



SUPPORT GROUPS

in and around

Frederick County



Developed by the Women's Center at the Office of Adult Services
Frederick Community College
7932 Opossumtown Pike • Frederick, MD 21702 • 301-846-2483
<http://www.frederick.edu/adultservices>

Alzheimer's/Dementia Support Groups

The following support groups are for family members/caregivers of anyone with Alzheimer's/dementia.

3rd Monday of each month from 4:30p.m.-6:30p.m. at Daybreak Adult Day Center, 7819 Rocky Springs Road, Frederick. Call 301-696-0808 to register or for more information. Caregiving for family member and light dinner are provided when you have called and registered in advance of the session.

3rd Tuesday of each month from 4:00p.m.-5:00p.m. at Glade Valley Nursing Home, 56 West Frederick Street, Walkersville. Light refreshments are provided. Call Laura Atkinson at 301-898-4300 for more information or to register.

2nd Thursday of each month from 6:30p.m.-8:00p.m. at Country Meadows Retirement Communities, 5955 Quinn Orchard Road, Frederick. Light refreshments are provided. Call Debbie Savageau at 301-228-2249, x35109 for more information.

Alzheimer's Education and Support Series - Whether you're caring for a loved one with Alzheimer's or dementia, or know someone struggling with memory, join us as we offer helpful information, strategies, and solutions for everyone facing the challenges of memory loss. This group meets the 1st Tuesday of each month from 4:30p.m.-6:30p.m. at Somerford Place, 2100A Whittier Drive, Frederick and is sponsored by Somerford Assisted Living & Alzheimer's Care and the Alzheimer's Association. Call 301-668-3900 and ask for Gina Posey for more information.

Early Stage Memory Loss Group - This group, for both people with early stage memory loss and their care partners, meets the 1st Tuesday of each month at 12:00p.m. Pre-screening is required. Call Cathy Hanson at the Alzheimer's Association at 301-696-0315 for more information, including meeting location.

Bereavement Support Groups

Compassionate Friends - Compassionate Friends is a self-help organization to support bereaved parents through the death of a child. This group meets at 7:30p.m. on the 1st Wednesday of each month (except July) at Trinity United Methodist Church, 705 West Patrick Street in Frederick. Grandparents and adult siblings are welcome to attend the support group as well. Call Kim Edmands at 301-305-6378 for more information.

Grief Share - This on-going recovery group and video series, held at Frederick Christian Fellowship Church at 10142 Hansonville Rd, Frederick meets the 1st and 3rd Thursdays of each month from 7:00p.m.-8:30p.m. The group, for anyone suffering from a recent loss, is designed to answer questions about grieving and to give comfort, encouragement, and support through relationships with others who know what it's like to feel this kind of sadness and pain. Childcare is available with pre-registration. The class is free but there is a \$15 fee for the participant book if you choose to purchase it. Call 301-620-2255 or visit <http://www.fcchurch.com> for more information or to register.

Grief Support Group - This group is designed to provide support to individuals who have experienced the death of a loved one. Meetings are held at Hospice of Frederick County, 516 Trail Avenue, Suite A in Frederick on the 2nd and 4th Monday of each month from 5:00p.m.-6:30p.m. and the 1st and 3rd Tuesday of each month from 2:00p.m.-3:30p.m. Call 240-566-3030 or visit <http://www.hospiceoffrederick.org> for more information.

Survivors of Suicide Support Group - This support group, offered through the Mental Health Association of Frederick County, is for those who have lost a loved one to suicide. Meetings are held the 2nd Monday of each month at 7:00p.m. Call Nancy Miller at 301-663-0011 x127 for more details about the group and to register to attend.

Mackenzie's Light - This bereavement and addiction awareness program and support group is open to all who are grieving over the loss of a loved one and/or are seeking addiction awareness information. Meetings are held the last Monday of each month at 6:30p.m. at the Thurmont Regional Library, 76 East Moser Rd, Thurmont. The group offers monthly speakers, films, and other resources in addition to support. Call Becky Freeze at 301-524-8064 for more information.

Cancer-Related Support Groups

Breast Cancer Support Group - This group meets the 2nd Thursday of each month at 7:00p.m. in the Student Center, Room H-106D at Frederick Community College. All breast cancer survivors, from newly diagnosed to long term remission/survival, are encouraged to attend. Call the Anne-Lynn Gross Breast Cancer Resource Center at 301-846-2483 or visit their website at <http://www.frederick.edu/student-resources/adult-services.aspx> for more information.

Frederick Prostate Cancer Support Group - This prostate cancer support group for patients and family members is co-sponsored by Frederick Memorial Hospital and the American Cancer Society. It meets the 4th Wednesday of each month, January through October, at 6:30p.m. at the Regional Cancer Therapy Center, 501 West 7th Street, Suite B in Frederick. Call Bert Hauver at 240-566-4715 for more information.



Developmental Disabilities-Related Support Groups

Autism Society of America, Frederick County, Maryland Chapter - This group, for anyone who has a loved one with autism, generally meets on a weekday morning at 9:30a.m. but the meeting day changes each month. Call Shawna at 301-695-3676 to confirm the date and time for the next meeting. Sometimes meetings are held at a local restaurant. Meetings offer support and information.

Brain Injury Support Group - This group, for individuals who have sustained a brain injury, meets the 1st Thursday of each month (except holidays) from 6:30p.m.-8:00p.m. at the Arc of Frederick County, 620-A Research Court, Frederick. The meeting provides an opportunity to socialize, meet others, and receive support and encouragement. Family and friends are invited to join a separate support group at the same meeting time.

F.R.I.E.N.D.S. - Family Resource Information Education Network for Down Syndrome - Monthly meetings, the 2nd Friday of each month from 7:00p.m.-8:30p.m. at the Middletown United Methodist Church, 7108 Fern Circle off Alternate Route 40, are for parents and extended family of children with Down Syndrome. Call Denny Weikert at 240-415-0522 or 703-928-2494, visit their website at <http://www.friendsofiredco.org> or email them at dweikert@friendsofiredco.org for more information.

Grupo de Apoyo Familiar Hispano (Hispanic Family Group) - Para familias que tienen hijos con alguna discapacidad. Este grupo se reúne para dialogar sobre temas de mutuo interés, aprender de los demás, tener un momento de compañerismo, y fortalecer lazos de amistad dentro de la comunidad hispana. Este grupo se reúne cada tercer sábado de mes a las 2:00p.m. Las reuniones se llevan a cabo en español, pero todas las personas son bienvenidas. Llame a Alina Oliva al 301-663-4449 para la fecha de la próxima reunión o para más información.

Parent's Support Group - Meets on the 2nd Wednesday of every month from 11:30a.m.-1:00p.m. The group usually meets at a local restaurant to enjoy a social lunch together, sharing in conversation where stories of successes and struggles can be expressed within a group of parents who can really relate to each other. They share ideas on different topics and offer support to one another. This is a casual group setting where parents are involved in the decisions about the group. If you are interested in joining the Parent's Group, contact Amy at The Arc at 301-663-0909 x129. Amy can put you on the mailing list to receive monthly flyers with the information for each meeting.

Transitioning Youth Parent Support Group - For parents, caregivers, and family members of high school students with developmental disabilities, this group focuses on educational supports and connecting students to work and other adult resources and meeting deadlines to access benefits. They also brainstorm, share stories, and expand parent knowledge of what is offered during and after high school for students with developmental disabilities. The final years of high school are critical to securing supports that will help transitioning youth students for the rest of their lives. During the parent meeting students can participate in a variety of social activities. Meetings are held the last Wednesday of the month from 5:30p.m.-7:30p.m. with a wide range of community resources and it gives parents a time to chat with each other and offer support. Meetings are held at the Arc of Frederick County, 620-A Research Court, Frederick, MD 21703. Call Karen Wiese at the Arc of Frederick County at 301-663-0909 x19 or email her at kwiese@arcfc.org for more information, including meeting dates and times.



Mental Illness-Related Support Groups

DBSA - Depression and Bipolar Support Alliance Support Group - This mutual-help support organization is for adults with any mental or behavioral condition that they would like to address with others sharing a similar experience. We offer information and support on a wide variety of issues. Call On Our Own of Frederick County at 301-620-0555 for more information.

The following support groups are sponsored by the **National Alliance on Mental Illness (NAMI) of Frederick County**. For more information, email to info@namifcmd.org, visit their website at <http://www.namifcmd.org>, or call them at 240-379-6186.

Connections Support Group - This group is for those with a mental illness and is facilitated by someone with a mental illness. Contact NAMI for meeting time and location.

Mom's Group - This support group is for moms of children (of any age) who are diagnosed with or showing signs of a mental illness. Contact NAMI for meeting time and location.

Family Support Group - This group is designed to support individuals who have family members with a mental illness. It is open to all - family members are welcome to bring their loved one. The group is held the 4th Tuesday of each month from 6:30p.m.-8:00p.m. in the Great Hall of Way Station (230 West Patrick Street, Frederick). Email Anna See at asee@waystationinc.org or call 301-662-0099 x1293 for more information or to be added to the e-mail roster.

Family and Friends Support Group - This group is for family members and friends of those with mental illness. Meetings are held the 1st Thursday of each month from 7:00p.m.-8:30p.m. at Good Shepherd Lutheran Church, 1415 West 7th Street, Frederick and the 3rd Wednesday of each month from 6:30p.m.-8:00p.m. at All Saints' Episcopal Church, 106 West Church Street, Frederick.

Other Health-Related Support Groups

Frederick County Stroke Club - This group is a social support group for survivors of stroke or any other debilitating disease and their spouses and caregivers. Meetings are usually held the last Monday of the month at 12:30p.m. at a local restaurant. Call Mark Ginder at 301-865-5806 for more information or to confirm meeting date, time, and location.

Friends in Frederick Parkinson's Support Group - This group, for anyone with Parkinson's and/or their caregivers and family, is affiliated with the National Parkinson's Foundation. It meets the 3rd Wednesday of each month from 1:00p.m.-3:00pm at the Mt. Pleasant Ruritan Club. Call John Kraft at 301-845-6514 for more information.

Speaker Series/Discussion Group - This group, for any individual with a disability and their family, is sponsored by Abilities Network and the Epilepsy Foundation of the Chesapeake Region. Various topics are presented followed by an opportunity for sharing. Call 410-828-7700 x1246 for date, time, and location of the next event.

Stroke Support Group - This is an ongoing support group for stroke survivors and caregivers. It meets the 2nd Tuesday of each month at FMH Rose Hill. Call 240-566-3132 for more information.

Other Support Groups

Tuesdays with Sherri - Enhancing Today's Woman - This group meets every Tuesday at 11:00a.m. in the Lincoln Community Room, 200 Phebus Avenue, Frederick. Call Ann Ryan at 301-696-1875 or email Sherri at pears_apple@yahoo.com for more information.

Caregiver Support Group - This group is for anyone caring for a loved one over age 60. The group meets the last Wednesday of each month from 1:30p.m.-2:30p.m. at the Department of Aging, 1440 Taney Avenue, Frederick. Call the Department of Aging at 301-600-6001 for more information.

LaLeche League - LaLeche League offers support and information to breastfeeding mothers, available by telephone, email, and at monthly support groups. The evening group meets the 3rd Wednesday of each month at 6:30p.m. at Evangelical Reformed United Church of Christ (ERUCC), Frederick (there is no parking behind the church - please use the parking deck or on-street parking). Daytime meetings are the 2nd Wednesday of the month at 10:15a.m. at the Urbana Library. Call Laura at 301-639-1006 or visit <http://www.llofmd-de-dc.org/groups/Frederick.html> for more information.

LGBTQ Youth Group - This peer support group for LGBTQ youth and youth allies meets weekly on Wednesday from 7:00p.m.-9:00p.m. at Grace UCC, 25 East 2nd St, Frederick (Enter via white doors down left sidewalk, follow signs downstairs). Open to high school and college aged youth (ages 14-23). Topic-driven meetings include education, support, friendship-building, skill-sharing, mentoring, and more. Parents of minor attendees are allowed, though may be asked to sit to the side as to not interfere with group dynamics. Call 240-415-8327 for more information.

Trans*/GNC Community Group - This group for all Trans and Gender Non-Conforming adults (age 18+ only) meets on the 3rd Thursday of every month from 7:00p.m.-9:00p.m. at Kemp Hall, 4 East Church St, Frederick (once inside the outer doors, take a left at the staircase to the end of the hall). They provide a safe space to discuss issues of interest, including identity, coming out, transition, to support one another in gender exploration, and to build connections with one another. Meetings topics and activities will largely be determined by group interest. Call 240-415-8327 for more information.

12-Step Programs

Alcoholics Anonymous - Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. Meetings are free and offered every day of the week in numerous locations around Frederick County. Call 301-662-0544 or visit <http://www.westcentralaa.org> for more information.

Al-Anon/Ala-Teen - All who have been affected by someone else's drinking can find solutions that lead to serenity through this fellowship. Call 301-663-6626 or visit <http://www.marylanddc-alanon.org> and then click on "find a meeting" for the one closest to you.

Cocaine Anonymous - Cocaine Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem, and help others to recover from their addiction. Call 301-368-9202 or 202-368-0476 or visit <http://www.ca.org> for local meeting times and places.

Food Addicts in Recovery Anonymous - This program is based on the 12-step recovery model to help those struggling with an addiction to food. Membership is open to anyone who wants help and support with problems related to how they eat, whether they are anorexic, bulimic, obese, or have the tendency to emotionally overeat. Visit www.foodaddicts.org or call the Frederick group at 240-415-8851 for more information.

Gamblers Anonymous - Gamblers Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from a gambling problem. Locally, they meet on Mondays at 7:00p.m. at the Schaeffer Building, 26 East 2nd Street, Frederick (enter in the rear of building). Visit <http://www.gamblersanonymous.org> for more information.

Narcotics Anonymous - Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. Call 800-543-4670 or visit <http://www.cprna.org> for local meeting times and places.

Overeaters Anonymous - Overeaters Anonymous is a 12-step program of recovery from compulsive overeating. Call 301-694-3554 or visit <http://www.oa.org> for meeting places and times in Frederick County and surrounding area.