

DC METRO AREA SUPPORT RESOURCES FOR ADOLESCENTS AND YOUNG ADULTS WITH SPECIAL HEALTH CARE NEEDS

Target Population	Group Name	Activities	Mission	Meeting Times	Address	Cost	Contact Info	Website
Asthma	Asthma & Allergy Foundation	Possible to start own support group			Baltimore, MD		410.484.2054	http://www.aafa.org/index.cfm
Autism	Monthly Autism Support Group	Monthly support meeting (affiliated with Autism society of America)		Meets monthly, 11-12:00pm	St. Mary's Episcopal Church (Parish Hall) 728 23rd Street, NW Washington, DC 20037		Sondra K. Cunningham 202-561-5300 sondrakcunningham@verizon.net	http://support.autism-society.org/site/Clubs?club_id=1051&sid=16140&pg=event
Bipolar	Bipolar Teens Support Group		Support group for teens and their families		Arnold, MD		Julia Angradi 443-340-5651 jangradi@verizon.net	www.dreamsintohomes.org
Bipolar	Bipolar Support group--not just for teens				Mental Health Clinic Howard University 530 College Street, NW Washington, DC 20060		Donna Barnes 202-806-7706	
Bipolar	Teen Bipolar Advocate Blog	Blog	A blog about bipolar disorder in teens, and how to deal with it from my personal experience					http://support4bipolar teens.blogspot.com/
Cancer	Starbright World (private online network for teens with serious medical conditions)		Starbright World is an online social network where teens (ages 13 to 20) who have serious medical conditions, and siblings of seriously ill teens, can connect with each other via moderated chat rooms, games, bulletin boards, videos, and more					http://www.starbrightworld.org/default_login.aspx?ReturnURL=%2fhome.aspx
Depression	Depression Bipolar Support Alliance, DBSA-NCA Depression & Bipolar Adults	Speaker Programs Occasional Thursdays		7:30pm - 9:15pm (Every Thursday) Latecomers enter at 8:30pm break	George Washington Univ. Hospital, 900 - 23rd St. NW 6th Floor - Room 6111, Washington, DC (Metro Foggy Bottom)			
Depression & Bipolar	Teen Depression and Bipolar Support Group (Northern Virginia)		Support group For teens with depression or bipolar disorder	Every Thursday at 7:30 p.m. (Cancelled Jan27)	Fairfax Presbyterian Church, Senior High Room, 10723 Main Street, Fairfax, VA 22030			teens@dbsanova.org
Depression & Bipolar	DBSA-Depression & Bipolar-Youth group Age 11 - 17 (Baltimore County)	Support Group		7:00pm - 8:30pm (2nd & 4th Fridays)	Sheppard Pratt - Towson 6501 North Charles Street, Towson, Maryland 21285		sabitri@dbsabaltimorecounty.com (410) 238-7970	www.dbsabaltimorecounty.com
Depression & Bipolar	DBSA-Depression & Bipolar Adults & Youth (Montgomery County)			7:00pm (Alternate Wednesdays)	Christ Lutheran Church 8011 Old Georgetown Rd., Bethesda, MD (Between Battery Ln. & Glenbrook Rd.)			www.meetup.com/Depression-and-Bipolar-Disorder

Target Population	Group Name	Activities	Mission	Meeting Times	Address	Cost	Contact Info	Website
Diabetes	Juvenile Diabetes Research Foundation	Informal "get together" for teens and tweens with type 1			Washington, DC		(202) 465-4117	dwhitfield@jdrf.org
Eating Disorders	Weekly Eating Disorders Support Group			Wednesdays, 7:00 — 8:30 pm	Sheppard Pratt Hospital, The Central Building, Room # C-305 6501 North Charles Street, Baltimore, MD 21204	Free	Kate Clemmer, Community Outreach Coordinator (410) 427-3886	http://www.eatingdisorder.org/about_the_center/group/support_group.php
Eating Disorders	Weekly Eating Disorders Support Group		Support Group for Those with Eating Disorders	Sundays at 5:30pm	The Unity Club, 116-B Broad Street, Room 4, Falls Church, VA		email Gretchen at itsaboutlove@gmail.com	
Epilepsy	eCommunity supported by the Epilepsy Foundation of America	Virtual support groups and group chats			Online			http://epilepsyfoundation.ning.com/
Grief	Teen Male Grief Support Group (Ages 13 – 18)			Tuesdays 5:30–6:30 PM, (Ongoing)	Wendt Center, 2041 Martin Luther King Jr. Avenue, SE, Suite 239 Washington, DC 20020		Call 202.204-5021 to register	http://www.wendcenter.org/index.html
Grief	Teen Female Grief Support Group (Ages 13 – 17)			Wednesdays 6:30–7:30 pm.(Ongoing)	Wendt Center, 2041 Martin Luther King Jr. Avenue, SE, Suite 239 Washington, DC 20020		Call 202.204-5021 to register	http://www.wendcenter.org/index.html
Healthy Teens	YMCA—Teen Programs	Sports, martial arts, self-defense, wellness, enrichment classes						http://www.ymcadc.org/programs/Pages/TeenPrograms.aspx
HIV/Aids	HIV/Aids Support Group		This group is for anyone living with HIV & AIDS. It is open to all genders and orientations. Registration is required	Every other Wednesday evening.	Whitman-Walker Clinic	Donations accepted	Contact: Scott (202) 939-7671 hivsupport@wwc.org.	http://www.wwc.org/common/support_groups.html
HIV/Aids	HIV/AIDS - Newly Diagnosed		This group is for anyone who has been recently diagnosed with HIV. It is open to all genders and orientations. Registration is required.	Group 1, Mondays, 7:00 pm; Group 2, Wednesdays, 7:00 pm; Group 3, Tuesdays, 7:30 pm (in Arlington, VA).	Whitman-Walker Clinic	Donations accepted	Contact: Scott (202) 939-7671 hivsupport@wwc.org.	http://www.wwc.org/common/support_groups.html
HIV/Aids	HIV/AIDS - Positive Women's Support Group		This group is for any woman who has been diagnosed with HIV. Registration is required.		Whitman-Walker Clinic	Donations accepted	Contact: Scott (202) 939-7671 hivsupport@wwc.org.	http://www.wwc.org/common/support_groups.html
HIV/Aids	The Well Project	Online support groups, blogs, community	The Well project is an initiative conceived, developed, and administered by HIV+ women and those who are affected by this disease. A primary goal of The Well Project is to create and sustain a secure, supportive and trusted environment that we all share					http://www.thewellproject.org/en_US/index.jsp

Target Population	Group Name	Activities	Mission	Meeting Times	Address	Cost	Contact Info	Website
HIV/Aids	A Girl like Me (A pilot program of the Well Project)	Online blog	An online "blog" where women of all ages can share their stories and promote understanding of HIV through online storytelling.					http://girllikeme.org/
Intellectual & Developmental disabilities	S.T.A.N.D. Together, Affiliated with The Arc Montgomery Country, MD chapter		The group works together to support each other, learn to share feelings and express concerns. It aims to improve and develop both business and personal relationships.				VSG@arcmontmd.org	http://thearcofmontgomerycountymd.com/program-services/families/family-and-community-resources.html
Social Anxiety	Social Anxiety support group of great Washington--not just for teens			Meets 1st and 3rd Saturday of each month from 10:00 to 11:30am. *1st Saturday at the Chevy Chase Pavilion Atrium Cafes, Chevy Chase, MD *3rd Saturday at Twinbrook Library in the downstairs meeting room, 202 Meadow Hall Drive, Rockville, MD			Mary Walter 301.770.1653	http://www.angelfire.com/md3/socialanxietygroup
Social Anxiety	Shyness and Social Anxiety Hangout (social group)	Meetup Group		Scheduled meetups via online network/support group				http://www.meetup.com/Novashy/
Social Anxiety	Northern Virginia Anxiety & Panic Disorders Meetup Group	Meetup Group		Scheduled meetups via online network/support group	Northern Virginia			http://www.meetup.com/anxietydisordersva/

Additional web resources:

DC Health Care Transition website: <http://www.dchealthcaretransition.org>

DC Partners in Transition: <http://www.dctransition.org>

National Center for Health Care Transition: <http://www.gottransition.org>