

## Peer Support Center and Group, Mental Health

### Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Family

No

Intake Process

Please call for additional information.

Self Refer

Yes

Laurie Mitchell Empowerment and Career Center

<http://www.lmec.org/supportswitchboard1.aspx>

Main

(703) 531-6380

8794-S Sacramento Drive

22309 VA

United States

Fee Structure

No Fee

Languages Spoken

English

The Laurie Mitchell Employment Center provides peer support groups to mental health consumers. Services are free and consumers can use the center's offerings with no time restrictions.

Peer support is frequent, ongoing, accessible and flexible. Peer support can take many forms – emails, phone calls, community blogs, group meetings and doing activities together. It complements and enhances other health care services by creating the emotional, social and practical assistance necessary for managing your challenges and staying healthy.

A peer support group meets every Wednesday from 4:30pm to 6:00 pm and every Saturday from 12 noon until 1:30 pm. Call for information.

The program is operated and governed by mental health consumers.

Service Area(s)

Alexandria City

,

Fairfax City

,

Fairfax County

,

Falls Church City

,

Loudoun County

,

Prince William County