



Disability Network Directory – Montgomery County, Maryland

Support Groups

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This is a project of the Montgomery County Commission on People with Disabilities.

To submit an update, add or remove a listing, or request an alternative format, please contact: MCCPWD@montgomerycountymd.gov

Al-Anon / Alateen - Washington Metropolitan Area

www.marylanddc-alanon.org

Provide free support to individuals who have a family member with an alcohol problem, a meeting directory, Al-Anon/Alateen family groups and information services. Serve Maryland and the District of Columbia.

Alcoholics Anonymous (AA)

Washington Area Interagency Association

4530 Connecticut Avenue, NW, #111

Washington, DC 20008

202-966-9115 (V)

Email: help@aa-dc.org

<https://aa-dc.org>

Provide support for recovering alcoholics and sobriety.

Call 24 hours a day to speak with a live, local person.

Online directory of meetings.

Arc Montgomery County

STAND Together Self-Advocacy Group

Beth-Ann Carter, STAND Together Facilitator

301-984-5777 x 1203 (V)

Email: beth-ann.carter@thearcmoco.org

<https://thearcmontgomerycounty.org/what-we-do-for-adults/stand-together.html>

Structured support group where adult self-advocates can share information about items of concern, upcoming activities, and legislation which may impact their rights or services. Members learn about their rights and responsibilities and become educated and empowered. STAND Together meets monthly on the second Wednesday of the month from 6 p.m. to 7:30 p.m. on Zoom or in person.

Brain Injury Support Group of Rockville

Adventist Rehabilitation Hospital

Anna Miller Zolkowski, Contact

Email: BISupportGroup@adventisthealthcare.com

Resource for those suffering from both traumatic and non-traumatic brain injury. Groups meets the second Thursday of each month from 6:30 p.m. to 7:30 p.m.

CHADD – Maryland Chapter

www.chadd-mc.org/support

Brings together families and adults with AD/HD, educators and health care professionals. Support groups may meet in person or virtually. Serving Anne Arundel, Montgomery and Prince George's Counties and the Greater Baltimore Region.

Columbia Lighthouse for the Blind (CLB) - Teen Group

Email: info@clb.org

www.clb.org/services/teen-groups/

Programs for teenagers who have low vision or are blind in the Washington, DC Region.

Deaf Abused Women's Network (DAWN)

202-559-5366 (Main Line - Videophone)

1-855-812-1001 (National Deaf Hotline 24/7)

Email: info@deafdawn.org

Email: hotline@deafdawn.org (Emergency Hotline - Monday through Friday, 9 a.m. to 5 p.m.)

www.deafdawn.org

Nonprofit organization that addresses domestic violence, sexual assault and stalking in the deaf, hard of hearing and deaf-blind community, support groups, peer advocacy, and counseling.

Deaf Addictions Services at Maryland (DASAM)

UM Addiction Treatment Center

1001 West Pratt Street

Baltimore, MD 21223

443-462-3416 (V)

443-462-3089 (TTY)

443-965-9172 (Videophone)

www.umaryland.edu/dasam

Statewide substance abuse program for individuals who are deaf or hard-of-hearing. Deaf support groups, women and men groups, and sign-interpreted NA/AA meetings. Open Monday through Friday from 8 a.m. to 4:30 p.m. Evenings are available by appointment only. Program is based at the University of Maryland at Baltimore.

**Hearing Loss Association of America -
Montgomery County Chapter**

Email: HLAAMCMD@gmail.com

www.hearingloss.org

Support group for individuals with hearing loss. Meets monthly online or in-person. Contact for meeting details.

Hope Connections for Cancer Support

10100 Laureate Way

Bethesda, MD 20814

301-634-7500 (V)

Email: info@hopeconnectionsforcancer.org

<https://hopeconnectionsforcancer.org/>

Licensed clinicians will help you or your caregiver learn how relieve stress and take an active role in your own health and well-being.

Jewish Social Service Agency

200 Wood Hill Road

Rockville, MD 20850

240-800-5772 (V)

www.jssa.org/services/mental-health/support-groups

Social skills groups and support groups for children, teens, adults, seniors, families and individuals with special needs. Groups include emotional and social challenges, learning and behavioral, school/life/work transitions, family and relationships, caregivers, and bereavement.

Montgomery County Stroke Association

301-681-6272 (V)

Email: mcstrokeinfo@gmail.com

www.mcstroke.org

Computer-aided speech-language therapy group sessions and professionally led support groups for stroke survivors and their caregivers. Chapters in Bethesda, Rockville, and Silver Spring meet monthly.

Narcotics Anonymous (NA)

Montgomery Area Service Committee

1-800-543-4670 (Toll Free – 24/7)

Email: na-montgomery@cprna.org

www.cprna.org/our-areas/info/montgomery-area/

Provide support groups for drug prevention.

NeuroSpice Girls

Amanda Levin, Founder

Email: amanda@neurospicegirls.net

www.neurospicegirls.net

A peer support group and social club for moms of neurodiverse children in Maryland, Virginia, and Washington DC. There is no membership fee to join. Interested individuals are required to fill out an intake form to join the group. With form completion, members are added to the private Facebook group and can opt in to a private What's App chat and email listserv. Offers a live play date match form to connect moms with children of similar ages, interests, and diagnoses. Provides a virtual space to get personal referrals for services, offer resources, and share the challenges and

NeuroSpice Girls Continued

wins of raising neurodiverse children. Hosts monthly events that provide self care such as hikes and brunch and educational programming ranging from Individual Educational Programs (IEPs), neuropsych testing, and relationships between neurodiverse and neurotypical siblings.

Pain Connection - Maryland-Virginia-DC Support Group

Email: contact@uspainfoundation.org

www.painconnection.org

Group meets the 2nd Monday of the month. To register, fill out the form and an email confirmation will be sent to you with the Zoom link:

<https://painconnection.org/maryland-support-group/>.

Ryan's Place Foundation (formerly Lollipop Kids Foundation)

7901 Beechcraft Avenue, Unit R

Gaithersburg, MD 20879

301-216-3835 (V)

Email: info@ryansplacellc.org

<https://ryansplacefoundation.org/>

Sibshop is a supportive and engaging group for siblings ages 5 -12 of children with disabilities, offering a safe space to connect with peers who share similar experiences. Combining fun activities with guided discussions, it provides an opportunity to express feelings, share challenges, and celebrate the unique joys of their role.

Severe Brain Injury Caregiver Support Group

Tom and Suzanne Gallup, Moderators

Olney, Maryland

301-502-8420

Email: tpgallup@comcast.net

www.severebicaregivers.com

Online support group provides an effective forum for the exchange of ideas and peer-to-peer support that is tailored to meet the special needs of caregivers to persons with moderate-to-severe brain injuries or brain disease. Anyone who cares for someone with any of the following are welcome: wounds to the head or head injury, motor vehicle or bicycle accidents, falls, partner violence or physical abuse, lead poisoning, drug overdose, long-term, neurocognitive or neuropsychiatric complications from stroke, birth defects or any illness. We believe there is always hope for brain injury survivors and we believe that idea-sharing and mutual support are an important part of the caregiving process. Since 2019, this group has been meeting via Zoom on the second and fourth Sunday each month from 7:30 p.m. to 9 p.m. Hosted by Caregivers themselves, the group helps decrease feelings of isolation as a result of brain injury caregiving. The group is endorsed by the Brain Injury Association Of America and The Brain Injury Association of Maryland but is open to caregivers everywhere. Meeting login details are available on the group's website.

Transition Times – Potomac Community Resources

301-365-0561 (V)

Email: mwyman@pcr-inc.org

www.pcr-inc.org/transition-times

A monthly virtual information session for families and caregivers of individuals with developmental differences who are transitioning to adult life. The program offers information on services and resources available in the community that are useful to transitioning youth and their families. Sessions are generally held via Zoom on Wednesdays, from 7 p.m. to 8 p.m., once a month.

Youth Stroke Group - Circle of Rights

Susan Emery, Contact

Email: susan@circleofrights.org

<https://circleofrights.org/>

Provide education, support, encouragement, hope, and opportunity for those whose lives can be changed by stroke and other related conditions. Offer virtual teen and youth stroke support groups.

xMinds - Partnership for Extraordinary Minds

301-444-5225 (V)

Email: info@xminds.org

www.xminds.org/discussion-groups

Virtual parent discussion groups and in person meetings. Online discussion groups provide an opportunity to connect with other Montgomery County parents and guardians of autistic students. Each discussion group is geared toward a specific segment of our community, allowing families to chat about shared interests and concerns. For families with a younger child who want to connect in person, join us for our monthly meetup. No cost to participate.