



New!

Drop-in Support Group

**Once a Month on Tuesdays
11:30am - 12:30pm**

Drop in to The Arc of Northern Virginia for a new support group for parents and caregivers of children and adults with intellectual and developmental disabilities.

Facilitated by a pre-licensed clinician from The Women's Center, these sessions will provide parents and caregivers a self-directed and evolving process to wellness and support.

- Monthly drop-in meetings.
- No RSVP needed.
- Free parking and easy access from 495 and Rt 66 off Gallows Road.



**January 3
February 14
March 14
April 11
May 9
June 6
July 5
August 1
September 12
October 10
November 7
December 5**

This support group is part of The Arc of Northern Virginia's Transition POINTS program

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