

LGBTQ Young Adult Group - This peer support group is for LGBTQ young adults aged 18-26 only. Meets the 1st and 3rd Monday of each month from 7-8:30 p.m. at Grace UCC, 25 East 2nd Street, Frederick (enter white doors down left side of church, go up the stairs to the lounge). Topic driven meetings include education, support, friendship-building, skill-sharing, and more. Coffee and tea provided. Email The Frederick Center at tfc@thefrederickcenter.org for more information.

LGBTQ Youth Group - This peer support group for LGBTQ youth and youth allies meets weekly on Wednesday from 7-8:30 p.m. at Grace UCC, 25 East 2nd Street, Frederick (enter white doors down left side of church, go up the stairs to the lounge). Open to high school and college aged youth (ages 14-22). Topic-driven meetings include education, support, friendship-building, skill-sharing, mentoring, and more. Email The Frederick Center at tfc@thefrederickcenter.org for more information.

TransFamily Support Group - This group, for parents and guardians of transgender, non-binary, and other gender-diverse young people, meets every other Saturday from 9-10:30 a.m. Facilitated by Kate MacShane, M.Ed., MSW, this group provides a nonjudgmental space for learning how to strengthen family relationships, navigate gender transition, and support your gender-diverse loved one. Group is for caregivers only, no children. Email transfamily@thefrederickcenter.org for more information, including meeting place.

LaLeche League - LaLeche League offers support and information to breastfeeding mothers. The morning group meets the 1st Thursday of every month at 10:30 a.m. at the Urbana Library, 9020 Amelung Street, Frederick; the afternoon group meets the 4th Wednesday of each month at 12:30 p.m. at Superfoods on Main, 106 South Main Street, Mt. Airy; and the evening group meets the 3rd Wednesday of each month at 6:30 p.m. at the Trinity Chapel of Evangelical Reform United Church of Christ, 15 West Church Street, Frederick. For more information contact Laura at laura.soisson@gmail.com or 301.639.1006 or visit www.llofmd-de-dc.org/groups/Frederick.html.

Trans and Gender Nonbinary Community Group - This group for all Trans and Gender Non-Binary adults (age 18+ only) meets on the 3rd Thursday of every month at 7 p.m. This group provides a safe space to discuss issues of interest-including identity, coming out, and transition-to support one another in gender exploration and to build connections with one another. Meetings topics and activities will be determined by group interest. Email trans@thefrederickcenter.org for more information, including meeting place. Accompanied significant others also welcome.

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.westcentralaa.org for local meeting times and places.

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 240.285.9831 or 888.425.2666 or visit www.marylanddc-alanon.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 or society of men and women for whom drugs had become a major problem. Call 800.543.4670 or visit www.cprna.org for local meeting times and places.

Overeaters Anonymous - Overeaters Anonymous is a 12-step program of recovery from compulsive overeating. Visit www.oa.org for meeting places and times in Frederick County and surrounding area.

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 p.m. on the 1st Wednesday of each month (except July) at Trinity United Methodist Church, 705 West Patrick Street, Frederick. Grandparents and adult siblings are welcome to attend the 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 Road, Frederick meets every Thursday from 7-8:30 p.m. The group, for anyone suffering from a recent loss, is designed to answer questions about grieving and to give comfort, encouragement, and support. 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 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 5-6:30 p.m. and the 1st and 3rd Tuesday of each month from 2-3:30 p.m. Call 240.566.3030 or visit 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 p.m. Phone intake is required. Call Nancy Miller at 301.663.0011 x127 for more details about the group and to schedule a phone intake.

Mackenzie's Light - This bereavement and addiction awareness program and support group is open to all who are grieving the loss of a loved one and/or are seeking addiction awareness information. Meetings are held the last Monday of each month at 6:30 p.m. at the Thurmont Regional Library, 76 East Moser Road, Thurmont. The group offers monthly speakers, films, and other resources in addition to support. Call Becky Freeze at 301.524.8064 for more information.

Overdose Support Group - This group, sponsored by Hospice of Frederick County, meets the 1st Monday of each month from 6-7:30 p.m. at 516 Trail Avenue, Suite A, Frederick. This group is an open, ongoing network for adult residents 18 and over with loved ones who died of an overdose. Call 240.566.3030 or visit www.hospiceoffrederick.org for more information.

Transitions Grief Support Group - This group, sponsored by Hospice of Frederick County, meets the 2nd Tuesday of each month at 2-3:30 p.m. and 5-6:30 p.m. at 516 Trail Avenue, Suite A, Frederick. This group is specifically for those whose loved one died a year or more ago as they try to assimilate back into "normal" life. Call 240.566.3030 or visit www.hospiceoffrederick.org 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.edu/adultservices

Mental Illness-Related Support Groups

Depression and Bipolar 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. 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.

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 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. Meetings are held the 3rd Tuesday of each month from 7-8:30 p.m. in the Rupp 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

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

3rd Monday of each month from 4:30-6:30 p.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.

1st Tuesday of each month from 6-7 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 - Manor House, 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 Terri Miller at 301.471.3146 for more information or to register.

2nd Thursday of each month from 6:30-8 p.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 - 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 the month from 4:30-6:30 p.m. at Somerford Place, 2100A Whittier Drive, Frederick and is sponsored by Somerford Assisted 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 12 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 Whittier Drive, Frederick. Call Gina Posey at 301.668.3900 for more information. Caregiving provided if requested in advance.

Frederick Community College prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment.

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 changes each month. Meetings offer support and information. Call Shawna 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 6:30-8 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 encouragement. 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 6:30-8:30 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 dweikert@friendsoffredco.org or 301.676.4420 or visit their website at www.friendsoffredco.org for more information.

Grupo de Apoyo Familiar Hispano (Hispanic Family Group) - Para familias que tienen hijos con alguna discapacidad del desarrollo. 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 usualmente cada tercer Sábado del mes a las 2 p.m. Las reuniones se llevan a cabo en Español. Llame a David Moreno al 301.663.0909 para la fecha de la próxima reunión o para más información.

Mother's Support Group - This group is for mothers who have a child with an intellectual/developmental disability. The goal of the group is to encourage and empower each other in a non-judgmental manner. Meetings are the 3rd Saturday of each month from 11:30 a.m.-1 p.m. at The Arc of Frederick County, 620A Research Court, Frederick. Call Bridget Patterson at 301.663.0909 x121 for more information.

Parent's Support Group - Meets on the 2nd Wednesday of each month from 11:30 a.m.-1 p.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, call Amy at The Arc at 301.663.0909 x129 to be added to the mailing list.

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 10:30-11:30 a.m. at the Frederick Senior Center, 1440 Taney Avenue, Frederick. Contact Amber J. Lange, RN FIHN CM, at 240.315.5965 or alange@fmh.org for more information or to register.

Diabetes Support Group - This group will be led by registered dietitians, registered nurses, certified diabetic educators, behaviorists, and providers. Meetings are the 1st Thursday of each month from 6-7 p.m. at the FMH Crestwood Conference Center, 7211 Bank Court, Frederick. Call 240.215.1474 for more information or to confirm session 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 Ruritan Club. Contact John Kraft at 301.703.1179 or johntkraft@comcast.net or Janet Silvious 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 been told by their doctor that they are "pre-diabetic" or their blood sugar is borderline. The group, led by Certified Diabetes Educators, Registered Dietitians, Registered Nurses, and other providers meets quarterly at the FMH Crestwood Conference Center, 7211 Bank Court, Frederick. Call 240.215.1474 for more information or to confirm meeting topics, times, and location.

Stroke Support Group - This is an ongoing support group for stroke survivors and caregivers. It meets the 2nd Tuesday of each month at FMH 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 friendly and non-threatening forum. Meetings are held the 2nd Wednesday of each month from 2-3:30 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.

Other Support Groups

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 1:30-2:30 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 lstnry@gmail.com for more information.

Safe Space Healing - This open and ongoing group is specifically for adult (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.