

# MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

## 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](mailto:MCCPWD@montgomerycountymd.gov).

### Al-Anon / Alateen - Washington Metropolitan Area

202-635-2023 (V)

E-mail: [info@al-anon-alateen-dcmd.org](mailto:info@al-anon-alateen-dcmd.org)

[www.al-anon-alateen-dcmd.org](http://www.al-anon-alateen-dcmd.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 Montgomery and Prince George's Counties and the District of Columbia.

### Alcoholics Anonymous (AA)

Washington Area Interagency Association

4530 Connecticut Avenue, NW, #111

Washington, DC 20008

202-966-9115 (V)

<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

Theodate Dubuche, STAND Together Facilitator

301-984-5777 (V)

Email: [stand@arcmontmd.org](mailto:stand@arcmontmd.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 4pm to 5pm on Zoom.

### Brain Injury Support Group of Rockville

Adventist Rehabilitation Hospital

Anna Miller Zolkowski, Contact

Email: [BISupportGroup@adventisthealthcare.com](mailto:BISupportGroup@adventisthealthcare.com)

Resource for those suffering from both traumatic and non-traumatic brain injury. Groups meets monthly (January through November) to exchange information and offer support.

### CHADD – Maryland Chapter

[www.chadd-mc.org/support](http://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.

### Columbia Lighthouse for the Blind (CLB)

#### Teen Group for Prince George's & Montgomery Counties

Open to teenagers ages 13 to 18 who are blind or visually impaired. Please contact Bethany Martin: [bmartin@clb.org](mailto:bmartin@clb.org).

### Deaf Abused Women's Network (DAWN)

202-559-5366 (Videophone)

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

Email: [info@deafdawn.org](mailto:info@deafdawn.org)

Email: [hotline@deafdawn.org](mailto:hotline@deafdawn.org) (Monday through Friday, 9am to 5pm)

[www.deafdawn.org](http://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)

Laura C. Dreany-Pyles, LCSW-C, Program Manager

1001 West Pratt Street

Baltimore, MD 21223

443-462-3416 (V)

443-462-3089 (TTY)

443-965-9172 (Videophone)

E-mail: [lpyles@som.umaryland.edu](mailto:lpyles@som.umaryland.edu)

[www.umaryland.edu/dasam](http://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. Program is based at the University of Maryland at Baltimore.

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

301-657-2248 (V)

Email: [lhamlin@hearingloss.org](mailto:lhamlin@hearingloss.org)

[www.hearingloss.org](http://www.hearingloss.org)

Support group for individuals with hearing loss. Meets the 3<sup>rd</sup> Saturday of the month from September through May online via Zoom.

### **Hope Connections for Cancer Support**

10100 Laureate Way  
Bethesda, MD 20814  
301-634-7500 (V)  
Email: [info@hopeconnectionsforcancer.org](mailto: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  
301-816-2633 (V)  
[www.jssa.org](http://www.jssa.org)  
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.

### **Lollipop Kids Foundation**

7901 Beechcraft Avenue, Unit V  
Gaithersburg, MD 20879  
301-216-3835 (V)  
Email: [info@lollipopkidsfoundation.org](mailto:info@lollipopkidsfoundation.org)  
[www.lollipopkidsfoundation.org](http://www.lollipopkidsfoundation.org)  
Support groups for parents and caregivers of children with special needs, and for children who have brothers and sisters with disabilities.

### **Montgomery County Stroke Association**

301-681-6272 (V)  
Email: [mcstroke@comcast.net](mailto:mcstroke@comcast.net)  
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](mailto:na-montgomery@cprna.org)  
[www.cprna.org/our-areas/info/montgomery-area/](http://www.cprna.org/our-areas/info/montgomery-area/)  
Provide support groups for drug prevention.

### **Pain Connection**

**Maryland-Virginia-DC Support Group**  
Email: [contact@uspainfoundation.org](mailto:contact@uspainfoundation.org)  
[www.painconnection.org](http://www.painconnection.org)  
Group meets the 2<sup>nd</sup> 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/>.

### **Severe Brain Injury Caregiver Group**

Tom Gallup, Contact  
301-502-8420 (V)  
Email: [tpgallup@comcast.net](mailto:tpgallup@comcast.net)  
[www.severebicaregivers.weebly.com](http://www.severebicaregivers.weebly.com)  
Meetings held via Zoom the 2<sup>nd</sup> and 4<sup>th</sup> Sunday of every month from 7:30pm to 8:45pm.

### **Transition Times**

301-365-0561 (V)  
Email: [mwyman@pcr-inc.org](mailto:mwyman@pcr-inc.org)  
[www.pcr-inc.org/transition-times](http://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 7pm to 8pm, once a month.

### **Youth Stroke Group - Circle of Rights**

Susan Emery, Contact  
Email: [susan@circleofrights.org](mailto:susan@circleofrights.org)  
For individuals in their 20s to 60s. Meetings are held the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month from 11:30am to 1pm.

### **xMinds - Partnership for Extraordinary Minds**

301-444-5225 (V)  
Email: [info@xminds.org](mailto:info@xminds.org)  
[www.xminds.org/discussion-groups](http://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.