

Need someone to talk with?
Join us for a supportive
self-help group.

Peer Support Groups

Consumer-led mental health groups that promote recovery through peer support.

These are a mutual support group for mental health consumers, with diagnoses including depression, bi-polar, schizophrenia, anxiety & other mental health issues.

These groups meet:

At Trillium Drop-In Center
13184 Centerpointe Way
Woodbridge, VA 22193
703.763.3865

Every other Tuesday, 1:00 pm to 2:30 pm
Every other Wednesday, 7:00 pm to 8:30 pm
Every Friday, 7:00 pm to 8:30 pm

Run by mental health consumers for mental health consumers.