry, word stamps, scrapbooks, art and writing as they connect around feelings, release pent-up frustration, and lower the risk of poor life choices.* Kentlands Therapy Office, 352 Main Street, Suite 200, Gaithersburg. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, loriann.lcpc@loriannoberlin.com, www.loriannoberlin.com, Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming. Sliding scale available with documented request of need. (Sept. 2008).

Kids Divorce Support Groups (\$, TBA, after-school and pm). *Kids grouped by age/maturity to connect with peers whose families have separated, divorced or formed stepfamilies. Through therapeutic board games, art, music and more kids move from "sad" or "mad" feelings to acceptance and smiles.* Kentlands Therapy Office, 352 Main Street, Suite 200, Gaithersburg. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, loriann.lcpc@loriannoberlin.com, www.loriannoberlin.com, Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming (Sept. 2008).

Kids, Teens, Parents Connect, (Sat., 12:00 - 2:00 PM). *Weekly support group for children ages 5-17 who have a parent or close family member with cancer. Simultaneous, professionally facilitated groups will be held for children, teens and their parents. A parent or guardian is required to attend with their child or teen.* Wellness Community Greater Washington, Suite 100, Grosvenor La., Bethesda. Offered by the Wellness Community of Greater Washington, D.C., 301-493-5002, <http://www.wellnesscommunitydc.org/DC/programs/default.asp>. (Begins Spring 2009 session with make-your-own-pizza-party, Oct. 4, 2008).

Adults

Adult Divorce Support Group (\$, TBA PM or Wknd.). *For both men, women and adult children of divorce, this group helps to connect with others, process emotions, explore how to move on past bitterness to a brighter future.* Kentlands Therapy Office, 352 Main Street, Suite 200, Gaithersburg. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, loriann.lcpc@loriannoberlin.com, www.loriannoberlin.com, Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming (Sept. 2008).

At Home Fathers Support Group-Montgomery County Chapter of the DCMetro Dads. *A network of stay at home fathers living in MC who provide support to other stay at home fathers or fathers who are considering to stay at home.* Call for meeting places & times, 301-962-6350 or www.dcmetrodads.com/montgomerycountydads/, <http://groups.yahoo.com/group/montgomerycountydads/> (2009)

Divorce-Separation Support Group, (10 Wed., 7:00 - 8:30 PM). *For women contemplating or experiencing a separation or divorce, led by a therapist.* NFRC, 932 Hungerford Dr., Suite 9-B, Rockville. Sponsored by National Family Resiliency Center, 301-384-0079. (2009, call for days & times)

Divorce Support Group (\$80, 6 Tues., 6:30 - 8:00 PM). *Six-week group for women who are living apart from their spouse.* MCCWCC Center, 401 N. Washington St., Suite 100, Rockville. Offered by the Montgomery County Commission for Women Counseling and Career Center, 240-777-8300. Participants must be interviewed prior to the meeting, <http://www.montgomerycountymd.gov/apps/CFWworkshop/seminar.cfm?ScheduleID=1058>. (April 14 - May 19, 2009)

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FLAVORS (Families Linked to Advocacy and a Variety of Resources and Supports) (Sat., 11:30 AM - 4:00 PM). *Program for families who have children or youth involved in the juvenile justice system.* Elwood Smith Community Center, 601 Harrington Rd., Rockville. Sponsored by the MC Federation for Children's Mental Health, 301-681-8929, ext 27 for more information. (Oct. 4, 11, & 18, 2008).

Hearing Loss Association of Montgomery County Support Group, (3rd Tues., 7:30-9:00 PM). *Chapter provides support, education and access promotion for people with hearing loss.* Rockville Library, 2nd floor meeting room, 21 Maryland Ave., Rockville. Sponsored by the Hearing Loss Assn. of Montgomery County, <http://www.mcshhh.org/>, Joan Kleinrock at 301-493-8343 (V), joankleinrock@comcast.net (April 21, 2009).

New Hope Job Search Support Group (2nd & 4th Wed., 7:30 -9:00 PM). *Free assistance provided in job search, resume writing and interview skills.* St. Rose of Lima Parish Center, Lewis Rm., 11701 Clopper Rd., Gaithersburg. Call 301-948-7545, ext. 226, <http://www.workministry.com/fbogroups/md/strose/>. (2009)

Men's Support Group on Divorce, Child Custody, Child Support & Child Visitation Issues, (1st & 3rd Tues., 7:30 PM). Unitarian Universalist Church of Rockville, Bldg. 2, Rm. 25, 100 Welsh Park Dr., Rockville. Sponsored by Maryland Fathers, www.marylandfathers.org, 301-927-7638. (Spring 2009)

Monthly Attachment Parenting Support, (2nd Sun., 3:30-5:50 PM). *For all ages.* Heffner Community Center, 42 Oswego Ave., Takoma Park. Sponsored by the Takoma Attachment Parenting, Inc., 301-864-1889, <http://www.takoma-ap.org/> (check for monthly discussion topics). (April 19, 2009 - A discussion of Children's literature).

Monthly Downcounty Latino Network Meeting (2nd Wed., 3:00 - 4:30 PM),. *Welcomes participation from all community members.* (meeting location varies). Downcounty Latino Network, Karla Silvestre, Karla.Silvestre@montgomerycountymd.gov, 240-777-2525. (2009)

Monthly Upcounty Latino Network (ULN) Meeting, (4th. Wed., 9:30 - 11:30 AM.). *Welcomes participation from all community members. ULN is a network of public and private agencies, whose mission is to strengthen the health and human service provider networks in the Upcounty Region of Montgomery County, and to improve the access and delivery of health and human services to individuals and families that encounter language and cultural barriers in the region.* Bohrer Park Activity Center, 506 S. Frederick Ave., Gaithersburg. Upcounty Latino Network, Karla Silvestre, 240-777-2555, Karla.Silvestre@montgomerycountymd.gov. (Feb. 25, 2009).

Starting Over - Support Group for Separated and Divorced Women, \$150/6 sessions (Thurs., 7:00 - 8:00 PM). *Interactive group will offer opportunity for mutual support and sharing around the emotional and practical challenges of this often painful and disruptive time.* JSSA, 200 Wood Hill Rd., Rockville. Jewish Social Service Agency, Caron Trout, LCSW-C, 301-816-2633, www.jssa.org. Pre-payment required. (Feb. 12 - Mar. 19, 2009).

Parents Without Partners. *Offers family events, discussions and adult socials.* Chapter 60 covers Montgomery, Frederick, and Northern Prince George's' Counties, Columbia and Washington, D.C., 301-588-9354 (Carl, 301-977-1767), www.pwp60.org (2009).

S.O.L.U.T.I.O.N.S. (Supporting Our Loved Ones Unconditionally Thru Ideas, Opinions, New Information and Strategies) (1st & 3rd Thurs., 5:30 - 7:00 PM). *Bi-monthly family-to-family support group for parents and caregivers of children and youth with emotional, behavioral, or mental health challenges. Opportunity to address concerns, exchange ideas, share new information and learn effective coping strategies.* Call for location. Sponsored by the MC Federation for Children's Mental Health, 301-681-8929, ext 27 for more information. (Oct. 2008)

Support Group for Stutters, (1st Tues., 7:00 - 8:45 PM). *Group for people who stutter.* American Speech & Hearing Assoc., 10801 Rockville Pk., Rockville. For more information Tracey Wallace, 301-793-3277, drheargood2003@yahoo.com or for meeting location details Jerome Mortman, 301-942-9399, jerome.mortman@carefirst.com, www.nsastutter.org. (Spring 2009)

Support for Young Adults, (Tues., 5-6 PM, \$/session, may be insurance reimbursable). *Co-ed support group for young adults ages 19-25. Who ever said becoming a self-sufficient adult is easy? Group meets to discuss common issues of social isolation, family matters, and coping with everyday stress of college and/or job.* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Spring 2009, call for dates/times).

Women's Divorce Support & Book Discussion Group (\$, TBA). *10-week session by Loriann Oberlin, LCPC, author "Surviving Separation & Divorce". Group to help women connect with one another as they rebuild their lives*

during/following separation/divorce. Kentlands Therapy Office, 352 Main Street, Suite 200, Gaithersburg. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, loriann.lcpc@loriannoberlin.com, www.loriannoberlin.com, Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming (Sept. 2008).

SPECIAL EDUCATION/ADVOCACY

EDAct Group, (variable.). *This coalition of parents and advocates committed to promoting appropriate and effective education and therapeutic services for students with emotional disabilities.* Call for location. Reda Sheinberg, 301-384-2960, rsheinberg@yahoo.com, <http://groups.yahoo.com/group/EDAct/>. (2009)

GIFTSNVA, 4th Mon., 7:00 PM. *Support group for parents homeschooling special needs children to encourage each other and exchange ideas. Invited speakers and discussions on a variety of topics including curricula, strategies, and therapies. Children have LD, AD/HD, ASD, Down Syndrome and or/other conditions.* Reston Bible Church, Rm. 112, 11979 North Shore Dr., Reston. To join affiliated Yahooogroup or more information contact Kathy Kuhl or Pat Whittle, <GiftsNVA-owner@yahoo.com> include ages of children. (May 18, 2009).

MCNeeds Meeting (1st Sun., 4:00 - 6:00 PM). *Network/support/ advocacy group of parents with children with special needs in Montgomery County. Meets quarterly. Check Yahooogroup or website for details.* Chicken Out, 1560 Rockville Pk., Rockville. <http://groups.yahoo.com/group/MCneeds>, www.MCneeds.org. (Next Meeting early May 2009)

Monthly MCPS Special Education Advisory Committee Meeting (SEAC)- (topic of discussion) (usually 4th Thurs., 7:00-7:30 PM, open forum; 7:30-9:30 PM, speakers). *These monthly meetings consist of period of public comments, Dept. of Special Education updates, and a speaker or discussion on various special education issues. These meetings are open to the public.* Carver Educational Services Center, 850 Hungerford Dr., Rm. 127, Rockville. Community members (parents) who wish to be included in the open forum, email Joan Sabaka, VALNTINE20@aol.com, Leslie Brents, brentswatts@earthlink.net or Anne Turner, adturn88@verizon.net. (Spring 2009)

Monthly Moms Lunch Out (3rd Thurs., 11:30 AM). *Moms of kids with special needs get together for lunch or just a cup of coffee and share and support each other.* Rockville or Olney. Laura Swerdlin, lauarswerderlin@comcast.net, please RSVP with name, phone number (Spring 2009).

Monthly Moms Night Out (1st Thurs., 7:30 PM.). *Moms of kids with special needs get together for dinner or just a cup of coffee and share and support each other.* Rockville or Olney. Laura Swerdlin, lauarswerderlin@comcast.net, please RSVP with name, phone number to make reservations (Spring 2009).

Montgomery Home Learning Network Meeting (4th Tues., 7:00 - 8:30 PM). *A support and networking group for homeschooling families in Montgomery County. Homeschoolers of all educational and religious philosophies welcome.* Wheaton Library, large meeting rm., 11701 Georgia Ave., Wheaton. Sponsored by MHLN, jsangillo@mindspring.com, Emily Mellgren, emily@erdelynet.com, <http://groups.yahoo.com/group/MHLNnet>, <http://www.mhln.info> (April 14, May 12, 2009).

Parent E.A.S.E. (Empowerment, Advocacy and Support in Education. *Workshops for parents and primary caregivers of children with special educational needs.* Call for location. MC Federation for Children's Mental Health, 301-681-8929, ext 27 for more information. (2009)

Transition Times For Parents of Young Adults Leaving High School (usually 3rd. Wed., 7:30 - 9:00 PM). *Transition Times is a group for parents seeking information regarding the process of transitioning from high school to young adulthood.* The Arc of MC, 11600 Nebel St., Rockville. Co-sponsored by the Arc of MC, Haydee DePaula, 301-984-5777 ext. 265, and Potomac Community Resources, Seth Duncan, seth@pcr-inc.org, 301-365-0561. Register on line at www.pcr-inc.org (Spring 2009).

SPECIFIC DIAGNOSIS

AI-Anon Family Meeting (Mon., Wed. & Fri., 1-2:00 PM.). First Baptist Church of Rockville, 55 Adclare Rd., Rockville. Sponsored by Washington Metropolitan Area AI-Anon/Alateen Information Service (WMAAIS), 202-882-1334, (http://www.ai-anon-alateen-dcmd.org/MC_AI_Annon_Brochure.PDF).

AI-Anon Family Meeting (Sun., 1-2:00 PM.). Covenant United Methodist Church, 20301 Pleasant Ridge Dr., Montgomery Village. Sponsored by Washington Metropolitan Area AI-Anon/Alateen Information Service (WMAAIS), 202-882-1334, (http://www.ai-anon-alateen-dcmd.org/MC_AI_Annon_Brochure.PDF).

Cerebral Palsy, Family Support Group for Parents of Young Children with. *For parents of children under 4 years old with cerebral palsy.* Location & time to be determined. United Cerebral Palsy of Prince George's and Montgomery

Counties, if interested call Mary Mitchell, 301-459-0566, ext. 17, UCPCounsel@aol.com, marym@netathon.org, www.ucppgmc.com/. (2007 - haven't had the support group for a while but could do one if there is enough of a demand.).

CP Parents. *Provides a personal parent to parent type support network for parents of children with Cerebral Palsy. The list serve is open to all residents of Virginia, Maryland, West Virginia and D.C. Make new friends, share your experiences and trade ideas. Monthly gatherings in select areas.* CPPARENTSVA-subscribe@yahoogroups.com, more information by contacting Melissa Curry, Mbc Curry01@verizon.net or CPPARENTSVA-owner@yahoogroups.com, <http://groups.yahoo.com/group/CPARENTSVA/> (2009)

Deaf Adults Support Group, \$15/session (may be insurance reimbursable), day/time TBA. *Support group for adults (ages 25+) to share hopes, fears, coping mechanisms and strategies for improving relationships. Group will focus on mental health issues affecting relationships=; how to live for the today and plan for the future.* JSSA, 200 Wood Hill Rd, Rockville. Jewish Social Service Agency, Elizabeth Katz, LCSW-C, lkatz@jssa.org, register at TTY 301-309-2597, V 301-838-4200 (Spring 2009).

Deaf-Parent Network. *JSSA is continually forming additional groups based on individuals' and parents' specific needs and requests.* Please call 301-838-4200 (voice), 301-309-2597 (TTY) to inquire about groups or to convey a specific need. JSSA, 200 Wood Hill Rd. Rockville. (Oct. 2, 2008 - Internet Safety)

Downs Syndrome, Network of Montgomery County. (1st Mon., 7:30 PM). *Support and informational meetings. Consider joining the Yahoogroup - at dsnmc@yahoogroups.com.* Arc of MC, 11600 Nebel St., Rockville. DSNMC info-line, 301-916-4985 (9am - 10PM), <http://www.dsnmc.org/> (2009).

Fetal Alcohol Spectrum Disorders, Support Group of Northern Virginia (2nd Tues., 7:00 - 8:45 PM). *This group is for people with the condition, their families and friends and interested health care professionals.* Reston Regional Library, Bowman Town Dr., Reston. Sponsored by the National Organization on Fetal Alcohol Syndrome, Lydia Klene, 703-471-8929, www.nofas.org. (Oct. 14, 2008).

Metro Area Support Group for Those Dealing with Fetal Alcohol Spectrum Disorders (every other month 3rd Sat., 1:00-3:00 PM, 3rd Tues., 1:00-3:00 PM). *This group is for people with the condition, their families and friends and interested health care professionals.* Holy Cross Hospital, 1500 Forest Glen Rd., Private Dining Rm., #1, Silver Spring. Sponsored by the National Organization on Fetal Alcohol Syndrome, Dr. Erin Frey, 202-785-4585, frey@nofas.org, www.nofas.org. (Oct. 18, 2008).

Fragile X Resource Group, (2nd Sat., every third month, 3:00 - 4:30 PM). Neelsville Presbyterian Church, 20701 Frederick Rd, Germantown. Sponsored by the Maryland Fragile X Resource Group, Kristen Head, kmhead129@aol.com, 301-926-0576, www.mdfragilex.org, for childcare contact Melissa Blount, fraxmom@gmail.com. (Nov. 8, 2008, time TBD at KKI Baltimore, Feb. 14, 2009 at Neelsville PC)

Monthly Custom Hearts/Mended Little Hearts of DC Support Program, (3rd Tues., 7 - 9 PM). *Support group for parents of children with heart defects and heart disease.* Ronald McDonald House of DC, 1326 Quincy St., NE Washington DC. Sponsored by Custom Hearts, Kristin or Jennifer, 443-235-0943, 410-980-1190, customhearts@gmail.com, www.customhearts.org (2009)

Insulin Dependent Diabetes, Family Support Group for Children with (last Wed., 7:30 PM). *These meetings will provide an opportunity for families coping with Type 1 diabetes to learn about the latest research, new equipment and general health information and to network with other families. Children are welcome.* Davis Public Library, 6400 Democracy Blvd., Bethesda. Sponsored by the Juvenile Diabetes Research Foundation, Barbara Kahl, 301-530-3656, kahldolan@verizon.net, www.jdrfcapitol.org. (April 29, May 27, 2009).

Insulin Dependent Diabetes, Family Support Group for Children with (1st Thurs., 7:00 PM). *These meetings will provide an opportunity for families coping with Type 1 diabetes to learn about the latest research, new equipment and general health information and to network with other families. Children are welcome.* Montgomery General Hospital, 18111 Prince Philip Dr., Olney. Sponsored by the Juvenile Diabetes Research Foundation, Joyce Charles, 301-774-8727, www.jdrfcapitol.org. (Spring 2009)

Abilities Network Support Group for Epilepsy (3rd Thurs., 6:00 PM). *A support group for adults with epilepsy and/or seizure disorders and their loved ones/caregivers to share concerns, exchange information and address the dynamics of living well with seizure disorder.* Abilities Network, 1738 Elton Rd., Suite 312, Silver Spring. Sponsored by the Abilities Network/Epilepsy Foundation Chesapeake Region, An Tran, 301-431-7740 (Spring 2009).

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Living with Epilepsy Support Group for Parents (2nd Sun., 12:30PM). *A support group for parents of children with epilepsy and/or seizure disorders.* McLean Bible Church, Rm. 1410, 8925 Leesburg Pike, Vienna. Sponsored by the Epilepsy Foundation of Virginia, Jackie Mills Fernald, 703-770-2942, jackiemillsferald@mcleanbible.org. To make reservations for child care contact Jackie Janssen, 703-639-2000, ext. 3438. Meets May 10, June 14, July 12, Aug. 9, Sept. 13, Oct. 11, Nov. 8, Dec. 13, 2009.

Living Well with Epilepsy Group for Teens & Young Adults (2nd Mon., 7:00-8:00 PM). *A support group with guest speakers on topics of interest.* INVOA Fairfax Hospital, 3300 Gallows Rd., Physicians Conference Center-A, Falls Church. Sponsored by the Epilepsy Foundation of Virginia, Dana Douglas, danadouglas@cox.net. Meets May 11, June 8, July 12, Aug. 10, Sept. 14, Oct. 12, Nov. 9, Dec. 14, 2009.

Sensory Processing Disorders Parent Support Group (1st Sun., 7:00 PM). *Free group with invited speakers for parents of children with sensory processing issues.* OT Ventures, 3616 Horned Owl Ct., Ellicott City. Sponsored by OT Ventures, Jamie Levine, 443-812-6396, <http://www.ot-ventures.com/>, ot-ventures@hotmail.com. (May 3, 2009).

Support Group for Parents of Children with Sensory Processing Disorder (2nd Wed., 7:00 - 8:30 PM) Location to be determined. Sponsored by the KID Foundation, hosted by Howard Pollock & Frandi Mars, 301-570-3393, My_rye_rye@yahoo.com, www.kidfoundation.org. Call or email to confirm meeting location. (Spring 2009).

Tourette Syndrome Support Group Montgomery/Howard County (TBD). TBD. Sponsored by the Tourette Syndrome Association of Greater Washington (TSAGW), 301-681-4133, tsagw@aol.com, www.tsagw.org/ (Fall 2008 looking to establish group, please call.)

TEENS

Children, Adolescent and Teenager Grief Support Group, 6 sessions, (Wed., 6:00-7:30 PM). *For children (4 -17 years old) who have experienced the death of a parent or sibling. Parent/Guardian Group meets at the same time.* Montgomery Hospice, 1355 Piccard Dr., Suite 100, Rockville. Offered by Montgomery Hospice, 301-921-4400, pre-registration required (Starts Mar. 11, 2009)

Good Grief Club, free. *Group held at school for middle and high school students grieving the loss of a loved one.* Guidance counselors arrange for this activity at their schools. Offered by the Hospice Caring Inc., Valerie Taylor, valeriet@hospicecaring.org, 301-990-8904 , www.hospicecaring.org (Spring 2009).

High Schoolers Can Relate, (Mons., 4:00 - 5:00 PM), \$35/session; \$280/for 8 session series. *Co-ed support group for high schoolers with disabilities addressing social skills issues. Learn skills for making friends, initiating and maintaining conversations, expressing feelings and understanding nonverbal cues.* 200 Wood Hill Rd. Rockville. Offered by JSSA, Katie Giganti, LCSW & Lauren Feuerstein, LGSW, 301-816-2633. (Mar. 16 - May 4, 2009).

Journaling & Self-Expressive Fun Group (1:00 - 3:00 PM). *For Teens 13-16. Kids love expressing themselves with magnetic poetry, word stamps, scrapbooks, art and writing as they connect around feelings, release pent-up frustration, and lower the risk of poor life choices.* Kentlands Therapy Office, 352 Main Street, Suite 200, Gaithersburg. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, loriann.lcpc@loriannoberlin.com, www.loriannoberlin.com, Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming (Sept. 2008).

Kids, Teens, Parents Connect, (Sat., 12:00 - 2:00 PM). *Weekly support group for children ages 5-17 who have a parent or close family member with cancer. Simultaneous, professionally facilitated groups will be held for children, teens and their parents. A parent or guardian is required to attend with their child or teen.* Wellness Community Greater Washington, Suite 100, Grosvenor La., Bethesda. Offered by the Wellness Community of Greater Washington, D.C., 301-493-5002, <http://www.wellnesscommunitydc.org/DC/programs/default.asp>. (Begins Spring 2009 session with make-your-own-pizza-party, Oct. 4, 2008).

Lets Talk! Support Group for High Schoolers with Physical Disabilities, (Tues., 4:00 - 5:00 PM), \$90/series of six sessions. *Co-ed support group designed to help participants who want to connect with peers socially and share their thoughts, feelings, frustrations, fears and joys.* 200 Wood Hill Rd. Rockville. Offered by JSSA, Katie Giganti, LCSW & Lauren Feuerstein, LGSW, 301-816-2633. (Oct. 28 - Dec. 2, 2008)

Operation Runaway-Weekly Community Support Group, (Wed., 6:30 - 8:00 PM). *Group for both at-risk youths and their parents or guardians. Get confidential therapeutic support services, education and advocacy in an effort to prevent and reduce runaway behavior.* Potomac Ridge Behavioral Health Center, 14901 Broschart Rd., Rockville. Sponsored by Operation Runaway of the MCPD Youth Family Services Division, call 1-800-204-8600, to register, <http://www.adventisthealthcare.com/PRBH/> . (Spring 2009).

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Rockville Alateen (Sun., 6:30 - 7:30 PM). *Support group for younger family members, whose lives have been affected by someone else's drinking.* Adventist Rehabilitation Hospital of Maryland, 9909 Medical Center Dr., Rockville. Sponsored by Al-Anon, 202-635-2023, <http://www.al-anon-alateen-dcmd.org/> (Jan. 2009).

Weekly Underground Alateen Meeting (Thurs., 8:30 PM). *Support group for younger family members, whose lives have been affected by someone else's drinking.* Neelsville Presbyterian Church, 20701 Frederick Rd., Germantown. Sponsored by Washington Metropolitan Area Al-Anon/Alateen Information Service (WMAAIS), 202-635-2023, <http://www.al-anon-alateen-dcmd.org/>. (Jan. 2009).

Support for Teens, (Tues. 7-8 PM, \$/session, may be insurance reimbursable). *Co-ed support group for students grades 9-12 with LD/PDD. Group focuses on increasing social communicative skills, coping skills and anxiety management.* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009 dates, times & location)

Support for Teens, (Tues., 4-5 PM, \$/session, may be insurance reimbursable). *Support group for girls grades 9-11 who are dealing with ADHD and feeling socially isolated. Group works on self-esteem and self-destructive behaviors.* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009 dates, times & location)

Support for Teens, (Thurs., 7-8 PM, \$/session, may be insurance reimbursable). *Support group for girls grades 9-12 who are dealing with manifestations of depression and social anxiety.* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009 dates, times & location)

Support for Teens, (Mon., 5-6 PM, \$/session, may be insurance reimbursable). *Support group for girls grades 11-12. Group focuses on anxieties involved in the transition period to young adult independence. Preparing for life after high school - whether it is college applications or work world are addressed head on.* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009 dates, times & location)

Support for Teens, (Tues., 6-7 PM, \$/session, may be insurance reimbursable). *Support group for boys grades 9 -10 who are dealing with manifestations of depression (withdrawal and/or anger management issues).* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009 dates, times & location)

Support for Teens, (Wed., 6:30 - 7:30 PM, \$/session, may be insurance reimbursable). *Support group for boys grades 9-12 who are dealing with manifestations of depression (withdrawal and/or anger management issues).* 14508 Physicians La., Suite 111, Rockville. Offered by the Expressive Therapy Center, Stephanie Natter, 301-869-1017, www.expressivetherapycenter.com. Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Spring 2009 dates, times & location)

