

**REFERRAL SHEET
LOCAL MENTAL HEALTH GROUPS**

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

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

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

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

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

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

DAY	TIME	GROUP	PLACE	CONTACT
SUN.				
	1 st Sun: 1:30 – 4pm	No. VA. Mental Health Consumers Assoc. (NVMHCA)	Mount Vernon Mount Vernon Presbyterian Church 2001 Sherwood Hall Ln.	(703)360-3657 - Bill or Diane