

## Other Health-Related Support Groups

**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 third Wednesday of each month from 1:00-3:00 p.m. at the Mt. Pleasant Ruritan Club. Contact John Kraft at [301.703.1179](tel:301.703.1179) or [johntkraft@comcast.net](mailto:johntkraft@comcast.net) or Janet Silvious at [301.831.5609](tel:301.831.5609) or [janet@fifpdsg.org](mailto:janet@fifpdsg.org) for more information.

**Peer Support for Amputees** – This group is open to amputees and their family members and provides an opportunity for those with amputations to socialize, exchange information, and learn. Meetings are typically the fourth Tuesday of each month from 6:30-7:30 p.m. at the C. Burr Artz Public Library, 110 East Patrick Street, Frederick. Contact Lisa Sewell at [443.452.5744](tel:443.452.5744) or [psa2018frederickmd@gmail.com](mailto:psa2018frederickmd@gmail.com) for more information or to confirm meeting date, time, and location.

**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](tel: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 second Tuesday of each month from 4:30-5:30 p.m. at FMH Crestwood, second floor, 7211 Bank Court, Frederick. Contact Patti Mowery, Stroke Unit Manager, at [240.566.3340](tel:240.566.3340) or [pmowery@fmh.org](mailto:pmowery@fmh.org) for more information.

## 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](tel:301.600.6001) for more information.

**Healing Pride** – This open and ongoing group is specifically for adult (ages 18+) lesbian, gay, bisexual, transgender, or queer (LGBTQ) survivors of sexual assault, sexual abuse, and/or intimate partner violence. 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](tel:301.662.8800). The time, day, and location of the group will be disclosed after completion of a phone intake.

The following groups are sponsored by **LaLeche League**. LaLeche League offers support and information to breast-feeding mothers. Contact Laura at [laura.soisson@gmail.com](mailto:laura.soisson@gmail.com) or [301.639.1006](tel:301.639.1006) or visit [llofmd-de-dc.org/groups/frederick.html](http://llofmd-de-dc.org/groups/frederick.html) for more information. Note that meetings are subject to change based upon volunteer availability. Check the Facebook group for all updates or changes

to upcoming meetings or call or text a leader to confirm meeting dates and times. Meetings are canceled if Frederick County Public Schools are delayed/closed due to weather.

First Wednesday of the month at 10:15 a.m. in the upper level conference room at the Urbana Library, 9020 Amelung Street, Frederick. The library requests only water in children's cups – no juice. Snacks must be eaten at tables and cleaned up afterwards. The library does not promote or endorse the views of the program sponsors or presenters.

Third Wednesday of the month at 6:30 p.m. at the Trinity Chapel of Evangelical Reform United Church of Christ, 15 West Church Street, Frederick. Parking is on the street or the Church Street Parking Deck. Do not park behind the church.

Fourth Wednesday of the month at 10:15 a.m. in the meeting room located at the back of the café at Superfoods on Main, 106 South Main Street, Mt. Airy. Parking is available on the street or lots nearby.

**LGBTQ Young Adult Group** – This peer support group is for LGBTQ young adults aged 18-26 only. Meets the first and third Monday of each month from 7:00-8:30 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](mailto:tfc@thefrederickcenter.org) for more information.

**LGBTQ Youth Group** – This peer support group for LGBTQ youth and youth allies meets weekly on Wednesday from 7:00-8:30 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](mailto:tfc@thefrederickcenter.org) for more information.

**Trans and Gender Nonbinary Community Group** – This group for all Trans and Gender Non-Binary adults (age 18+ only) meets on the first Wednesday of each month at 7:00 p.m. and on the third Thursday of each month at 7:00 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. Meeting topics and activities will be determined by group interest, although Wednesday meetings are social in nature with games and other activities. Email [trans@thefrederickcenter.org](mailto:trans@thefrederickcenter.org) for more information, including meeting place. Accompanied significant others also welcome.

**TransFamily Support Group** – This group, for parents and guardians of transgender, non-binary, and other gender-diverse young people, meets every other Saturday from 9:00-10:30 a.m. at the downtown Frederick YMCA. Facilitated by Kate MacShane, LCSW-C, 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, low-cost childcare available on site. Email [transfamily@thefrederickcenter.org](mailto:transfamily@thefrederickcenter.org) for more information.

## 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](tel:301.662.0544) or visit [westcentralaa.org](http://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](tel:240.285.9831) or [888.425.2666](tel:888.425.2666) or visit [marylanddc-alanon.org](http://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](tel:301.368.9202) or [202.368.0476](tel:202.368.0476) or visit [ca.org](http://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 [foodaddicts.org](http://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 [gamblersanonymous.org](http://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](tel:800.543.4670) or visit [cprna.org](http://cprna.org) for local meeting times and places.

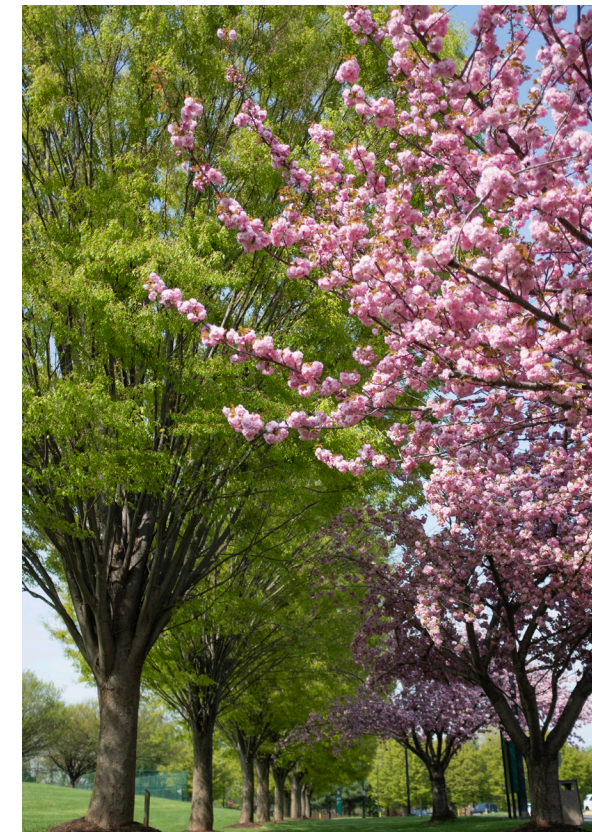
**Overeaters Anonymous** – Overeaters Anonymous is a 12-step program of recovery from compulsive overeating. Visit [oa.org](http://oa.org) for meeting places and times in Frederick County and surrounding area.

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# Support Groups in and around Frederick County

*Developed by the Women's Center  
at the Office of Adult Services*



 **Frederick Community College**

7932 Opossumtown Pike • Frederick, MD 21702  
301.846.2483 • [frederick.edu/adultservices](http://frederick.edu/adultservices)

## Alzheimer's/Dementia Support Groups

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

Third 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](tel: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.

Third Wednesday of each month from 12:30-1:30 p.m. at Edenton Retirement Community – Manor House, 5800 Genesis Lane, Frederick. Call Rev. Jean Brown at [301.694.3100](tel:301.694.3100) or Leland Comstock at [301.807.3274](tel:301.807.3274) for more information or to register.

Second Thursday of each month from 6:30-8:00 p.m. at Country Meadows Retirement Communities, 5955 Quinn Orchard Road, Frederick. Light refreshments are provided. Call Debbie Savageau at [301.228.2249](tel:301.228.2249) x35109 for more information.

The following groups are Memory Cafés sponsored by the **Alzheimer's Association**. These groups offer a fun and relaxed way for people living with memory loss and their caregivers to get connected with one another through social events that promote interaction and companionship. Pre-registration is required by calling the numbers below.

Second Tuesday of each month from 11:30 a.m.-1:00 p.m. at the Emmitsburg Senior Center, 300 South Seton Avenue, Emmitsburg. Complimentary lunch provided. Contact Terry Miller at [301.471.3146](tel:301.471.3146) or [tmiller@ahcglobal.com](mailto:tmiller@ahcglobal.com) for more information or to register.

First Thursday of each month from 12:00-1:30 p.m. at the Thurmont Senior Center, 806 East Main Street, Thurmont. Complimentary lunch provided. Contact Terry Miller at [301.471.3146](tel:301.471.3146) or [tmiller@ahcglobal.com](mailto:tmiller@ahcglobal.com) for more information or to register.

Second Friday of each month from 10:00-11:00 a.m. at the Middletown United Methodist Church: The Gathering Room, 7018 Fern Circle, Middletown. Call the church office at [301.371.5550](tel:301.371.5550) for more information or to register.

Third Friday of each month from 11:30 a.m.-12:30 p.m. at the Frederick County Senior Services Division, 1440 Taney Avenue, Frederick. Complimentary light lunch provided. Contact Mindy or Mary at [301.600.6001](tel:301.600.6001) for more information or to register.

**Early Stage Memory Loss Group** – This group, for both people with early stage memory loss and their care partners, meets the first Tuesday of each month at 12:00 p.m. Pre-screening is required. Call Cathy Hanson at the Alzheimer's Association at [301.696.0315](tel:301.696.0315) x113 for more information, including meeting location.

## 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 7:00 p.m. on the first 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](tel:301.305.6378) for more information.

**Grief Share** – This ongoing recovery group and video series, held at Frederick Christian Fellowship Church at 10142 Hansonville Road, Frederick, meets every Thursday from 7:00-8:30 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](tel:301.620.2255) or visit [fcfchurch.com](http://fcfchurch.com) for more information or to register.

The following groups are sponsored by **Hospice of Frederick County**. For more information, including meeting dates and times, call [240.566.3030](tel:240.566.3030) or visit [hospiceoffrederick.org](http://hospiceoffrederick.org). Unless otherwise noted, meetings are held at Hospice of Frederick County, 516 Trail Avenue, Suite A in Frederick.

**Grief Support Group** – This group is designed to provide support to individuals who have experienced the death of a loved one. Meetings are held on the second and fourth Monday of each month from 5:00-6:30 p.m. and the first and third Tuesday of each month from 2:00-3:30 p.m.

**Overdose Support Group** – This group meets the first and third Monday of each month from 6:00-7:30 p.m. and is an open, ongoing network for adult residents 18 and over with loved ones who died of an overdose.

**Parental Grief Support Group** – This group is a closed-ended support group open to parents who have experienced the death of a child of any age.

**Spousal/Partner Support Group** – This group is a closed-ended educational and emotional support group for those who have experienced the death of a spouse or a life partner.

**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 second Monday of each month at 7:00 p.m. Phone intake is required. Contact Nancy Miller at [nmiller@fcmha.org](mailto:nmiller@fcmha.org) for more details about the group and to schedule a phone intake.

**Traumatic Grief Support Group** – This group is a closed-ended group for those who have experienced the death of a loved one from a sudden traumatic death: homicide, suicide, or accident.

**Transitions Grief Support Group** – This group is specifically for those whose loved one died a year or more ago as they try to assimilate back into “normal” life.

## Cancer-Related Support Groups

**Breast Cancer Support Group** – This group meets the second Thursday of each month at 7:00 p.m. in the Student Center, Room H-102A at Frederick Community College (location subject to change). 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](tel:301.846.2483) or visit their website at [frederick.edu/adultservices](http://frederick.edu/adultservices) 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 fourth 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](tel:240.566.4715) for more information.

## 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. Visit [facebook.com/asa-of-frederick-maryland-195695464105917](https://www.facebook.com/asa-of-frederick-maryland-195695464105917) or call Shawna at [301.695.3676](tel: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 first Thursday of each month (except holidays) from 6:30-8:00 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](tel: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 second 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 Evan Routzahn at [evanroutzahn@aol.com](mailto:evanroutzahn@aol.com) or [301.788.6806](tel:301.788.6806) or visit [facebook.com/friendsoffredco](https://www.facebook.com/friendsoffredco) 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 Rosa Reyes al [301.663.0909](tel:301.663.0909) para la fecha de la próxima reunión o para más información.

**Parent's Support Group** – Meets on the second Wednesday of each month from 11:30 a.m.-1:00 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 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](tel:301.663.0909) x129 to be added to the mailing list.

## Mental Illness-Related Support Groups

The following support groups are sponsored by the **National Alliance on Mental Illness (NAMI) of Frederick County**. For more information, email [info@namifcmd.org](mailto:info@namifcmd.org), visit [atnamifcmd.org](http://atnamifcmd.org), or call [240.379.6186](tel: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 third Tuesday of each month from 7:00-8:30 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 first Thursday of each month from 7:00-8:30 p.m. at Good Shepherd Lutheran Church, 1415 West 7th Street, Frederick and the third Wednesday of each month from 6:30-8:00 p.m. at All Saints' Episcopal Church, 106 West Church Street, Frederick.

## Other Health-Related Support Groups

**Diabetes Support Group** – This group will be led by registered dietitians, registered nurses, certified diabetic educators, behaviorists, and providers. Meetings are held at the FMH Crestwood Conference Center, 7211 Bank Court, Frederick. Call [240.215.1474](tel:240.215.1474) for more information or to confirm session topics, times, and location.

**Frederick Area Ostomy Support Group** – This group offers support to those who have had diversive surgery and to those who are going to have it. It meets the second Sunday of each month from 2:00-4:00 p.m. at the FMH Volunteer Conference Room, 400 West 7th Street, Frederick. Call Jean Barrick at [301.663.1203](tel:301.663.1203) for more information or for phone support.

**Frederick County Chapter, Hearing Loss Association of America** – This group, for individuals with hearing loss and their families, meets the first Saturday of every other month (beginning with February) at 10 a.m. at the Manor House at Edenton Retirement Community, 5800 Genesis Lane, Frederick. Contact [hearinglossfred@gmail.com](mailto:hearinglossfred@gmail.com) for more information.