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 Rutland Club. Contact John Kraft at 301.703.1179 or johnkraft@comcast.net or Janet Silvious at 301.831.5609 or janetspiring@sbcglobal.net for more information or for local meeting times and places.

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 Arts Public Library, 110 East Patrick Street, Frederick. Contact Lisa Sewell at 443.652.5744 or 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 whose blood sugar is borderline. The group, led by Certified Diabetes Educators, Registered Dieticians, Registered Nurses, and other providers, meets quarterly at the FMH Crestwood Conference Center, 7211 Bank Court, Frederick. Call 304.215.1474 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 Pati Mowrey, Stroke Unit Manager, at 304.566.3340 or pmowrey@fmh.org for more information.

Support Groups

Other Health-Related Support Groups

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 addiction. Call 301.662.0544 or visit westcentralso.org for local meeting times and places.

Al-Anon/Ala-Teen – All who have been affected by someone else’s alcoholism can find solutions that lead to serenity through this fellowship. Call 240.285.9831 or 888.425.2666 or visit marylandalcohol.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 301.368.9302 or 202.368.0476 or visit cocaine.org for more information.

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 tendencies to overeat or emotionally overeat. Visit 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 for local meeting times and places.

Narcotics Anonymous – Narcotics Anonymous is a nonprofit fellowship and society of men and women for whom drugs had become a major problem. Call 800.543.4670 or visit cpa.org for local meeting times and places.

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 for more information.

Healing Pride – This open and ongoing group is specifically for adults (age 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 Hearty House and provide a safe space that promotes healing. Interested applicants must contact Hearty House at 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.tassinger@gmail.com or 301.639.1006 or visit laimed-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 sponsoring organization or presenters.

Third Wednesday of the month at 6:30 p.m. at the Trinity Chapel of Evangelical 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. Mr. App Parking is available on the street or on 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 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 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 evening meetings are social in nature with games and other activities. Email 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, gender-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 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 for more information.
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 4:30-5:30 p.m. at Daybreak Adult Day Center, 7619 Rocky Springs Road, Frederick. Call 301.696.0889 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 301.696.3100 or LeLand Comstock at 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 x35109 to register or 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 or tmiller@ahglobal.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 or tmiller@ahglobal.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 301.371.5500 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 lunch provided. Contact Mindy or Mary at 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 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 Edmonds at 301.305.6376 for more information or to register.

September: “Sábado del mes” Las reuniones se llevan a cabo en español. Sábado del mes a las 2 p.m. Las reuniones se llevan a cabo en la Casa de Amistad, 620-A Research Court, 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 or visit their website for more information or for a referral.

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, 1520 Quince Orchard Pike, Frederick. Call Bert Rouizen at 301.566.4715 for more information.

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 the Parent’s Group, call Amy at The Arc at 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, Maryland, and are held at Shepherd Lutheran Church, 1415 West 7th Street, Frederick.

First Thursday of each month from 12:00-1:30 p.m. in the Rupp House at Evangelical Lutheran Church, 35 East Church Street, Frederick.

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/aac-of-frederick-maryland-1956954644105917 or call Shavana at 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 the supportive group. For more information call Ange McAllister at 301.663.0909 x153 for more information.

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 301.245.1547 for more information or to confirm session topics, times, and location.

Frederick County Ostomy Support Group – This group offers support to those who have had surgical diversion 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 Barick at 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, is held on the first Saturday of every other month (beginning February 2014) at 10 a.m. at the Manor House at Edenton Retirement Community, 5800 Genesis Lane, Frederick. Contact hearinglossfred@gmail.com for more information.