

# PERINATAL DEPRESSION SUPPORT GROUPS

## WASHINGTON, DC

### *English Language Group*

Wisconsin Avenue Baptist Church  
3920 Alton Place, NW  
Washington, DC 20016  
7:30-9:00pm  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the Month  
(202)-643-7290  
NO COST

### *Spanish Speaking Group*

Mary's Center  
3912 Georgia Avenue, NW  
Washington, DC 20011  
1:00-2:30pm  
Every Wednesday  
(202)-643-7290  
NO COST

### *English Language Group*

THEARC  
1901 Mississippi Avenue, SE  
Washington, DC 20020  
10:00-11:30am  
Every Tuesday  
(202)-643-7290  
NO COST

## MARYLAND

Holy Cross Resource Center  
9805 Dameron Drive  
Silver Spring, MD 20910  
1<sup>st</sup> & 3<sup>rd</sup> Sunday of each month  
6:00-7:30pm  
(240)-432-4497  
NO COST

## VIRGINIA

Fairlington United Methodist Church  
3900 King Street  
Alexandria, VA 22302  
Wednesday Evenings  
7:30-9:00pm  
(703)-831-7845  
NO COST

Virginia Hospital Center  
Women and Infant Health Classroom  
1701 North George Mason Drive  
Arlington, VA 22205  
2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month  
10:30am-12:00pm  
(312)-952-6438  
NO COST