

# 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: [DHHSWebsite@montgomerycountymd.gov](mailto: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](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)

WAIA Central Office

4530 Connecticut Avenue, NW, #111

Washington, DC 20008

202-966-9115 (V)

[www.aa-dc.org](http://www.aa-dc.org)

Provide support for recovering alcoholics and sobriety. Online directory of meetings.

### Brain Injury Support Group of Rockville

Adventist Rehabilitation Hospital

9909 Medical Center Drive

Rockville, MD 20850

240-498-3981 (V)

E-mail: [evolvabi@gmail.com](mailto: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](mailto:info@clb.org)

[www.clb.org](http://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](mailto:i3sgroup@mail.com) or leave a voicemail at 240-487-9028 (V).

**Spanish Support Group** for individuals who have vision loss and speak Spanish. Meetings are held monthly on the 4<sup>th</sup> 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](mailto: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 2<sup>nd</sup> 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](mailto: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](mailto:info@deafdawn.org)

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

[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)**

1001 West Pratt Street  
Baltimore, MD 21223  
443-462-3416 (V)  
443-462-3089 (TTY)  
443-965-9172 (Videophone)  
E-mail: [lyates@som.umaryland.edu](mailto:lyates@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**

7910 Woodmont Avenue, Suite 1200  
Bethesda, MD 20814  
301-657-2248 (V)  
[www.hearingloss.org](http://www.hearingloss.org)  
Support group for individuals with hearing loss.

### **Jewish Social Service Agency**

200 Wood Hill Road  
Rockville, MD 20850  
301-816-2633 (V)  
[www.jssa.org](http://www.jssa.org)  
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](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.

### **MDJunction**

[www.mdjunction.com](http://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](mailto:mcstroke@comcast.net)  
[www.mcstroke.org](http://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.

### **Montgomery Multiple Sclerosis (MS) Center, Inc.**

One Monterra Court  
Rockville, MD 20850  
301-838-9555 (V)  
E-mail: [contactus@montgomerymscenter.org](mailto:contactus@montgomerymscenter.org)  
[www.montgomerymscenter.org](http://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](http://www.cprna.org/mana)  
Provide support groups for drug prevention.

### **Pain Connection - Chronic Pain Outreach Center, Inc.**

Melissa Feldman, Group Leader  
12320 Parklawn Drive  
Rockville, MD 20852  
301-468-0029 (V)  
E-mail: [info@painconnection.org](mailto:info@painconnection.org)  
[www.pain-connection.org](http://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 held 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.