



Creating Enviable Lives for People with
Developmental Disabilities.

Parent Support Groups

The Arc helps to facilitate various Parent 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 and led by parents.

Parent Support Groups Schedule:

- ◆ 2nd Wednesday of each month 11:00 AM to 12:30 PM
For Parents of Adult Children with Disabilities
Location: Various Restaurants in Frederick City
Contact: Amy Schlitzer at The Arc 301.663.0909
- ◆ 1st Monday of each month 6:30 PM to 8:00 PM
For Parents of Children with Disabilities, Various Ages
Location: The Arc of Frederick County
Contact: Bridget Patterson at The Arc 301.663.0909
- ◆ Last Saturday of each month 1:30 PM to 3:30 PM
For Parents of Children with Disabilities, Spanish Speaking
Contact: David Moreno at The Arc 301.663.4449
- ◆ 3rd Monday of each month 7:00 PM to 8:30 PM
Autism Society of America Family Support Group
Location: The Arc of Frederick County
*Contact: Shawna Capotosto, Autism Society of America, Frederick Chapter,
at 301.695.3676*

*The Arc of Frederick County is located at:
620-A Research Drive, Frederick MD 21703
301.663.0909 ~ www.arcfc.org*

The Arc is a member of
The United Way of
Frederick County

