**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. Call 301.662.0544 or visit www.westcentralhs.org for local meeting times and places.

**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 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 for more information.

**Gamblers Anonymous Group** - 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. Visit www.gamblersanonymous.org for local meeting times and places.

**Narcotics Anonymous** - Narcotics Anonymous is a nonprofit fellowship of men and women for whom drugs had become a major problem. Call 800.543.4670 or visit www.na.org for local meeting times and places.

**Overeaters Anonymous** - Overeaters Anonymous is a 12-step program of recovery from compulsive overeating. Membership is open to anyone who eats compulsively, whether they are anorexic, bulimic, obese, or have a similar experience. They offer information and support on a wide variety of issues. The group meets weekly on Wednesdays from 1-2:30 p.m. at On Our Own of Frederick County, 331 West Patrick Street, Frederick. Call On Our Own of Frederick County at 301.620.0555 for more information.

**Support Groups in and around Frederick County**

Developed by the Women's Center at the Office of Adult Services

7932 Opossumtown Pike
Frederick, MD, 21702
301.846.2483

Frederick Community College
frederick.education/adultservices

**Mental Illness-Related Support Groups**

**Depression and Bipolar Support Group** - This mutual-help support organization is for adults with any mental or mood condition that they would like to address with others sharing a similar experience. They offer information and support on a wide variety of issues. The group meets monthly on the 1st Monday of each month at 7-8:30 p.m. in the Raspberry Room of the Frederick Regional Library, 516 Trail Avenue, Suite A in Frederick. Call 240.379.6186 for more information.

**Connections Support Group** - This group is for those with a mental illness and is facilitated by someone with a similar experience. Meetings are held the 3rd Tuesday of each month from 7-8:30 p.m. in the Rupprecht House at Evangelical Lutheran Church, 35 East Church Street, Frederick.

**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 7-8:30 p.m. at Good Shepherd Lutheran Church, 1415 West 7th Street, Frederick and the 3rd Wednesday of each month from 6:30-8 p.m. at All Saints’ Episcopal Church, 106 West Church Street, Frederick.

**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.
Alzheimer’s/Dementia Support Groups

- Join us as Caregivers and family members of someone with Alzheimer’s/Dementia meet on the 2nd Wednesday of each month from 6:30-7 p.m. at the Thurmont Senior Center, 806 East Main Street, Thurmont. Call Terry Miller at 301.471.3146 for more information.

3rd Wednesday of each month from 12:30-1:30 p.m. at Edenton Retirement Community, 5800 Genesis Lane, Frederick. Call Jean Brown at 301.694.3100 or Leland Comstock at 301.807.3274 for more information or to register.

3rd Wednesday of each month from 6-7 p.m. at the Brunswick Branch Library Community Room, 915 North Maple Avenue, Brunswick. Call Debbie Savageau at 301.228.2249 x35109 for more information or to register.

2nd Thursday of each month from 6:30-8 p.m. at Country Meadows Retirement Communities, 595 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 - Join us as we offer helpful information, strategies, and solutions for everyone facing the challenges of Alzheimer’s. January meeting: for individuals with Alzheimer’s. Group meets the 1st Tuesday of the month from 4:30-6:30 p.m. at Somerford Place, 2100A Whitter Drive, Frederick and is sponsored by Somerford Living & Alzheimer’s Care and the Alzheimer’s Association. Call Gina Posey at 301.668.3900 for more information. Caregiving provided if requested in advance.

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 2 p.m. Pre-screening is required. Call Cathy Hanson at the Alzheimer’s Association at 301.696.0315 x113 for more information, including meeting location.

Fronto-temporal Support Group - This group meets the 2nd Wednesday of every month at 5:30 p.m. at Somerford Place, 2100A Whitter Drive, Frederick. Call Gina Posey at 301.668.3900 for more information. Caregiving provided if requested in advance.

Developmental Disabilities-Related Support Groups

Autism Society of America, Frederick County, MD - Chapter - This group, for anyone who has a loved one with autism, meets monthly, but the meeting day and location change each month. The group provides support and information. Call Shawnna at 301.695.3676 for meeting dates, times, and locations.

Brain Injury Support Group - This group, for individuals who have sustained a brain injury, meets the 1st Thursday of each month (except holidays) from 3:30-6 p.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 information. Family and friends are invited to join a separate support group at the same meeting time. Call Anjela McNally at 301.663.0909 x153 for more information.

F.R.I.E.N.D.S. - Family Resource Information Education Network for Down Syndrome - Monthly meetings, the 2nd Friday of each month from 6:30-8 p.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. Contact Denny Weikert at dwiekert@friendsofredco.org or 301.676.4420 or visit their website at www.friendsofredco.org for more information.

Gruppo de Apoyo Familiar Hispano (Hispanic Family Group) - For families that have hijos with any of the development disorders. This group will meet several times a month to discuss the common issues of development and learning of the children. Contact Gina Posey at 301.668.3900 for more information. Caregiving provided if requested in advance.

Other Health-Related Support Groups

Chronic Disease Support Group - This group is for anyone living with a chronic disease, and will meet the 1st Friday of each month from 10 a.m. to 11 a.m. at the Arc of Frederick Center, 1440 Taney Avenue, Frederick. Contact Amber J. Lange, RN FNP-C, at 301.315.3599 or alange@fmhc.org for more information or to register.

Diabetes Support Group - This group will be led by registered dietitians, registered nurses, certified diabetes educators, behaviorists, and providers. Meetings are the 1st Thursday of each month from 6-7 p.m. at the FMHC Crestwood Conference Center, 7211 Bank Court, Frederick. Contact 240.215.1474 for more information or to confirm meeting topics, times, and location.

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. Contact 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 1-3 p.m. at the Mt. Pleasant Rutland Club. Contact John Kraft at 301.703.1179 or johnkraft@icomcast.net or Janet Silvius at 301.831.5609 or janet@fifpdsg.org for more information.

Hearing Loss Support Group - This group, for individuals with hearing loss and their families, meets the 1st Saturday of every other month at 10 a.m. at the Manor House at Edenton Retirement Community, 5800 Genesis Lane, Frederick. Contact hearinglossfred@gmail.com for more information.

Lupus Support Group - This group, for individuals with lupus and their friends and family, meets the 2nd or 3rd Monday of each month from 7-8 p.m. at the C. Burr Artz Public Library, 110 East Patrick Street, Frederick. Email alorin@verizon.net or call/text 240.401.5852 for more information.

Pre-Diabetes Support Group - This group is for anyone who has prediabetes or is at risk for developing diabetes. Contact Janet at 301.705.4451 for more information.

Stroke Support Group - This is an ongoing support group for stroke survivors and caregivers. It meets the 2nd Tuesday of each month at FMHC Crestwood (2nd floor). Call 240.566.4884 for more information.

Cancer-Related Support Groups

Breast Cancer Support Group - This group meets the 2nd Thursday of each month at 7 p.m. in the Student Center, Room H-102A 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 www.frederick.edu/adult-services 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 6:30 p.m. at the James M. Stockman Cancer Institute, 1562 Opossumtown Pike, Frederick. Call Bert Hauver at 240.566.4715 for more information.

Oral, Head and Neck Cancer Support Group (SPOHNC) - Meetings offer information, support, and encouragement to newly diagnosed patients, survivors, and caregivers in a family-friendly setting. Call Terri Miller at 301.224.5343. Meetings are held the 2nd Wednesday of each month from 2:30-3:30 p.m. at St. Peter’s Roman Catholic Church Parish Center on Route 75/Church Street, Libertytown. Call Judith Churco at 301.631.8159 for more information and to verify meeting day and time.

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 1:30-3:30 p.m. at the Department of Aging, 1440 Taney Avenue, Frederick. Call the Department of Aging at 301.600.6001 for more information.

SMART Recovery Group - SMART Recovery is an abstinence-based self-help program for people having problems with drinking and using. The group meets locally on Sundays from 1-2:30 p.m. at 308 West Patrick Street in Frederick (use rear stairway entrance). Contact Ken Brown at 301.869.2305 or stnry@gmail.com for more information.

Safe Space Healing - This open and ongoing group is specifically for adults (ages 18+) Lesbian, Gay, Bisexual, Transgender, or Queer (LGBTQ) survivors of sexual assault or sexual abuse. Meetings are facilitated by licensed therapists from Heartly House and provide a safe space that promotes healing. Interested applicants must contact Heartly House at 301.662.8800. The time, day, and location of the group will be disclosed after completion of a phone intake.