

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

Support Groups

Montgomery County, Maryland ('the County') cannot guarantee the relevance, completeness, accuracy, or timeliness of the information provided on the non-County links. The County does not endorse any non-County organizations' products, services, or viewpoints. The County is not responsible for any materials stored on other non-County web sites, nor is it liable for any inaccurate, defamatory, offensive or illegal materials found on other Web sites, and that the risk of injury or damage from viewing, hearing, downloading or storing such materials rests entirely with the user. Alternative formats of this document are available upon request.

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: DHHSWebsite@montgomerycountymd.gov, 240-777-1246 (V), MD Relay 711.

Al-Anon / Alateen - Washington Metropolitan Area

202-635-2023 (V)

E-mail: info@al-anon-alateen-dcmd.org

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)

www.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. Serving the nation's capital.

Brain Injury Support Group of Rockville

Adventist Rehabilitation Hospital

Tom Wilkinson, Contact

9909 Medical Center Drive

Rockville, MD 20850

240-498-3981 (V)

E-mail: evolvabi@gmail.com

Resource for those suffering from both traumatic and non-traumatic brain injury. Group members are encouraged to bring family and friends to the group meetings. Groups meet twice monthly to exchange information and offer support. Registration is not required.

Columbia Lighthouse for the Blind (CLB)

8757 Georgia Avenue, Suite 805

Silver Spring, MD 20910

301-589-0894 (V)

E-mail: info@clb.org

www.clb.org

Inspirational Support Group is a nationwide support group that has a conference call every Tuesday evening from 7:00 p.m. to 9:00 p.m. Anyone can call in and contribute, or just listen, or participate anonymously. A variety of topics related to vision loss are covered. For information regarding the dial in number e-mail i3sgroup@mail.com or leave a voicemail at 240-487-9028 (V).

Spanish Support Group for individuals who are visually impaired or blind and speak Spanish.

Meetings are held monthly on the 4th Tuesday at CLB's Silver Spring office. For more information on how to join contact 240-454-6400 (V) or e-mail info@clb.org.

Circle of Friends Support Group for adults experiencing vision loss. Members participate in a multitude of activities including cooking classes, arts and crafts, exercise, swimming, attending hands-on trade shows, hearing special guest speakers, discussing various topics, and more. Group meets twice a month in Riverdale and Silver Spring, MD.

Teen Group for Prince George's & Montgomery Counties: Open to teenagers ages 13 to 18 who are blind or visually impaired. Meet the 2nd Saturday of each month at CLB's Silver Spring Office. Please contact Jennifer Miller for more information by calling 240-737-5171 (V) or by emailing jmiller@clb.org.

Deaf Abused Women's Network (DAWN)

Shazia Siddiqi, Executive Director

5321 First Place, NE

Washington, DC 20011

202-559-5366 (Videophone)

E-mail: info@deafdawn.org

E-mail: hotline@deafdawn.org (Monday through Friday, 9:00am to 5:00pm)

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
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

7910 Woodmont Avenue, Suite 1200
Bethesda, MD 20814
301-657-2248 (V)
www.hearingloss.org
Support group for individuals with hearing loss. Meets the 3rd Saturday of the month from September through May.

Jewish Social Service Agency

200 Wood Hill Road
Rockville, MD 20850
301-816-2633 (V)
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, and family and relationships.

Lollipop Kids Foundation

20 Southlawn Court, Suite D
Rockville, MD 20850
202-640-2035 (V)
E-mail: info@lollipopkidsfoundation.org
www.lollipopkidsfoundation.org
Support groups for parents and caregivers of children with special needs, and for children who have brothers and sisters with disabilities.

MDJunction

www.mdjunction.com
Online self help support groups to share your experiences, your feelings and wisdom. Each group is dedicated to a single health issue and is managed by the community itself.

Montgomery County Stroke Association

P. O. Box 9343
Silver Spring, MD 20916-9343
301-681-6272 (V)
E-mail: mcstroke@comcast.net
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.

Montgomery Multiple Sclerosis (MS) Center, Inc.

One Monterra Court
Rockville, MD 20850
301-838-9555 (V)
E-mail: contactus@montgomerymscenter.org
www.montgomerymscenter.org
Support groups for MS sufferers, caregivers, partners and children led by licensed clinical social workers.

Narcotics Anonymous (NA) – Montgomery County

1-800-543-4670 (Toll Free)
www.cprna.org/mana
Provide support groups for drug prevention.

Pain Connection – DMV Chronic Pain Outreach Center

Mary Beth Lewis, Co-Leader
12320 Parklawn Drive
Rockville, MD 20852
240-499-8563 (V)
E-mail: uspf.painconnectionrockville@gmail.com
www.pain-connection.org
The **Chronic Pain Support Group** provides a forum for people handicapped by pain, isolated and alienated by pain, frustrated by lack of services dealing with the emotional aspect of physical pain, and demoralized by changes in careers, families, and society. Different modalities are used in the support group such as: developing coping skills, decision making models, role-playing, assertiveness training, guided imagery, meditation, breathing exercises and relaxation techniques. The **Afternoon Pain Connection Live Conference Calls** are held on the first Thursday of each month. The **Evening Pain Connection Live Conference Calls** are held on the second Thursday of each month. You must register for each call. Calls will not be taped, and you may just listen - you do not need to talk unless you feel like it. There is no charge for participating, but standard long distance rates apply to the call.

Transition Times

The Arc of Montgomery County
11600 Nebel Street
Rockville, MD 20852
301-365-0561 (V)

<http://pcr-inc.org/community-resources/transition-times>

Offers monthly meetings based on services and resources for individuals with developmental differences who are transitioning to adult life and their families. Become informed about the range of issues facing transitioning youth and their families. Learn how other families have faced challenges or solved a problem. Network to find out about opportunities in the community. Support and be supported by other families and make social connections. Meetings are held the 3rd Wednesday of every month from 7:30 p.m. to 9:00 p.m at the Arc of Montgomery County. Joint project of Potomac Community Resources, Inc. and The Arc of Montgomery County.