

Support Groups



The Arc facilitates various support groups on a monthly basis. The different groups meet at local restaurants or at The Arc to share resources, tips, successes and struggles in a supportive environment. These groups are for parents led by parents.

Support Groups Schedule:

- ◆ *Lunch Group:* Meets the 2nd Wednesday of each month 11:30 AM to 1 PM
For: Parents and caregivers of children with disabilities
Location: various restaurants in Frederick County
Contact: Amy Schlitzer at The Arc 301.663.0909 x129 or aschlitzer@arcfc.org
- ◆ *Transitioning Youth Support Group:* Meets the last Wednesday of each month 5:30 PM to 7:30 PM
For: Parents of students ages 14 and older who are interested in learning more about the transition process
Location: The Arc of Frederick County
Contact: Kari Borgealt at The Arc 301.663.0909 x167 or kborgealt@arcfc.org
- ◆ *Hispanic Support Group:* Meets the third Saturday of each month 2:00PM to 4:00PM
For: Parents of children with disabilities, Spanish Speaking
Location: The Arc of Frederick County
Contact: David Moreno at The Arc 301-663-0909 x151 or dmoreno@arcfc.org
Sábados: el tercer Sábado de cada mes de 2-4 pm
Grupo de Apoyo Hispano para Padres de Niños con Discapacidades.
Lugar: el Arc del Conado de Frederick
Contacto: David Moreno 301-663-0909 x151
- ◆ *Brain Injury Support Group:* Meets the first Thursday of each month
For people who have sustained a brain injury, their friends, and family
Location: The Arc of Frederick County
Contact: Anjela McNally at 301.663.0909 x153 or amcnally@arcfc.org
- ◆ *Mothers Support Group:* Meets the second Monday of every month
For mothers/caregivers of individuals of any age with intellectual and developmental disabilities.
Location: The Arc at Market Street, 555 South Market Street, Frederick, MD 21701
Contact: Anjela McNally at 301.663.0909 x153 or amcnally@arcfc.org

The Arc of Frederick County is located at:

620-A Research Court, Frederick, MD 21703

301-663-0909 ~ www.arcfc.org