

Support Groups



There are a variety of Support Groups available in Frederick County. Contact the group directly to see if they are currently meeting in person or providing virtual connections and resources.

Arc Parent Support Group- The Arc offers a monthly Parent Support Group that meets over lunch. This group provides support and resources to parents of children with intellectual and developmental disabilities. All are welcome.

Contact Amy Schlitzer at 301-663-0909 ext. 129 or at aschlitzer@arcfc.org

Family Resource Information and Education Network for Down Syndrome (F.R.I.E.N.D.S.)- A support group for parents and extended families of individuals with the diagnosis of Down Syndrome. The group advocates for community awareness and has regular meetings with professional speakers.

Contact F.R.I.E.N.D.S. at 301-371-7040 or 301-676-4420 www.friendsoffredco.org

Frederick Brain Injury Support Group- Currently holding weekly zoom meetings on Thursday evenings at 7:00pm. Friends, family, and caregivers welcome to attend.

Reach out to Sarah Weinberg at 240-405-4450 or The Arc of Frederick County at 301-663-0909
Email: frederickbisupp0rt@yahoo.com

Autism Society of Frederick County- A support group for parents and families of children and adults with the diagnosis of Autism. They provide advocacy, support, and information.

Contact Shawna Capotosto at 301-695-3676 or 301-746-8080 or johnandshawna4@comcast.net

Arc Hispanic Outreach/Support Group- The Arc provides support and resources for individuals and families in the community.

Contact Rosa Raez at 301-663-0909 ext. 151 or at rraez@arcfc.org

The Arc of Frederick County

620-A Research Court, Frederick, MD 21703 Phone: 301-663-0909 Email: info@arcfc.org www.arcfc.org