

**REFERRAL SHEET  
LOCAL MENTAL HEALTH GROUPS**

| DAY         | TIME   | GROUP  | PLACE  | CONTACT   |
|-------------|--|--|--|---|
| <b>MON.</b> |  |  |  |   |
|             | Weekly;<br>10a – 3 p                           | Consumer<br>Wellness Center<br>( <i>drop-in center</i> )             | <b>Falls Church</b><br>Suite 420<br>6245 Leesburg Pike                   | (703)531-4653<br><a href="mailto:consumerwellnesscenter@yahoo.com">consumerwellnesscenter@yahoo.com</a> |
|             | Weekly;<br>10a – 8p                            | Reston Drop-In<br>Center, Inc.<br>( <i>free lunch</i> )              | <b>Reston</b><br>2 <sup>nd</sup> floor,<br>1820 Michael Faraday Dr       | (703)505-7879<br><a href="mailto:restondropincenter@yahoo.com">restondropincenter@yahoo.com</a>         |
|             | Weekly;<br>2 – 7 pm                            | LMEC<br>(Laurie Mitchell<br>Employment Ctr.)                         | <b>Alex. (Sacramento)</b><br>8794-S Sacramento Dr.                       | (703)531-6380   |
|             | Weekly;<br>5 – 7 pm                            | LMEC<br>(Laurie Mitchell<br>Employment Ctr.)                         | <b>Alexandria (Edsall)</b><br>Suite 175<br>6295 Edsall Road              | (703)461-3886   |
|             | Weekly;<br>7:30–9:30pm                         | Obsessive<br>Compulsive<br>Disorder (OCD)<br>Support Group           | <b>Arlington</b><br>St. Andrew's<br>Episcopal Church<br>4000 Lorcum Lane | (703)978-6425<br>Marie or John Ogur   |
|             | 2 <sup>nd</sup> & 4 <sup>th</sup> Mon;<br>7 pm | Depressive &<br>Manic Depressive<br>Group                            | <b>Falls Church</b><br>Sunrise of Falls Church<br>200 N.Washington St.   | (703)641-5460 Marshall Epstein<br>(703)312-7898 - Martha Brick  |
|             | 4 <sup>th</sup> Mon;<br>7:30 – 9 pm            | NAMI - No.VA<br>( <i>w/Speakers<br/>Forum</i> )                      | <b>Falls Church</b><br>First Christian Church<br>6165 Leesburg Pike      | (703)525-0686 info. line<br><a href="mailto:carolulrich@naminova.org">carolulrich@naminova.org</a>      |
|             | Every other<br>Mon; 8 – 9:30<br>pm             | DBSA – Nova<br>(Depression<br>Bipolar Support<br>Alliance - bipolar) | <b>Ashburn</b><br>Suite 251<br>44110 Ashburn<br>Shopping Plz.,           | (703) 349-0944<br><a href="mailto:ashburn@dbsanova.org">ashburn@dbsanova.org</a>                        |

| DAY          | TIME  | GROUP  | PLACE   | CONTACT   |
|--------------|---|--|---|---|
| <b>TUES.</b> |   |  |   |   |
|              | Weekly;<br>10a – 3 p                            | Consumer<br>Wellness Center<br>( <i>drop-in center</i> )             | <b>Falls Church</b><br>Suite 420<br>6245 Leesburg Pike  | (703)531-4653<br><a href="mailto:consumerwellnesscenter@yahoo.com">consumerwellnesscenter@yahoo.com</a> |
|              | Weekly;<br>10a–2:30p                            | Reston Drop-In<br>Center, Inc.<br>( <i>free lunch</i> )              | <b>Reston</b><br>2 <sup>nd</sup> floor,<br>1820 Michael Faraday Dr  | (703)505-7879   |
|              | Weekly:<br>5 – 7 pm                             | LMEC<br>(Laurie Mitchell<br>Employment Ctr.)                         | <b>Alexandria (Edsall)</b><br>Suite 175<br>6295 Edsall Road   | (703) 461-3886  |
|              | 1 <sup>st</sup> & 3 <sup>rd</sup> Tues;<br>7 pm | Depression<br>& Related<br>Disorders                                 | <b>Reston</b><br>Good Shepherd<br>Lutheran Church<br>1516 Moorings Drive  | (703)966-2510 - Ginny   |
|              | 2 <sup>nd</sup> Tues.;<br>7:30 - 9p             | NAMI-Arlington<br>Advocacy   | <b>Arlington</b><br>Mount Olivet United<br>Methodist Church<br>1500 North Glebe Rd<br>( <i>basement mtg. room</i> ) | (703)525-8616 - Betsy Greer   |
|              | Weekly;<br>7:30 – 9 pm                          | DBSA – Nova<br>(Depression<br>Bipolar Support<br>Alliance - bipolar) | <b>Centreville</b><br>Room 218<br>6400 Old Centreville Rd.  | (703) 349-0944<br><a href="mailto:centreville@dbsanova.org">centreville@dbsanova.org</a>                |
|              |   |  |   |   |

| DAY         | TIME  | GROUP   | PLACE   | CONTACT   |
|-------------|---|---|---|---|
| <b>WED.</b> |   |   |   |   |
|             | Weekly;<br>10a – 6p                               | Consumer<br>Wellness Center<br>(drop-in center)   | <b>Falls Church</b><br>Suite 420<br>6245 Leesburg Pike                          | (703)531-4653<br><a href="mailto:consumerwellnesscenter@yahoo.com">consumerwellnesscenter@yahoo.com</a> |
|             | Weekly;<br>10a–2:30p                              | Reston Drop-In<br>Center, Inc.<br>(free lunch)  | <b>Reston</b><br>2 <sup>nd</sup> floor,<br>1820 Michael Faraday Dr              | (703)505-7879   |
|             | Weekly;<br>2 – 7 pm                               | LMEC<br>(Laurie Mitchell<br>Employment Ctr.)  | <b>Alex. (Sacramento)</b><br>8794-S Sacramento Dr.                              | (703)531-6380   |
|             | Weekly;<br>2:30–4:30p                             | Arlington<br>Recovery Group<br>(all diagnoses)  | <b>Arlington</b><br>Room 140<br>1725 N. George Mason<br>Dr                      | (703)228-4870 – Lauren Spiro  |
|             | Weekly:<br>5 – 7 pm                               | LMEC<br>(Laurie Mitchell<br>Employment Ctr.)  | <b>Alexandria (Edsall)</b><br>Suite 175<br>6295 Edsall Road                     | (703) 461-3886  |
|             | Weekly; 7:30<br>pm                                | Consumer Support<br>Group (all<br>diagnoses)  | <b>Manassas</b><br>Prince William Hosp.   | (703)365-2019 - Ann G<br>(703)730-2665 - Shawn P.   |
|             | 3 <sup>rd</sup> Wed;<br>7–8:30 pm                 | Schizophrenia &<br>Schizoffective<br>Support Group                                      | <b>Falls Church</b><br>NVMHI<br>3302 Gallows Road<br>(meeting room)             | (703)524-9474 – Loren Booda   |
|             | 2 <sup>nd</sup> Wed;<br>7:15 p.m.                 | CHADD (Children<br>and Adults with<br>Attention Deficient<br>Disorder)                  | <b>Springfield</b><br><b>7250 Commerce St.</b>                                  | (703) 549-9083 - Denise   |
|             | 2 <sup>nd</sup> & 4 <sup>th</sup> Wed;<br>7:30 pm | Depression<br>& Related<br>Disorders  | <b>Springfield</b><br>Prince of Peace<br>Lutheran Church<br>8204 Keene Mill Rd. | (703)356-3340 or<br>(202)366-4795 -<br>Alan Berkowitz   |
|             | Weekly;<br>7:30 – 9 p.m.                          | DBSA-Nova<br>(Depression<br>Bipolar Support<br>Alliance –<br>depression and<br>bipolar) | <b>Woodbridge</b><br>DBSA-Nova<br>CSB Suite<br>15941 Donald Curtis Dr.          | (703) 349-0944<br><a href="mailto:woodbridge@dbsanova.org">woodbridge@dbsanova.org</a>                  |

| DAY           | TIME                 | GROUP   | PLACE  | CONTACT   |
|---------------|----------------------|---|--|---|
| <b>THURS.</b> |                      |   |  |   |
|               | Weekly;<br>10a – 6p  | Consumer<br>Wellness Center<br>(drop-in center) | <b>Falls Church</b><br>Suite 420<br>6245 Leesburg Pike             | (703)531-4653<br><a href="mailto:consumerwellnesscenter@yahoo.com">consumerwellnesscenter@yahoo.com</a> |
|               | Weekly;<br>10a–2:30p | Reston Drop-In<br>Center, Inc.<br>(free lunch)  | <b>Reston</b><br>2 <sup>nd</sup> floor,<br>1820 Michael Faraday Dr | (703)505-7879   |
|               | Weekly:<br>5 – 7 pm  | LMEC<br>(Laurie Mitchell<br>Employment Ctr.)    | <b>Alexandria (Edsall)</b><br>Suite 175<br>6295 Edsall Road        | (703) 461-3886  |
|               | Weekly;<br>7 pm      | Mood Disorder<br>Group                          | <b>Falls Church</b><br>Suite 420<br>6245 Leesburg Pike             | (703)354-5104 – Anne Cowley   |
|               |                      |   |  |   |

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|-------------|----------------------|--|---|---|
| <b>FRI.</b> |                      |  |   |   |
|             | Weekly;<br>10a – 3 p | Consumer<br>Wellness Center<br>(drop-in center)                        | <b>Falls Church</b><br>Suite 420<br>6245 Leesburg Pike                              | (703)531-4653<br><a href="mailto:consumerwellnesscenter@yahoo.com">consumerwellnesscenter@yahoo.com</a> |
|             | Weekly;<br>10a – 8p  | Reston Drop-In<br>Center, Inc.<br>(free lunch)                         | <b>Reston</b><br>2 <sup>nd</sup> floor,<br>1820 Michael Faraday Dr                  | (703)505-7879   |
|             | Weekly<br>6 – 9 pm   | Agape Reservoir<br>Support Group<br>(includes dinner &<br>socializing) | <b>Mount Vernon</b><br>Mount Vernon<br>Presbyterian Church<br>2001 Sherwood Hall Ln | (703)360-3657 - Bill or Diane   |
|             | Weekly; 8:00<br>P.M. | Recovery, Inc.   | <b>Leesburg</b><br>County Complex,<br>Friendship House,<br>16480 Meadowview Ct.     | (703)777-1708 - Lee M.<br>(301)431-1818   |
|             |                      |  |   |   |

| DAY         | TIME  | GROUP   | PLACE   | CONTACT  |
|-------------|---|---|---|--|
| <b>SAT.</b> |   |   |   |  |
|             | Weekly;<br>10 am                                  | Recovery, Inc.  | <b>Woodbridge</b><br>Cokesbury United<br>Methodist Church,<br>14806 Blackburn Rd. | (703)441-0840 - Ivy T.   |
|             | Weekly:<br>10 a – 3 p                             | LMEC<br>(Laurie Mitchell<br>Employment Ctr.)          | <b>Alexandria (Edsall)</b><br>Suite 175<br>6295 Edsall Road                       | (703) 461-3886   |
|             | Weekly;<br>12 – 5 pm                              | Reston Drop-In<br>Center, Inc.<br><i>(free lunch)</i> | <b>Reston</b><br>2 <sup>nd</sup> floor,<br>1820 Michael Faraday Dr                | (703)505-7879  |
|             | Weekly;<br>3 – 5 pm                               | Depression &<br>Bipolar Support<br>Alliance (DBSA)    | <b>Falls Church</b><br>NVMHI<br>3302 Gallows Road                                 | (703)354-5104 – Anne Cowley  |
|             | 2 <sup>nd</sup> & 4 <sup>th</sup> Sat.<br>12 noon | LMEC Peer Support<br>Group<br><i>(refreshments)</i>   | <b>Alexandria (Edsall)</b><br>Suite 175<br>6295 Edsall Road                       | Patty Tolar<br>(703) 461-3886 (after 5 pm)<br><a href="mailto:patty@lmecc.org">patty@lmecc.org</a> . |

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|-------------|------------------------------------|--|--|-------------------------------|
| <b>SUN.</b> |                                    |  |  |                               |
|             | 1 <sup>st</sup> Sun:<br>1:30 – 4pm | No. VA.<br>Mental Health<br>Consumers Assoc.<br>(NVMHCA) | <b>Mount Vernon</b><br>Mount Vernon<br>Presbyterian Church<br>2001 Sherwood Hall Ln. | (703)360-3657 - Bill or Diane |
|             |                                    |  |  |                               |