

LOCATION

The groups meet every other Saturday, at 1 PM.

Temporarily, Call Walter Teague at 301-439-6755 for location and directions.

If you get lost on your way there, call Walter Teague on his cellular phone : 301-455-8483

MAP

ARE
YOU?

- Overcoming a disability?
- Not dating enough?
- Wanting more friends?
- Looking to improve your relationship skills?
- Needing help and encouragement to socialize?
- Seeking help dealing with life's many challenges

**THEN CONSIDER COMING
TO THE:**

The Disability Social Support Groups

Group Facilitator:

[Walter Teague, LCSW-C](#)

Email: wteague@verizon.net

Tel. 301-439-6755 or 301-455-8483

What are the Social Support Groups?



The groups are open to all and provide support and friendship, to improve relationships; whether personal, work or family. Besides making new friends, they provide help and support for personal and social needs, including dating, employment, disability and emotional issues.

The groups meet in private for an hour and a half, every other Saturday at 1:00 PM. The fee can be adjusted according to the member's ability to pay and is covered by most health insurance.

No one is kept out because their finances are tight or because they don't have insurance.

Are these groups for You?

These groups can be a great way to share your personal challenges, whether physical or emotional -- with people like yourself who understand. If you have haven't had enough experience or would like to improve your dating and relationship skills, then these groups may be for you. Or if you just need an understanding circle of friends to help improve your social life and make better use of the disability services.

Problems and Solutions:

The sessions provide a supportive, solution-oriented format for dealing with personal challenges, such as loneliness, sexuality, medical issues and relationship skills. Sessions focus on a wide variety of issues including; disability issues at work, home or in relationships, understanding men and women better, coping with life's crises, over protective parents and caregivers, independence, rejection, sex and love and many other concerns.

How would you benefit?

Quoting past members, some of the benefits of these groups are:

- Friendship and support.
- A greater understanding of, and skills in, relationship-building.
- Development of coping strategies to deal with the discrimination and problems persons with disabilities encounter in society.
- Increased and improved their participation in and contributions to the activities of disability and other organizations.
- And in opinions of some, many of these members have simply "blossomed" and visibly grown as individuals and as members of the disability community.

Confidentiality:

All group discussions are private and we avoid using names of people outside the group to protect individual's privacy and allow members to talk more freely about their concerns.