



Adults with ADHD - **4th Tuesday** of each month from 7:00 pm - 8:30 pm at the George Mason Library, 7001 Little River Turnpike, Annandale, VA 22003. Contact Tom Artman, tra115@alumni.psu.edu. Partners/Spouses welcome to attend.

Fairfax ADHD Resource Group Adult Meetup - **3rd Sunday** of each month from 1:00 – 2:30 pm at the City of Fairfax Regional Library, 10360 North Street, Fairfax, VA 22030. Contact Linda Dashiell on the CHADD Meetup site.

Non-ADHD Spouses, Partners & Family Members - **2nd Tuesday** of each month from 7:00 pm - 8:30 pm at the Thomas Jefferson Library, 7415 Arlington Blvd, Falls Church, Virginia, 22042. Contact Tom Artman at tra115@alumni.psu.edu.

Spouses, Partners and Family Member of ADD/ADHD Adults – **2nd Tuesday** of each month from 7:00 pm – 8:30 pm at the Woodrow Wilson Library, 6101 Knollwood Drive, Falls Church, VA 22041. Please RSVP in advance to Dawn Harrison at norvaspousesofadd@yahoo.com.



Alexandria Parent Support Group - **4th Monday** of every month from 6:30 pm until 7:30 pm at the Aldersgate United Methodist Church, 1301 Collingwood Road, Alexandria 22308. Contact Jenny Kennedy at adhdparentmountvernon@gmail.com.

West Fairfax Morning Parent Support Group - **1st Tuesday** of each month at 10:30 am in Room 204 at Fairfax Church of Christ, 3901 Rugby Road, Fairfax, VA 22033 (near the intersection of Route 50 and Fairfax County Parkway). We meet all year (except August). For more information, contact Cathy Greulich at ocgreulich@aol.com.

West Fairfax Evening Parent Support Group - **3rd Thursday** of each month at 7:30 pm in Room 204 at Fairfax Church of Christ, 3901 Rugby Road, Fairfax, VA 22033 (near the intersection of Route 50 and Fairfax County Parkway). We meet all year (except August). For more information, contact Cathy Greulich at ocgreulich@aol.com.

More Parent Support Groups listed on the following page.
All Support Groups are FREE and open to the public.



of Northern Virginia &
CHADD the District of Columbia
IMPROVES THE LIVES OF PEOPLE
AFFECTED BY ADHD

Support Group List



Loudoun County Parent Support Group - **2nd Wednesday** of each month from 7:00-8:30 pm at the Dulles Wegmans café (upstairs), 45131 Columbia Pl, Sterling, VA 20166. Contact Bonnie Little: 571-306-2932.

Burke Support Group – **4th Thursday** of each month from 7:00-8:30 pm at Abiding Presence Lutheran Church, 6304 Lee Chapel Rd, Burke, VA 22015. Contact Kim Griffin at kimberlyrgriffin@yahoo.com.

Haymarket/Gainesville Support Group – **2nd Thursday** of each month from 7:00-8:30 pm at the Gainesville Wegman's café (upstairs), 8297 Stonewall Shops Square, Gainesville, VA, 20155. Contact Samantha Brooks at samanthabrooks23@yahoo.com.

Washington, DC Parent Support Group – **1st Sunday** of each month from 2:00 – 4:00 pm at the one of the DC library public branches. Contact Angela Moore Taylor and Shaquana Banks at chadddeparentsgroup@gmail.com. Location and dates for future meetings will be announced on Eventbrite and the CHADD Meetup page: <https://www.meetup.com/novachadd/events/>.

The groups do not meet if Fairfax County Public Schools' activities are canceled.
All support groups are FREE and open to the public.

Additional support group information & maps: <http://www.meetup.com/novachadd>

CHADD NoVA/DC general information:
novadc@chadd.net or (703) 829-6129

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