

## 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 09/05/11

### ADHD/ADD--

#### *Adults with*

**ADHD Workplace Support Group** (3rd Mon., 7:30 AM -11:30 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.* IHOP, 775 Rockville Pike, Rockville, MD. Sponsored by the MC Chapter of CHADD, <http://www.chadd-mc.org/montgomery-workplace/>. (Sept. 19, 2011), 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, Kerch McColongue, 410-929-3274, [Kerch@mapthefuture.com](mailto:Kerch@mapthefuture.com). (July 20, Aug. 17, Sept. 21, Oct. 19, Nov. 16, Dec. 21, 2011)

**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>. (2011, check web calendar for future topics & support groups for Parent & Adults: June 14, 2011)

**Monthly Support Group for Adults with ADHD** (1st Thurs., 7:15-8:45 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, Joanspa@att.net, Anne, 301-920-3952, <http://www.chadd-mc.org/chapters/montgomery/#adults>. (July 7, Aug. 4, Sept. 1, Oct. 6, Nov. 3, Dec. 1, 2011)

**Monthly Support Group for Adults with ADHD** (3<sup>rd</sup> Thurs., 7:00 - 8:15 PM). *Adults with ADHD share their experiences in dealing with ADHD.* 7920 Longridge Ct., Cabin John. Offered by Candace Sahm, 301-229-9515, <http://www.candacesahm.com/index.php>. (July 21, 2011)

**Monthly Couples Support Group for Those Dealing with Relationships Issues and ADHD**, (2<sup>nd</sup> Mon., 7:00 - 9:00 PM). *Join Rick Silver and Kerch McConlogue in exploring the issues and problem solving.* 10440 Little Patuxent Parkway, Columbia. Offered by THRIVE, 410-740-3240 (July 12, 2010), [www.mythrive.net](http://www.mythrive.net).

**Monthly Hunt Valley Parent Support Group**, (2<sup>nd</sup> Wed., 7:30 - 8:30 PM). *Meetings will focus on topics of interest to parents of children with ADHD.* Wegman's Store, Upper level, 122 Shawan Rd., Hunt Valley. Sponsored by CHADD of Greater Baltimore, 410-377-0249, [ipalanki@yahoo.com](mailto:ipalanki@yahoo.com) (Sept. 2011).

**Speaker Meetings for Adults with and Parents of Children with ADHD**, (4th. Thurs., 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](http://www.chadd-mc.org). \*Check website/email for topic and Speaker. (Sept. 22, Oct. 27, 2011).

#### *Children/Adolescents with*

**Elementary Girls Group** (\$, Tues.). *For elementary school-age girls. Good choice for those with ADHD, Asperger's depression/anxiety, school or family stress, low-self esteem or self-confidence or problems regulating anger.* Quince Orchard Medical Park, 11908-C Darnestown Rd., Suite C, North Potomac. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, [www.ioriannoberlin.com](http://www.ioriannoberlin.com), Loriann Oberlin, LCPC. Intake session required. Sliding scale available with documented request of need. (Summer/Fall 2011). 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., 4:00 - 6:00 PM, \$/8 sessions). *For children 5-9years old, small group workshop focused on social skills set in nature.* Audubon's Woodend Sanctuary, 8940 Jones Mill Rd., Chevy Chase. Noa's Early Childhood Programs, 301-587-5044, [noaleah@gmail.com](mailto:noaleah@gmail.com), <http://noaearlychildhoodprograms.freehostia.com/>. (July 3 - Aug. 31, 2011).

**Social Skills Groups for Boys & Girls**, (Various, TBD PM, \$65 - 75/session may be insurance reimbursable). *Groups for pre-school to 8<sup>th</sup> grade.* JSSA, 200 Wood Hill Rd., Rockville. Offered by Jewish Social Services, 301-816-2633, [www.jssa.org](http://www.jssa.org). Runs Sept. - Jan., 2012.



**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. Spector, 301-593-6554, ext. 46; Christine Young, CHADD Parent Liaison, 301-560-4215, <http://www.chadd-mc.org/calendar/>, contact Sancı Michael, [sanci@rcn.com](mailto:sanci@rcn.com) or 301-656-5811 for more information. (May 11, 2011)*

**Adult Women Support Group** (\$, TBA PM or Wknd.). *Offering understanding, problem solving strategies and more to parents of children with special needs, ADHD or learning disabilities. Quince Orchard Medical Park, 11908-C Darnestown Rd., Suite C, North Potomac. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, [loriann.lcpc@loriannoberlin.com](mailto:loriann.lcpc@loriannoberlin.com), [www.loriannoberlin.com](http://www.loriannoberlin.com), Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming (Summer/Fall 2011).*

## **ADOPTION**

### **Children**

**Kids' Adoption Network Group**, (Thurs., 6:30 - 8:00 PM, \$50/session, \$35/parent session (2)). *8-week series for adopted children grades 5-6. 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, Kunsman, MSW and Allyson Schaffer, LCSW-C, 301-476-8525, [kunsmant@adoptionsupport.org](mailto:kunsmant@adoptionsupport.org), [www.adoptionsupport.org](http://www.adoptionsupport.org). Pre-assessment required. (starts Sept. 2011)*

**Middle School Group**, (Weds., 7:00 -8:30 PM, \$50/session, \$35/parent session). *8-week series for adopted children ages 12-14. 4000 Blackburn La., Suite 260, Burtonsville. Offered by the Center for Adoption Support and Education, Vanessa Marshall, 301-476-8525, [marshall@adoptionsupport.org](mailto:marshall@adoptionsupport.org), [www.adoptionsupport.org](http://www.adoptionsupport.org). Pre-assessment required. (Fall 2011)*

### **Teens**

**TEEN Adoption Group**, (\$75/session; \$40/parent session, Tues., 7:00-8:30 PM). *8 group sessions for adopted teens grades 9 - 12. 4000 Blackburn La., Suite 260, Burtonsville. Offered by the Center for Adoption Support and Education, Sean Delehant, LCPC and Susan LaVigna, LCSW-C, 301-476-8525, [delehant@adoptionsupport.org](mailto:delehant@adoptionsupport.org), <http://www.adoptionsupport.org/cal/index.php>. (starts Sept. 2011)*

**Horse Sense Equestrian Camp for Tweens & Teens**, (\$320). *Adopted children (ages 11 - 15) spend the day learning how to groom, care for and ride horses. Great Strides, 26771 Howard Chapel Rd., Damascus. Offered by the Adoptions Together, <http://www.adoptionstogether.org/Events/EventsCalendar.aspx>. (Aug. 1 - 5, 2011; 9:00 AM - 4:00 PM)*

### **Parents**

**Dialectical Behavior Therapy Program: Parenting Adolescents through Mindfulness**, (TBD.) *This is a comprehensive therapeutic program that has been adapted for adolescents who are experiencing intense negative emotions that can lead to self-injurious behaviors, anger outbursts and difficulty with interpersonal relationships.. Offered by the Adoptions Together, Erica Moltz, [emoltz@adoptionstogether.org](mailto:emoltz@adoptionstogether.org), 301-422-5110., <http://www.adoptionstogether.org/ResourcesandSupport/SupportGroups.aspx> (Program begins Oct. 2011).*

**LGBT Clinical "Rap" Group**, (Weds., 6:00 - 8:00 PM). *A 6-week support group for LGBT parents where families can come together to share about stresses and other issues related to their role as adoptive parents under the trained guidance of a skilled clinician. Space is limited and childcare and dinner is provided. Offered by Post Permanency Family Center (PPFC) and Foster and Parent Advocacy Center (FAPAC), 202-269-9441. (Starts Sept. 21, 2011)*

**Monthly Adoptive Parent Support Group**, 3<sup>rd</sup> Thurs., 7:00 - 8:30 PM). *Come together to meet and support each other in an accessible and confidential location. People's Community Baptist Church, 31 Norwood Rd., Silver Spring. Supported by One Church, One Child, call 301-384-2601, ext. 117.*

**Monthly Super Parenting Webinar Support Group**, (3<sup>rd</sup> Wed, 8:30 - 9:45 PM, \$5/session; 6 sessions.) *Get refueled, share ideas and resources and learn strategies that will help you raise your challenging child while nurturing yourself and your relationship with your child. Offered by the Adoptions Together, Jennifer Kelman, 301-422-5110,*

[jkeman@adoptionstogether.org](mailto:jkeman@adoptionstogether.org), <http://www.adoptionstogether.org/ResourcesandSupport/SupportGroups.aspx> (Jan. 19, Feb. 16, Mar. 16, April 20, May 18, June 15, 2011).

**Monthly Support Group for Parents of Teens**, (2<sup>nd</sup> Tues., 7:00 - 9:00 PM). *For parents with adopted teenagers.* The Barker Foundation, 7979 Old Georgetown Rd., Bethesda. Offered by Barker Foundation, 301-664-9664, [vmakovsky@barkerfoundation.org](mailto:vmakovsky@barkerfoundation.org), <http://www.barkerfoundation.org/post-adoption-services/support-groups> (Sept. 19, 2011).

## ASPERGER'S & AUTISM

### *Adults with*

**Cool, Calm and Connected: Young Adult Social Skills Therapy Group**, (Tues. 6:00 - 7:00 PM), \$65/session (may be insurance-reimbursable), *For men and women with Asperger's Syndrome, PDD or related challenges, ages 19 -30 who are interested in building and maintaining healthy relationships with peers, parents, co-workers and significant others and on appropriately managing feelings such as frustration, anxiety, disappointment, anger and jealousy. 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, Alison Dorsky, LCSW-C, 301-610-8358, [http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult\\_Cool\\_Calm](http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult_Cool_Calm). (Sept. 8 - Jan. 19, 2012)

**Cool, Calm and Connected: Young Adult Social Skills Therapy Group**, (Tues. 6:00 - 7:00 PM), \$65/session (may be insurance-reimbursable), *For young adults who may have Asperger's Syndrome or related challenges, ages 19 -29 and need support in developing and maintaining positive social interactions. Participants will learn to manage stress, anxiety, disappointment and anger while also building confidence.* JSSA, 3018 Javier Rd., Fairfax. Offered by JSSA, Michal Berkson, LCSW, 703-896-7918, [http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult\\_Cool\\_Calm](http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult_Cool_Calm). (Oct. 4 - Jan. 10, 2012)

**Cool, Calm and Connected: Young Adult Social Skills Therapy Group Focusing on Relationships**, (Tues., 7:00 - 7:50 PM), \$65/session (may be insurance-reimbursable). *For young adults who may have Asperger's Syndrome or related challenges, ages 18 -30. This group will focus on building and maintaining healthy relationships with classmates, teachers, peers, parents, co-workers, siblings and significant others and on appropriately managing feelings such as anger, frustration, anxiety, jealousy, and disappointment.* George Mason University, 4409 Dr., Student Union Bldg 1, Room 3313, Fairfax. Offered by JSSA, Dawn Kaye, LCSW, pre-screening appointment required, 703-896-7918, [http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult\\_Cool\\_Calm](http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult_Cool_Calm). (Oct. 4 - Dec. 13, 2012)

**Cool, Calm and Connected: An Social Skills Therapy Group for Adults with Asperger's and Related Disorders**, (Thurs., 6:00 - 7:00 PM), \$65/session (may be insurance-reimbursable), *For men and women ages 25 and older, this group will provide opportunities to understand and improve social interactions with family members, friends, co-workers and acquaintances.* 200 Wood Hill Rd., Rockville. Offered by JSSA, Kate Wissman, LCSW-C, 301-610-8358, [http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult\\_Cool\\_Calm](http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult_Cool_Calm). (Sept. 8, 2011 - Jan. 19, 2012)

**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](mailto:info@aagw.net), <http://www.AAGW.net>. (July 23, Aug. 27, Sept. 17, Oct. 22, Nov. 19, Dec. 17, 2011).

**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](mailto:info@autisticadvocacy.org), <http://www.meetup.com/aspergers-256/#upcoming>, 732-763-5530 (April 17, 2009).

**Going Places: A Social Club for Young Adults with Asperger's Syndrome and Related Disorders** (\$25/event). *Club provides social opportunities for young adults ages 18 - 29 in a structured and supportive environment.* JCCNV, 8900 Little River Turnpike, Fairfax. Offered by jointly by the Jewish Social Services and the Jewish Community Center of Northern Virginia, RSVP Dawn Kay, LCSW, Michal Berkson, LCSW and Melissa Hochberg, pre-registration required, 703-537-3040, [melisah@jccnv.org](mailto:melisah@jccnv.org), [http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult\\_Cool\\_Calm](http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult_Cool_Calm). (Sept. 18, Oct. 23, Nov. 6, Dec. 4, Jan 8, 2012, times TBD).

**Going Places: A Social Club for Young Adults with Asperger's Syndrome** (Sun., \$25/event, time TBA). *Monthly group for adults ages 18-30 diagnosed with Asperger's or related disorders. Outings include parties, bowling, dinners,*

*miniature golf and museum tours.* JCC of Greater Washington, 6125 Montrose Rd., Rockville. Offered by the Jewish Social Services, Stacie Feldman, LGPC and Caryn Harris, LGPC, pre-registration required, 301-610-8414, [http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult\\_Cool\\_Calm](http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult_Cool_Calm). (Sept. 25, Oct. 23, Dec. 18, Jan. 22, 2012)

**Going Places: A Social Club for Adults with Asperger's Syndrome** (Sun., \$25/event, time TBA). *For adults 30+. Club will provide a variety of monthly social opportunities in a structured and supportive environment.* JCCNV, 8900 Little River Turnpike, Fairfax. Offered by jointly by the Jewish Social Services and the Jewish Community Center of Northern Virginia, RSVP Dawn Kaye, LCSW, Michal Berkson, LCSW and Melissa Hochberg, pre-registration required 703-537-3040, [melissah@jccnv.org](mailto:melissah@jccnv.org). (Sept. 25, Nov. 13, 2011, times TBA)

**Moving Up and Out: Life and Job Readiness Skills for Young Adults with Asperger's Syndrome**, (Thurs. 6:00 - 7:30 PM), \$40/session. *For men and women ages 19 - 30 who would like to build life skills to promote independence. Will provide practical information and hands-on experience. Topics include money & time management, meal planning, healthy living, preparing for job interviews and creating a plan for increasing independence.* JSSA 3018 Javier Rd., Fairfax. Offered by JSSA, Michal Berkson, LCSW and Tala LaManna, MSW, 703-896-7918. (Feb. 3 - April 7, 2011).

**Towson Social Group.** (4<sup>th</sup> Mon., 6:00 - 8:00 PM, \$3/meeting or \$25/year) *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>. (July 29, Aug. 26, Sept. 23, Oct. 28, Nov. 18, Dec. 8, 2011)

### *Children/Adolescents with*

**Going Places: A Social Club for Teens with Asperger's Syndrome** (Sun., 12:00 - 2:00 PM), \$25/event. *Social group for teens ages 14 -17 diagnosed with Asperger's syndrome and related disorders. Group activities geared towards getting to know each other and building essential social skills. A variety of monthly outings will be offered.* JCCNV, 8900 Little River Turnpike, Fairfax. Offered by jointly by the Jewish Social Services and the Jewish Community Center of Northern Virginia, register with Michal Berkson, LCSW and Melissa Hochberg, pre-registration required , 703-537-3040, [melissah@jccnv.org](mailto:melissah@jccnv.org), [http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult\\_Cool\\_Calm](http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult_Cool_Calm). (Sept. 18 - Nov. 6, 2011)

**Steps to Success: Life Skills for High Schoolers**, (Tues., 5:30 - 6:30, \$218/8 sessions). *Designed for high school students ages 15 - 21 with high functioning Asperger's syndrome or related disorders to assist them in gaining independence through learning various life skills. Focus on organization, time management, scheduling and planning and stress management.* JSSA, 200 Wood Hill Rd., Rockville. Sponsored by Jewish Social Services Agency, Christy Gragg, LCPC, 301-610-8359. Pre-registration required (Feb. 1 - Mar. 22, 2011).

**Therapy Group for Boys and Girls with Asperger's Syndrome**, (Tues., 4:30 - 5:30 PM, \$65 -75/session, may be insurance reimbursable). *For grades K - 1 (ages 5 -7).* JSSA, 200 Wood Hill Rd., Rockville. Offered by Jewish Social Services, Sarah Hillegass, LCSW-C, 301-816-2633. (Runs Sept. 20 - Dec. 6, 2011).

**Therapy Group for Boys with Asperger's Syndrome**, (Mon., 4:00 - 5:00 PM, \$65 -75/session, may be insurance reimbursable). *For grades 3-4, ages 8 -9.* JSSA, 200 Wood Hill Rd., Rockville. Offered by Jewish Social Services, Laurence Fabre-Welmond, LCSW-C , 301-816-2633. (Sept. 12 - Dec. 19, 2011).

**Therapy Group for Boys with Asperger's Syndrome**, (Thurs., 5:00 - 6:00 PM, \$65 -75/session, may be insurance reimbursable). *For grades 5 -6, ages 10 -11.* JSSA, 200 Wood Hill Rd., Rockville. Offered by Jewish Social Services, Laurence Fabre-Welmond, LCSW-C , 301-816-2633. (Oct. 27, 2011 - Jan. 26, 2012).

**Therapy Group for Boys, middle school, with Asperger's Syndrome**, (Mon., 6:00 - 7:00 PM, \$65 -75/session, may be insurance reimbursable). *For ages 11 - 13.* JSSA, 200 Wood Hill Rd., Rockville. Offered by Jewish Social Services, Zach Lehman, LCSW-C , 301-816-2633. (Oct. 24, 2011 - Jan. 23, 2012).

**Therapy Group for Boys and Girls, high school, with Asperger's Syndrome**, (Wed., 5:30 - 6:30 PM, \$65 -75/session, may be insurance reimbursable). JSSA, 200 Wood Hill Rd., Rockville. Offered by Jewish Social Services, Sarah Hillegass, LCSW-C, 301-816-2633. (Runs Sept. 20 - Dec. 6, 2011).

### *Parents of*

.....

**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](mailto:trishathome28@yahoo.com). Call at least 24 hrs. prior to meeting to register for childcare, 301-766-8221. Providing Relief for Autistic Youth, Inc., <http://prayinwesternmd.org/> (Fall 2010).

**Extraordinary Parents Nights**, 7:00 - 9:00 PM. *These meetings are for parents to support each other, share experiences, solve problems to improve the educational experiences and outcomes of students on the autism spectrum.* Rockville Library, 21 Maryland Ave., Rockville. Sponsored by Extraordinary Minds, [www.xminds.org](http://www.xminds.org), 301-444-5225. (. (Oct. 11 - Academic Success and Executive Functioning Differences; Nov. 10 - Parent Panel On Working with Your School to Enhance Social Opportunities and Success; Dec. 7 - How Students Can Benefit From Well-Written Behavior Intervention Plans). (Fall 2011)

**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.* On the Border, 1488 Rockville Pike, Rockville. MARC, Becky Simpson, 301-871-7527, [beckylsimpson@gmail.com](mailto:beckylsimpson@gmail.com), Cyndi Greene, 301-216-0375, [cjgreene@starpower.net](mailto:cjgreene@starpower.net), <http://mdautism.tripod.com>, (Spring 2011)

**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 Across the Autism Spectrum**, (Mon., 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, 301-610-8361, [http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult\\_Cool\\_Calm](http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult_Cool_Calm). (Sept. 12, Oct. 3, Nov. 7, Dec. 5, 2011). 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/> (June 9, 2011).

**Support Group for Spanish Speaking Families with Autistic Children** (3<sup>rd</sup> Thurs., 6:30 - 8:30 PM). *Parent can share their experiences and find support with parents who experience similar challenges.* Today's Family, 1 Research CT., Suite 450, Rockville. Organized by Today's Family, [www.todaysfamily.org](http://www.todaysfamily.org), 240-403-4036. (Feb. 18, 2011)

**Group de Apoyo para padres de niños con autismo**, (3<sup>o</sup> jueves, 6:30 - 8:30 PM). *Nuevo grupo donde padres de familias con niños autísticos pueden compartir experiencias que hacen brillar sus corazones y encontrar consuelo acerca de los retos y decepciones que afrontan cada día. El grupo reunirá el tercer jueves de cada mes.* Today's Family, 1 Research CT., Suite 450, Rockville. Organizado por Today's Family, [www.todaysfamily.org](http://www.todaysfamily.org), 240-403-4036. (Feb. 18, 2011)

**Monthly Support Group for Parents of Young Adults with Autism Spectrum Disorders** (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 (learning disabilities, ADHD, Autism, mood & anxiety disorders and related disabilities/disorders).* JSSA, 3018 Javier Rd., Fairfax. Sponsored by JSSA, preregistration required, Michal Berkson, 703-204-9100. (Sept. 21, Oct. 26, Nov. 30, Dec. 21, 2011).

**TACA Coffee Talk** (last Tues of the month, 8:00 - 9:30 PM). *Come and receive extra support and talk about topics related to autism and meet other TACA families.* Montgomery Mall, Food Court, 7101 Democracy Blvd., Bethesda. Sponsored by Talk About Curing Autism, Alison Hoffman, [Alison.hoffman@tacanow.org](mailto:Alison.hoffman@tacanow.org) or Katherine O'Brien, [Katherine.obrien@tacanow.org](mailto:Katherine.obrien@tacanow.org), <http://www.tacanow.org/local-chapters/maryland/montgomery-countywashington-d-c/>. (July 26, Sept. 27, Oct. 25, Nov. 29, 2011).

## **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.* North Bethesda United Methodist Church, 10100 Old Georgetown Rd.,

Bethesda. Offered by Montgomery Hospice, 301-921-4400, [http://www.montgomeryhospice.org/patients/bereavement\\_programs.php](http://www.montgomeryhospice.org/patients/bereavement_programs.php). Registration required,. (Starts Sept. 27, 2011).

**Bereavement Support Group**, (Thurs., 2:00 - 3:30 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. (Mar. 10, 2011).

**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](http://www.hospicecaring.org), Toby Rabbin, 301-990-0854, pre-registration requested, <http://www.hospicecaring.org/adult.html>. (Fall 2011)

**Evening Grief Support Group**, \$25 registration (6 Thurs., 6:30-8:00 PM). *For anyone grieving the death of a loved one.* Mt. Calvary Baptist Church, 608 North Horners La, Rockville. Offered by Montgomery Hospice, 301-921-4400, bereavement team. Registration required,. (Starts Oct. 6, 2011).

**Loss of Parent**, (Free, 8 Thurs., 7:00-8:30 PM). Gaithersburg. Offered by the Hospice Caring Inc., [www.hospicecaring.org](http://www.hospicecaring.org), Toby Rabbin, 301-990-0854, pre-registration required. (June 30, 2011)

**Parent Loss Group**, (6 Thurs., 6:30 - 8:00 PM). *For adults who have experienced the death of one or both parents.* Woodside United Methodist Church, 8900 Georgia Ave., Silver Spring. Offered by Montgomery Hospice, 301-921-4400. (Starts Oct. 6, 2011).

**Friend Death Support Group**, free (4 weeks - 7:00 - 8:30 PM). *Fro anyone still grieving the death of a close friend whether it was recent or a long time ago.* Gaithersburg, Offered by Hospice Caring Inc., Toby Rabbin, 301-990-0854, [www.hospicecaring.org](http://www.hospicecaring.org), pre-registration requested. (July 8, 2011)

**Spousal and Partner Loss Support Group**, free (12 Tues., 7:00 - 8:30 PM). *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. (Starts July 12, 2011)

**Support Group for Adults Who Have Lost a Parent**, (8 weeks, dates & times TBD). *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, 301-816-2683, pre-registration required. (Fall 2011).

**Weekly Support Group for Newly Bereaved Spouses** (2<sup>nd</sup> & 4<sup>th</sup> 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 (Fall 2011).

**Healing Hearts**, free (Weekly, evenings). *Ongoing group facilitated by volunteers for anyone 50 or younger grieving the death of their partner or spouse.* Offered by Hospice Caring Inc., Toby Rabbin, 301-990-0854, pre-registration required, [tobyr@hospicecaring.org](mailto:tobyr@hospicecaring.org), [www.hospicecaring.org](http://www.hospicecaring.org) (Fall 2011)

**Widows & Widowers Support Group**, free (Wed., 7:00 - 8:30 PM). *Ongoing group facilitated by volunteers for anyone 65 Or older who is grieving the death of their significant other.* Gaithersburg. Offered by Hospice Caring Inc., Toby Rabbin, 301-990-0854, pre-registration requested, [www.hospicecaring.org](http://www.hospicecaring.org) (Fall 2011)

### **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., Debbi Schechter, 301-990-8904, [debbis@hospicecaring.org](mailto:debbis@hospicecaring.org), [http://www.hospicecaring.org/children.html#Camp\\_Caring](http://www.hospicecaring.org/children.html#Camp_Caring). (June 3, 4 & 5, 2011)

**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 Oct. 5, 2011)

**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](http://www.expressivetherapycenter.com). (Call for Fall 2011 dates/times)

.....

**Summer Grief Relief Family Program**, free. *For children ages 4 - 14 and their parents. Share your stories and create a memory. Art, drama, circle time, music, physical activity and snacks.* Hospice Caring Cottage, Bohrer Park, Gaithersburg. Offered by the Hospice Caring Inc., Toby Rabbin, 301/990-0854, <http://www.hospicecaring.org/children.html>. (July 23 & Aug. 14, 1:00 - 5:00 PM).

**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., Debbi Schechter, [debbis@hospicecaring.org](mailto:debbis@hospicecaring.org), 301/990-8904, [www.hospicecaring.org](http://www.hospicecaring.org) (Fall 2011).

### **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.* Gaithersburg. Offered by the Hospice Caring Inc., Toby Rabbin, 301-990-0854, pre-registration requested. (Fall 2011)

**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. (Fall 2011).

**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, 1<sup>st</sup> 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>, Fall 2011)

**Empty Arms, Aching Heart Support Group**, (3rd 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.* 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>, Fall 2011)

**Monthly Support Compassionate Friends** (1<sup>st</sup> 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/> (Fall 2011).

**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 Oct. 5, 2011)

### **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](mailto:pgroup@cnmc.org), <http://www.childrensnational.org/DepartmentsandPrograms/default.aspx?Id=6178&Type=Program&Name=Gender%20and%20Sexuality%20Psychosocial%20Programs#advocacy>. There are two list serves that parents can join by invitation only - contact Dr. Egardo Menvielle, 202-476-5158, [pgroup@childrensnational.org](mailto:pgroup@childrensnational.org) (Fall 2011)

**Monthly PFLAG Support Group**, (3<sup>rd</sup> 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](http://www.pflagdc.org). (Fall 2011)

### **GENERAL DISABILITIES/MAJOR SPECIAL NEEDS**

#### **Children/Adolescents with**

**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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Fall 2011 dates/times).

### ***Parents/Families of***

**Arc of MC - Education Committee Meeting** (2<sup>nd</sup> 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, ext. 275 or Liz Roth, 301-924-2211 (Spring 2011).

**Army Exceptional Family Member Program Support Group**, (2<sup>nd</sup> Wed). *Program open to military families to ensure that exceptional family members receive comprehensive, coordinated special needs services through the military and/or civilian community.* McGill Training Center, 8425 Zimborski Ave., Fort Meade. More information contact Valerie Stanislaus, 301-677-4122, <http://ftmeademwr.com/acs/efmp.php>.

**Parent 2 Parent (P2P)**, (by appointment). *Peer mentoring program to support families of newly diagnosed children with special needs and those that school age children who need help and support.* Krista Middlebrook, SEEC (Seeking Equality Empowerment and Community for People with Developmental Disabilities), 301-472-7363, <http://www.seeconline.org/families/parent2parent>.

**Parent/Caregiver Meetings**, (4<sup>th</sup> Tues., 7:00 - 8:30 PM). *Topics discussed are issues affecting adults with developmental disabilities.* SEEC, 8905 Fariview Rd., Suite 300, Silver Spring, Offered by SEEC (Seeking Equality Empowerment and Community for People with Developmental Disabilities), Nancy Householder, [nhouseholder@seeconline.org](mailto:nhouseholder@seeconline.org), 301-576-9024, <http://www.seeconline.org/families>. (Summer 2011)

**Montgomery County Transitioning Young Adults (MCTrans)** (7:30 - 9:00 PM). *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](mailto:MCTrans-subscribe@yahoogroup.com). Group co-moderator - Reda Sheinberg, [rjsheinberg@yahoo.com](mailto:rjsheinberg@yahoo.com), <http://www.mctransitions.org/> (June 15, 2011)

**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. Meetings are attended by Gwen Mason, MCPS Director of Special Ed and Chris Richardson. These meetings are open to the public and babysitting is offered with advance notice of child's age and needs.* 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](mailto:VALNTINE20@aol.com), Laura Swerdlin, [lauraswerdlin@verizon.net](mailto:lauraswerdlin@verizon.net) or Anne Turner, [adturn88@verizon.net](mailto:adturn88@verizon.net). (Fall 2011)

**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, Abby Lubran, [abby@pcr-inc.org](mailto:abby@pcr-inc.org), 301-365-0561. Register on line : <http://www.pcr-inc.org/calendardetails.asp?ITEMID=455&date=05%2F18%2F2011> (May 18, 2011).

**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, Stacie Feldman, LGPC, 301-610-8355, [http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult\\_Cool\\_Calm](http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult_Cool_Calm). (Sept. 20, Oct. 18, Nov. 15, Dec. 20, 2011). 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.* Quince Orchard Medical Park, 11908-C Darnestown Rd., Suite C, North Potomac. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, [loriann.lcpc@loriannoberlin.com](mailto:loriann.lcpc@loriannoberlin.com), [www.loriannoberlin.com](http://www.loriannoberlin.com), Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming (Call about 2011).

.....

**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. Groups will be formed based on age and specific needs.* JSSA, 200 Wood Hill Rd., Rockville. Offered by the Jewish Social Services Agency, Caryn Harris, LGPC and Stacie Feldman, LGPC, 301-610-8355, [http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult\\_Cool\\_Calm](http://www.jssa.org/growth-learning/autism-spectrum-disorders#Adult_Cool_Calm). (Dates & Times TBD, Fall 2011).

## **LEARNING DISABILITIES**

### ***Young Adults with***

**The Hangout Hive (formerly - Fun Bunch)**, (3rd Wed., 6:30 - 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. Facilitated by Coco Palomeque.* 5440 Marinelli Rd., Strathmore Court Apts., Community Rm., North Bethesda. Sponsored by Learning Disabilities Assn. of MC, for more information visit their website - [www.hangouthive.org](http://www.hangouthive.org) or contact Coco Palomeque, [coco@it.com](mailto:coco@it.com), or Carla Shipp, [csj\\_peach@yahoo.com](mailto:csj_peach@yahoo.com) (2011).

**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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Call for 2011 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](mailto:jomada@verizon.net). Check [www.gtlidnetwork.org](http://www.gtlidnetwork.org) to confirm location & monthly topic {temporary web address - [www.gtlidnetworkmc.org](http://www.gtlidnetworkmc.org)} (2011).

**The LDAMC Parent Connection**, FREE/members, (Wed. 7:00 - 8:30 PM). *Join other parents to discuss issues about your child's learning disabilities such as understanding child's strengths and challenges, what accommodations or modifications fit your child's needs, how to work with schools so they understand your child's needs and much more.* Flower Valley Elementary School, 4615 Sunflower Dr., Rockville. Offered by the Learning Disabilities Association of Montgomery County (LDAMC), 301-933-1076, [ldamc@yahoo.com](mailto:ldamc@yahoo.com). Limited free childcare available, RSVP [ldamcpc@yahoo.com](mailto:ldamcpc@yahoo.com). (2011)

**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. (Fall 2011)

## **MENTAL ILLNESS/DEPRESSION**

### ***Adults with***

**Borderline Personality Disorder** (Tue., 7:30 - 9:30 PM). *Open to family members, consumers, and mental health professionals.* Alternates monthly between Bethesda (Suburban Hospital) and Vienna. Sponsored by the Metro Washington Borderline Personality Disorder Education and Support Group, Diane, 301-469-6101 (Mar. 8 2011).

**NAMI Connections Consumer Support (2<sup>nd</sup> & 4<sup>th</sup> 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, Rose Halper, 301-949-5852, ext. 105, [rhalper@namimc.org](mailto:rhalper@namimc.org) <http://www.namimc.org/support.asp>. (Summer 2011)

**NAMI Connections Consumer Support (2<sup>nd</sup> & 4<sup>th</sup> Tues., 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.* NAMI, 11718 Parklawn Dr., Rockville. Sponsored by NAMI, Rose Halper, 301-949-5852, ext. 105, [rhalper@namimc.org](mailto:rhalper@namimc.org) <http://www.namimc.org/support.asp>. (Summer 2011)

.....

**NAMI Connections Consumer Support (2<sup>nd</sup> & 4<sup>th</sup> 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>. (Summer 2011)

**On Our Own & Recovery Center Drop-In Center (M, Th. & Fr., 1:00 - 7:00 PM).** *Serves and advocates for adults affected by mental illness in Montgomery County.* On Our Own of Montgomery County Drop-In Center, 434 E. Diamond Ave., Gaithersburg, Pam, 240-683-5555. (April 2011)

**Psychotherapeutic Support Group - On Our Own & Recovery Center Drop-In Center (Th., 5:30 PM).** *Support group for adults who have been discharged from an inpatient or outpatient psychiatric facility and wish to continue a group experience. There is a fee and you must register with the facilitators.* On Our Own of Montgomery County Drop-In Center, 434 E. Diamond Ave., Gaithersburg, Debra Matos, 240-426-2402. (Fall 2011)

**Silver Spring Drop-In Center.** *Serves and advocates for adults affected by mental illness in Montgomery County.* 7961 Eastern Ave., 1<sup>st</sup> floor, Silver Spring, Michelle Lynn, 301-589-2303, Ext. 108, <https://www.thesantegroup.org/silver-spring-wellness-and-recovery-center>. (Fall 2011)

**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](mailto:rbosin@juno.com), <http://www.anxietypanic.com/maryland.htm> (2011)

**Support Group for Persons with Obsessive Compulsive Disorder (Various dates, 5:00 PM).** *Support for persons who have been diagnosed with Obsessive Compulsive Disorder.* Silver Spring Drop in Center, 7961 Eastern Ave., Silver Spring. Contact Mychelle Lynn, 301-589-2303. (Summer, 2011)

**Weekly Support Group for Adults with Depression/Bipolar Disorder (Thurs., 6:30 PM, social; 7:00 PM, meeting),** *Weekly patient/peer-run support group with participants from Maryland, Virginia, and the District.* George Washington University Hospital, Room 6108, 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](mailto:hello@dbsanca.org), <http://dbsanca.org/support.htm>, (2011).

**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. (Fall 2011).

**Weekly Support Group for Persons Impacted by Mental Illness (Thu., 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](http://www.recovery-inc.org). (Fall 2011).

**Weekly Support Group for Persons Impacted by Schizophrenia/Schizoaffective (Thurs. 6:30-8:00 PM, except 2<sup>nd</sup> Thurs.), 7<sup>th</sup> Day Adventist, 727 West Montgomery Ave., Rockville.** Contact Richard, 301-977-3507. (Fall 2011).

### ***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 of Families for Children's Mental Health, 301-681-8929, ext 27 for more information and confirm location, [http://www.mcfof.org/\\_mgxroot/page\\_10787.html](http://www.mcfof.org/_mgxroot/page_10787.html). (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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Fall 2011 dates/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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Fall 2011 dates/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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Fall 2011 dates/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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Fall 2011 dates/times).

### ***Children and Teens with***

**Just Chill for Girls**, (Wed., 4:10 - 5:00 PM, \$65/session, may be insurance reimbursable; also \$30 materials fee). *Cognitive Behavioral Therapy group for 9 - 12 year old girls focused on teaching anxiety management skills.* 200 Wood Hill Rd., Rockville. Offered by the Jewish Social Services Agency, Jennifer Frajser, LCPC, 301-816-2633. (Mar. 2 - June 1, 2011)

### ***Families of***

**Monthly NAMI General Family Support Group** (2<sup>nd</sup> Weds., 2:30 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, Dara, 301-949-5852 (Summer 2011).

**Monthly NAMI General Family Support Group** (2<sup>nd</sup> Sat., 9:30 AM). *For families and friends of anyone experiencing a mental illness.* Montgomery General Hospital, Conf. Room C, 2<sup>nd</sup> floor Community Learning Center, 18101 Prince Philip Dr., Olney. Offered by the Montgomery Co. Chapter National Alliance on Mental Illness, Dara, 301-949-5852 (Summer 2011).

**Monthly Support Group for Families of Persons with Schizophrenia**, (3<sup>rd</sup> Thur., 7:00 PM). NAMI, 11718 Parklawn Dr., Rockville. Offered by the Montgomery Co. Chapter National Alliance on Mental Illness, Dara, 301-949-5852, ext. 101, [dbaylinson@namimc.org](mailto:dbaylinson@namimc.org). (Summer 2011).

**Monthly Spouse Support of Persons With Mental Illness** (3<sup>rd</sup> Fri., 7:00 PM). *For spouses or partners of persons experiencing a mental illness.* NAMI, 11718 Parklawn Dr., Rockville. Offered by the Montgomery Co. Chapter National Alliance on Mental Illness, Dara, 301-949-5852, ext. 101. (July 15, 2011)

**Monthly Support Group of Parents/Caregiver of Children or Adolescents with Mental Illness** (3<sup>rd</sup> Tues., 7:30 -9:00 PM). NAMI, 11718 Parklawn Dr., Rockville. Sponsored by the Montgomery Co. Chapter National Alliance on Mental Illness (NAMI), Dara Baylinson, 301-949-5852, ext. 112, [dbaylinson@namimc.org](mailto:dbaylinson@namimc.org), [www.namimc.org](http://www.namimc.org). (On Hiatus)

**Monthly Support Group for Parents and Caregivers of Children and Teens with Mental Illness** (Last Weds., 7:30 - 9:00 PM). First Presbyterian Church, 9325 Presbyterian Circle, 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](http://www.nami.org/MSTemplate.cfm?Section=Support_Groups30&Site=NAMI_Howard_County&Template=/ContentManagement/ContentDisplay.cfm&ContentID=62510). (July 27, 2011 at a restaurant)

**Monthly Support Group for Parents and Caregivers of Children and Teens with Mental Illness** (2<sup>nd</sup> Mon., 12:00 - 1:30 PM). First Presbyterian Church, 9325 Presbyterian Circle, 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](http://www.nami.org/MSTemplate.cfm?Section=Support_Groups30&Site=NAMI_Howard_County&Template=/ContentManagement/ContentDisplay.cfm&ContentID=62510). (Aug. 8, 2011)

**Grupo de Apoyo para Familiares de Personas Que Sufren de Una Enfermedad Mental** (4<sup>o</sup> jueves, 7:00 PM en ESPAÑOL). NAMI, 11718 Parklawn Dr., Rockville. Ofrecido por la Alianza Nacional para las Enfermedades Mentales del Condado de Montgomery, llamar a Adriana Bustios Pulley, 301-949-5852, ext. 100. (julio 2011).

**Support Group for Depression/Bipolar/Schizoaffective Disorder**, free (1<sup>st</sup> Wed. & 3<sup>rd</sup> 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](mailto:adgraham@gmail.com) and

Jennifer Fajman, 301-570-9065, [jennifer@fajman.org](mailto:jennifer@fajman.org), <http://www.dbsanca-family.org/calendar.html> (Fall 2011). 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, 2<sup>nd</sup> floor, (Community Learning Center), 18101 Prince Philip Dr., Olney. Offered by the Montgomery Co. Chapter National Alliance on Mental Illness, Dara, 301-949-5852. (June 2011)

### *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. (Fall 2009).

**NAMI Educational Meeting** (2nd Thurs., 7:15 PM). NAMI, 11718 Parklawn Dr., Rockville. Montgomery County Chapter of the National Alliance on Mental Illness; 301-949-5852 (2011).

**Monthly Support Group of Parents/Caregiver of Children or Adolescents with Mental Illness** (1<sup>st</sup> Sun., 3:00 - 4:30 PM). NAMI, 11718 Parklawn Dr., Rockville. Sponsored by the Montgomery Co. Chapter National Alliance on Mental Illness (NAMI), Dara Baylinson, 301-949-5852, ext. 112, [dbaylinson@namimc.org](mailto:dbaylinson@namimc.org), [www.namimc.org](http://www.namimc.org). (On Hiatus)

**Monthly Support Group for Parents and Caregivers of Children and Teens with Mental Illness** (2<sup>nd</sup> Mon., 12:00 - 1:30 PM). First Presbyterian Church, 9325 Presbyterian Circle, 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](http://www.nami.org/MSTemplate.cfm?Section=Support_Groups30&Site=NAMI_Howard_County&Template=/ContentManagement/ContentDisplay.cfm&ContentID=62510). (Aug. 8, 2011)

**Monthly Support Group of Parents/Caregiver of School Age Children with Bipolar Disorder** (Sun., 3:00 - 4:30 PM). NAMI, 11718 Parklawn Dr., Rockville. Sponsored by the Montgomery Co. Chapter National Alliance on Mental Illness (NAMI), Dara Baylinson, 301-949-5852, ext. 112, [dbaylinson@namimc.org](mailto:dbaylinson@namimc.org), [www.namimc.org](http://www.namimc.org). (Summer 2011)

**P.A.R.E.N.T. RAP - "Parents Accessing Recreation, Entertainment, News and Training"** (4<sup>th</sup> Wed., 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. Registration required. Transportation and childcare stipends may be available.* Bauer Community Center, 14625 Bauer Dr., Rockville. Sponsored by the MC Federation of Families for Children's Mental Health, Michele Banks, 301-648-4978, [MBanks@mcfof.org](mailto:MBanks@mcfof.org) for more information and confirm location. (May 26, 2010)

**S.O.L.U.T.I.O.N.S. (Supporting Our Loved Ones Unconditionally Thru Ideas, Opinions, New Information and Strategies)** (3<sup>rd</sup> Thurs., 6:00 - 8:00 PM). *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. Dinner provided. Registration required. Transportation and childcare stipends may be available.* MC Federation, 13321 New Hampshire Ave., Terrace Level, Suite B, Silver Spring. Sponsored by the MC Federation for Children's Mental Health, Michele Banks, 301-879-5200, 301-648-4978, [MBanks@mcfof.org](mailto:MBanks@mcfof.org) for more information. (Aug. 19, 2010)

**Support Group for Parents of Children with Special Mental Health Needs** (Wed., 6:30 - 8:30 PM). *New support group for parents in the Silver Spring, Wheaton, and Takoma Park area. Learn about respite and other resources. Network with other parents and participate in educational and training programs. Transportation and childcare stipends may be available, call at least a day ahead for arrangements.* Colesville Professional Center, 13321 New Hampshire Ave., Terrace Level, Suite B, Silver Spring. Sponsored by the MC Federation for Children's Mental Health, Michele Banks or Sheri Verdonk, 301-648-4978, [MBanks@mcfof.org](mailto:MBanks@mcfof.org), [sverdonk@mcfof.org](mailto:sverdonk@mcfof.org) for more information. (Starts Jan. 6, 2010 with presentation by Brooke Kaiser, Director of Respite, Easter Seals of Greater Washington, D.C.)

**Support Group for Family Members of Those with Depression/Bipolar/Schizoaffective Disorder**, free (1<sup>st</sup> Wed. & 3<sup>rd</sup> 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) 301-570-9065, [jennifer@fajman.org](mailto:jennifer@fajman.org), <http://www.dbsanca-family.org/calendar.html> (Fall 2011). Only 1 meeting July, Aug. & Jan.

.....

## SELF-IMPROVEMENT

### *Children/Adolescents*

**Kids Can Cope! Children of Divorce Support Group**, \$280/series (Thurs., 6:00 - 7:00 PM). *Four interactive group sessions for children (ages 9 - 12) 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, 3018 Javier Rd., Fairfax. Jewish Social Service Agency, Elliott Schwartz, 703-896-7901, <http://www.jssa.org/web/guest/growth-learning/children-teen-camps-clubs-groups>. Pre-registration required. (Mar. 3 - April 21, 2011).

**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](http://www.divorceabc.com). (2011, registration required).

**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.* Quince Orchard Medical Park, 11908-C Darnestown Rd., Suite C, North Potomac. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, [loriann.lcpc@loriannoberlin.com](mailto:loriann.lcpc@loriannoberlin.com), [www.loriannoberlin.com](http://www.loriannoberlin.com), Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming (Fall 2011).

**Kids, Teens, Parents Connect**, (Wed. 4:00 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.* Hope Connections for Cancer Support, Suite 100, 5430 Grosvenor La., Bethesda. Offered by Hope Connections for Cancer Support, 301-493-5002, <http://hopeconnectionsforcancer.org/home>. (Fall 2011).

### *Adults*

**Adult Divorce Support Group** (\$, lunch or evening.). *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.* Quince Orchard Medical Park, 11908-C Darnestown Rd., Suite C, North Potomac. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, [loriann.lcpc@loriannoberlin.com](mailto:loriann.lcpc@loriannoberlin.com), [www.loriannoberlin.com](http://www.loriannoberlin.com), Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming (Fall 2011).

**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 <http://www.dcmetrodads.com/index.php>, <https://www.bigtent.com/groups/mcdfs> (2011)

**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, 451 Hungerford Dr., Suite 225, Rockville. Sponsored by National Family Resiliency Center, 301-384-0079. (2011, call for days & times)

**FLAVORS (Families Linked to Advocacy and a Variety of Resources and Supports)** (Mon., 4:45 - 6:45 PM). *Program for families who have children or youth involved in the juvenile justice system. Spanish interpretation services are available.* Juvenil Assessment Center, Room 6B, 7300 Calhoun Dr., Suite 600, Rockville. Co-sponsored by the MC Federation for Children's Mental Health and Lead4Life, Melody Smith, 301-312-7772 or Karina Funes Oviedo, 301-412-6735. (April 12, 19 & 26, 2010).

**Hearing Loss Association of Montgomery County Support Group**, (Sat., 10:30 AM - 12:00 PM). *Chapter provides support, education and access promotion for people with hearing loss.* Hearing Loss of America, 7910 Boodmont Ave., Suit 1200, Bethesda. Sponsored by the Hearing Loss Assn. of Montgomery County, <http://www.mcshhh.org/>, Joan Kleinrock at 301-493-8343 (V), [joankleinrock@comcast.net](mailto:joankleinrock@comcast.net) (Feb. 26, 2011).

**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/>. (2011)

**Monthly Attachment Parenting Support**, (2nd Sun., 4:30-6:30 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). (Aug 12 - Sleep; Oct. 15 - Babywearing; Nov. 12 - Pre-School and Early Education Options).

**Quarterly Downcounty Latino Network Meeting** (quarterly, 2<sup>nd</sup> Wed., 3:30 - 5:00 PM),. Welcomes participation from all community members. Opportunity to network with services providers and to hear from speakers on topics of interest to the Latino Community. Wheaton Library, 11701 Georgia Ave, Wheaton. Downcounty Latino Network, Karla Silvestre, [Karla.Silvestre@montgomerycountymd.gov](mailto:Karla.Silvestre@montgomerycountymd.gov), 240-777-2525. ( July 27, 2011)

**Quarterly Upcounty Latino Network (ULN) Meeting**, (quarterly, 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, 240-777-2525, [Karla.Silvestre@montgomerycountymd.gov](mailto:Karla.Silvestre@montgomerycountymd.gov). (June 22, 2011).

**Separated and Divorced Deaf Adults Support Group**, \$140/ 4 sessions (Wed., 6:00 - 7:30 PM). Share similar experiences, gain support and advice. JSSA, 200 Wood Hill Rd., Rockville. Jewish Social Service Agency, Liz Katz, LCSW-C, TTY: 301-309-2597, 301-610-8376, [www.jssa.org](http://www.jssa.org). Pre-registration required. (Oct. 26 - Nov. 16, 2011).

**S.O.L.U.T.I.O.N.S. (Supporting Our Loved Ones Unconditionally Thru Ideas, Opinions, New Information and Strategies)** (3<sup>rd</sup> Thurs., 5:30 - 7:00 PM). 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. Registration required. Transportation and childcare stipends may be available. Dinner provided. Habitat for Humanity of Montgomery County, MD, Inc., 9100 Gaither Rd., Gaithersburg (enter thru the Restore). Sponsored by the MC Federation of Families for Children's Mental Health, 301-648-4978, Michele Banks for more information, [MBanks@mcfof.org](mailto:MBanks@mcfof.org). (Jan. 28, 2010)

**Support Group for Stutters**, (1st Tues., 7:00 - 8:45 PM). Group for people who stutter. Meets in Kensington. For more information Tracey Wallace, 301-793-3277, [drheargood2003@yahoo.com](mailto:drheargood2003@yahoo.com) or for meeting location details Jerome Mortman, 301-942-9399, [jerome\\_mortman@yahoo.com](mailto:jerome_mortman@yahoo.com), National Stuttering Association, [www.nsastutter.org](http://www.nsastutter.org). (Fall 2011)

**Teens Who Stutter Support Group**, (1st Tues., 6:00 - 7:30 PM). Group for teens who stutter. Location TBD. For more information Tracey Wallace, 301-793-3277, [dryes\\_istutter2@yahoo.com](mailto:dryes_istutter2@yahoo.com), National Stuttering Association, [www.nsastutter.org](http://www.nsastutter.org). (Fall 2011)

**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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Fall 2011, 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. Quince Orchard Medical Park, 11908-C Darnestown Rd., Suite C, North Potomac. Offered by Loriann Oberlin Counseling & Mediation, LLC, 301-461-8528, [loriann.lcpc@loriannoberlin.com](mailto:loriann.lcpc@loriannoberlin.com), [www.loriannoberlin.com](http://www.loriannoberlin.com), Loriann Oberlin, LCPC. Intake session required. Ongoing groups forming (Fall 2009).

## **SPECIAL EDUCATION/ADVOCACY**

**GIFTSNVA**, 4<sup>th</sup> 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. 121, 11979 North Shore Dr., Reston. To join affiliated Yahoogroup or more information contact Kathy Kuhl or Pat Whittle, [<GiftsNVA-owner@yahoo.com>](mailto:<GiftsNVA-owner@yahoo.com>) include ages of children. (Feb. 28, 2011).

**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 Yahoogroup for details. TBD. <http://groups.yahoo.com/group/MCneeds>.

.....

**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. (Fall 2011)

**Monthly Moms Night Out .** *Moms of kids with special needs get together (usually every other month) for dinner or just a cup of coffee and share and support each other.* Rockville or Olney. Email Laura Swerdlin, [lauraswerdlin@verizon.net](mailto:lauraswerdlin@verizon.net), to ask about upcoming gatherings. Please include your name and phone number.

**Montgomery Home Learning Network Meeting** (4th Tues., 7:00 - 9:00 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](mailto:jsangillo@mindspring.com), Emily Mellgren, [emily@erdelynet.com](mailto:emily@erdelynet.com), <http://groups.yahoo.com/group/MHLNnet>, <http://www.mhln.info> (Fall 2011).

**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 of Families for Children's Mental Health, Michele Banks, 301-648-4978 for more information. (Sept. 30, 2010)

**Parents and Caregiver Support Group for Special Needs Children,** (1<sup>st</sup> Wed., 7:30 - 9:00 PM., \$15/session). *Gain knowledge, share resources, coping mechanisms and strategies and provide mutual support.* Jewish Community Center of Northern Virginia, 8900 Little River Turnpike., Fairfax. Co-offered by the Jewish Social Services Agency and the Jewish Community Center of Northern Virginia, Andrea LoBalbo, LCSW, and Melissa Hochberg, [melissah@jccnv.org](mailto:melissah@jccnv.org), 703-537-3040, 703-896-7915. (June 1, July 6, Aug. 3, 2011)

**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, Abby Lubran, [abby@pcr-inc.org](mailto:abby@pcr-inc.org), 301-365-0561. Register on line at [www.pcr-inc.org](http://www.pcr-inc.org) (Fall 2011).

## **SPECIFIC DIAGNOSIS**

**Adolescent Outpatient Family Support Group,** (Tues., 6:00 - 8:45 PM). *Group for families with a child/family member currently in the adolescent outpatient or intensive out patient programs.* Adventist Behavioral Health Center, HR Conference Room, 14901 Broschart Rd., Rockville. Offered by Adventist Behavioral Health, call Kim Bradshaw, Chemical Dependency Counselor, 301-251-6047, <http://www.adventisthealthcare.com/PRBH/> . (Summer 2011).

**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 Al-Anon/Alateen Information Service (WMAAIS), 202-882-1334, ([http://www.al-anon-alateen-dcmd.org/MC\\_AI\\_Annon\\_Brochure.PDF](http://www.al-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 Al-Anon/Alateen Information Service (WMAAIS), 202-882-1334, ([http://www.al-anon-alateen-dcmd.org/MC\\_AI\\_Annon\\_Brochure.PDF](http://www.al-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](mailto:UCPCounsel@aol.com), [marym@netathon.org](mailto:marym@netathon.org), [www.ucppgmc.com/](http://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, [Mbcurry01@verizon.net](mailto:Mbcurry01@verizon.net) or [CPPARENTSVA-owner@yahoogroups.com](mailto:CPPARENTSVA-owner@yahoogroups.com), <http://groups.yahoo.com/group/CPARENTSVA/> (2011)

**Downs Syndrome, Network of Montgomery County.** (1st Mon., 7:30 PM). *Support and informational meetings. Consider joining the Yahoogroup - at [dsnmc@yahoogroups.com](mailto:dsnmc@yahoogroups.com).* Arc of MC, 11600 Nebel St., Rockville. DSNMC info-line, 301-916-4985 (9am - 10PM), <http://www.dsnmc.org/> (2011).

.....

**Fetal Alcohol Spectrum Disorders, Parent Support Group** (2<sup>nd</sup> Sat., 7:00 - 8:30 PM). *This group is for birth or adoptive parents of children with fetal alcohol spectrum disorders.* Holy Cross Hospital, 1500 Forest Glen Rd., Professional Community Education Center, Room EDU1, Silver Spring. Sponsored by the National Organization on Fetal Alcohol Syndrome, Brianna Montgomery, 202-785-4585, [www.nofas.org](http://www.nofas.org). (Sept. 13, 2011).

**Monthly Custom Hearts/Mended Little Hearts of DC Support Program**, (3<sup>rd</sup> 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](mailto:customhearts@gmail.com), <http://mendedlittlehearts.net/component/weblinks/37-district-of-columbia.html> (2011)

**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@gmail.com](mailto:kahldolan@gmail.com), [www.jdrfcapitol.org](http://www.jdrfcapitol.org). (Sept. 27, Oct. 26, 2011).

**Diabetes Support Group** (1<sup>st</sup> Wed., 6:00 PM). *Open discussion and mutual support.* Montgomery General Hospital, Community Learning Center B (2<sup>nd</sup> floor), 18111 Prince Philip Dr., Olney. Sponsored by the Juvenile Diabetes Research Foundation, Robert, 410-300-4566, Mike 301-774-0518, Joyce Charles, 301-774-8727, <http://www.jdrfcapitol.org/support-groups/>. (Summer 2011)

**Teens with Diabetes and Parents of Teens with Diabetes** (1<sup>st</sup> Wed., 7:00 - 8:30 PM). *For teens to pre-teens (11 - 18 years old. Parents and teens meet separately. Supportive group of people with whom you can share your experiences in coping with diabetes.* Shady Grove Adventist Hospital, Sycamore Room, 9901 Medical Center Dr., Rockville. Offered by Adventist Health, 240-826-7228. (Starting Dec. 1, 2010).

**Abilities Network Support Group for Epilepsy** (3<sup>rd</sup> 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 (Fall 2011).

**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](mailto:tsagw@aol.com), [www.tsagw.org/](http://www.tsagw.org/).

## TEENS

**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 Oct. 5, 2011)

**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., Debbi Schechter, [debbis@hospicecaring.org](mailto:debbis@hospicecaring.org), 301/990-8904, [www.hospicecaring.org](http://www.hospicecaring.org) (Fall 2011).

**Kids, Teens, Parents Connect**, (Wed. 4:00 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.* Hope Connections for Cancer Support, Suite 100, 5430 Grosvenor La., Bethesda. Offered by Hope Connections for Cancer Support, 301-493-5002, <http://hopeconnectionsforcancer.org/home>. (Fall 2011).

**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.* Adventist Behavioral Health Center, 14901 Broschart Rd., Rockville. Sponsored by Operation Runaway of the MCPD Youth Family Services Division, Debra Caplan, LCPC, call 301-251-4545, <http://www.adventistbehavioralhealth.com/ABH/facilities/rockville/services/adolescents/operation-runaway/>. (Summer 2011).

**Rockville Alateen** (Mon., 7:00 PM). *Support group for younger family members, whose lives have been affected by someone else's drinking.* Crusader Lutheran Church, 1601 Viers Mill Rd., Rockville. Sponsored by Al-Anon, 202-635-2023, <http://www.al-anon-alateen-dcmd.org/> (Fall 2011).

.....

**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/>. (Fall 2011).

**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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Fall 2011 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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Fall 2011 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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Fall 2011 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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Fall 2011 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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Fall 2011 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](http://www.expressivetherapycenter.com). Participants are prescreened and evaluated to determine appropriateness of the group. (Call for Fall 2011 dates, times & location)

.....